



ART OF INTIMACY
PSYCHEDELIC GUIDE

Welcome to your medicine immersion!

If this is your first journey please be assured that I will take all precautions to secure a safe and pleasant experience.


You are agreeing to participate in a medicine session that is illegal in all states. You understand this and have the knowledge you need to make this choice independent from our practice.

Client Signature: _____

Date: _____



Preparation for your medicine journey



No heavy food 12 hours prior to our session.
Please avoid sugar, alcohol, drugs, and other altering substance
2 - 7 days before our session.

A safe and scared space for your healing will be provided and I ask if you can provide a number to a person who can support you after our session if available and if needed.

Continued



If you have a history of mental illness please share with me prior to our session to secure your safety and if this is the right healing modality for you.

These sessions are designed for deeper healing, rising consciousness, and intuition. Your guide will ask permission prior to our session if you would like to receive any channeled messages or receive information intuited by your guide.


Psychedelic guiding has three stages; preparation, experience, and integration. Thoughtful attention to all three stages is needed to maximize the opportunity for a positive outcome.

Effective psychedelic treatment session guides act to facilitate the journey into conscious awareness, with full presence and integrity toward the individual, informed by science and medicine. Instead of acting as interventionists, guides serve to provide security and comfort without intrusion, by establishing rapport and trust with the participant, and by maintaining an aesthetic and comfortable setting in which the participant feels safe.

The role of the guide is to attend to the physical, personal, safety, and other interpersonal needs of the participant, with full attention and open acceptance, while avoiding “care-taking“, psychoanalysis, fixing, labeling, diagnosing, or being distracted.

When working with psychedelics, non-sexual touch can be very helpful in the healing process. In fact, it can be problematic if touch is not offered, as this is not responding appropriately to the therapeutic needs of the participant.

Continued



Bodywork, hand-holding, and hugging can be an important part of the therapeutic process when it is welcomed by the participant. Discussing the distinction between sexual and non-sexual/healing touch is important in the preparation sessions. If touch is offered, it is important to slowly offer a hand (for example) and wait to see if the invitation to touch is accepted. Rapid touch without clarity that is welcomed can be perceived as intrusive. Eye Contact Understanding the experience of different types of eye contact is important also. Looking someone directly in the eye can invite reflection on the connection between the participant and the guide and this can distract from the process of inner exploration.

Sessions can last from 2-4 hours pending the individual.

Please bring comfortable clothes and anything you want to add to your experience.

Please sign this document with your consent and understanding.

Client: _____

Date: _____

Theresa Vargo (Guide/Coach/Healer)

