Preparation for Natural Medicine Sessions - Course Syllabus

Taught by: Alison McQueen, LPC, ATR-BC, ACS and Skye Weaver, MFA, RYTT, MBPT

(Medicinal Mindfulness Academy & Psychedelic Sitters School)

Zoom Link and Details

- **Course Schedule:** 10:00am-5:00pm MT
- **Art Materials Needed:** Unlined drawing paper and basic drawing materials (colored pencils, markers, and/or oil pastels)

1**. Course Description**

The more a client prepares for a psychedelic experience, the more they will get out of it. This course educates Natural Medicine facilitator trainees in best practices related to creating the necessary safety, rapport, psychoeducation, and resourcing to maximize the therapeutic potential of sessions. Students will learn the theoretical orientation and practical steps that are foundational for productive preparation sessions.

2.**. Learning Objectives**

Thorough, skillful, and trauma-informed preparation sessions create the necessary conditions for successful psychedelic therapy processes to unfold. This course will:

- Support you in knowing the right questions to ask during Preparation sessions.
- Offer guidance around how to provide trauma-informed psychoeducation and harm reduction services for your clients.
- Educate you in how to decrease the risk of potential harms related to medicine use and increase the potential for positive outcomes.

3.**. Webinars, Readings, and PDFs to UseWebinars to Watch Before Class:**

- **Preparing Clients for Psychedelic Sessions: Screening & Preparation with Alison McQueen** (90 min)
    - ***Note:*** *DUPLICATE from Screening & Crisis Prevention Course* – Skip if already watched.
- **W4-2: Lecture on Preparation with Alison McQueen** (1 hr)
- **Somatic Resourcing & Guidework with Katie Asmus: Part 1** (51 mins)
- **Somatic Resourcing & Guidework with Katie Asmus: Part 2** (56 mins)
- **W5-5: Trauma Resolution with Psychedelic Medicines Part 3: Resourcing with**

Katie Asmus and Alison McQueen (2 hrs)
    - ***Note:*** *DUPLICATE from Therapeutic Presence Course* – Skip if already watched.
- **Finding Your Seat Meditation with Skye Weaver** (12 min)

Reading:

- NMHA Regulations Relevant to Screening, Preparation & Integration

PDF's to Use for Preparation of a Client:

- NMHA Screening & Preparation Session Map
- Preparation Questions and Intention Setting
- Template for 60-min Session Notes
    - ***Note:*** Personal Use EXAMPLE - not an NMHA requirement.

4.**. PoliciesAttendance & Classroom Etiquette Policy**

Attendance & Punctuality:

- Students must arrive on time.
- Entry is allowed up to 10 minutes after the class start time.
- Entry beyond 10 minutes will only be permitted in cases of emergency or with prior communication.
- Repeated tardiness may impact participation records and program standing.

Absence Policy:

Students are permitted to miss one Psychedelic Guide Training class and one Therapeutic Presence and Trauma Informed Care class during the program without penalty. However, they are still required to review the class recording and complete a makeup assignment to receive credit for the missed session.

- Saturday live seminars are **mandatory** and cannot be missed, as they are required to fulfill the live instruction hours mandated by the state for those pursuing licensure under the Natural Medicine Health Act (NMHA).

Presence & Professionalism

Camera Use:

- Students must remain on camera for the entire class, unless prior arrangements have been made.
- This supports presence, connection, and accountability.

Chat Etiquette:

- Chat should be used mindfully.
- Avoid side conversations or excessive messaging.
- Contributions should enhance collective learning (insights, questions, support).

Professionalism:

- Students must be in a **private, confidential space** during class.
- Students are expected to arrive prepared and grounded.
- Respectful engagement with peers and facilitators is required.
- If stepping away briefly, students should notify a facilitator or leave a message in chat.

Identification:

- Students must list their **full first and last name** on Zoom for attendance.
- **Pronouns** are welcome and encouraged.