

Psychedelic Assisted Healing

[Support Services]

Three Day Experience @ New Paltz, NY

Harm reduction and integration are led by an experienced professional who, recognizing your inherent autonomy, walks you through potential risks and benefits and helps you develop realistic expectations for optimizing therapeutic benefits, while the journey is supported by a psychedelic guide and sitters. It offers a structured and supportive environment aimed at healing and profound self-discovery.

The experience is carefully curated to provide a holistic approach to healing, incorporating various elements, strategies and techniques aimed at your well-being and comfort throughout the journey.

Please note that participation in this session requires a pre-screening assessment of suitability and safety. Our team will provide comprehensive information regarding preparation, integration, and post-session support to optimize the therapeutic benefits of the experience.

Your experience includes two 60-minute Zoom sessions with a guide for assessment, intention setting, and preparation before arrival, and two individual Zoom integration sessions with a licensed professional in the following weeks.

Schedule:

Pre-Screening & On-boarding – July 1 -15

- Prioritize well-being with a thorough pre-session screening by our therapeutic professionals.

Day 1 – August 9

- Arrival
- Opening circle
- Dinner

Day 2 – August 10

- Breakfast
- Meditative nature hike
- Somatic Workshop: Connect with your body and emotions through a practical workshop
- Lunch
- Meditation: Enter a state of relaxation to prepare for the journey ahead
- Sound Bath
- Journey: Experience guided psilocybin exploration with expert support
- Light Dinner

Day 3 – August 11

- Breakfast
- Integration: Reflect on your experience and receive guidance for integrating insights into daily life and follow-up sessions
- Lunch
- Departure

Synergy of Non-Ordinary States of Mind and Jungian Depth Psychology:

Transformative Potential:

- Carl Gustav Jung emphasized the deep unconscious's transformative power.
- Psychedelics provide direct access to this inner world.

Parallels and Enrichment:

- Both psychedelic therapy and psychoanalysis explore the unconscious, restructure self-narratives, and facilitate healing.
- Concepts like 'set' (psychological state) and 'setting' (therapeutic environment) align with psychoanalytic understanding.
- Indigenous cultures have long used psychedelics in sacred rituals and healing practices.
- Psychedelic experiences often mirror mystical states or intense psychoanalytic processes.
- They reveal hidden layers of the unconscious, including symbolic images, archetypes, and repressed material.
- Ego dissolution through psychedelics allows unique self-confrontation, aligning with psychoanalytic exploration of diverse self-states.
- Individuation in Jungian psychology involves integrating unconscious material into consciousness. Psychedelics facilitate this by softening defenses and surfacing repressed content.
- They illuminate our shadows, unresolved aspects of the self, enabling deeper self-exploration.
- Psychedelics enhance therapy by opening doors to the unconscious, fostering self-awareness, and catalyzing transformation.
- They disrupt the narrative self, focusing on immediate sensory perceptions and altering Default Mode Network (DMN) activity.

Neuroscience of Psychedelic Healing & Integration

- Functional Connectivity: Psychedelics remix the brain's communication patterns, connecting areas that usually don't interact, sparking new insights.
- Neuroplasticity: They kickstart the brain's ability to form new connections, paving the way for lasting changes in thought and behavior.
- DMN (Default Mode Network): This brain network gets a shake-up, altering our sense of self and opening the door to deep introspection.
- Entropic Brain: Psychedelics increase the brain's entropy, leading to more complex and unpredictable thought patterns.
- Critical Period: They reopen windows of brain development, making it the perfect time for transformative learning.