Entheogenic Preparation, Integration & Contemplative Coaching

A practical resource guide for informed exploration, professional referral, and ongoing contemplative practice.

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EDUCATIONAL RESOURCE • NOT MEDICAL OR LEGAL ADVICE

Purpose

This guide outlines a nonclinical approach to preparation, integration, and resource navigation for individuals exploring entheogenic experiences. It also identifies regulated treatment pathways and questions to ask qualified providers. The aim is informed choice, personal agency, and meaningful integration into daily life.

01 Professional role and boundaries

My contemplative coaching supports awareness, intention, embodiment, emotional understanding, and spiritual inquiry. It can complement, but does not replace, appropriate clinical care.

Preparation coaching

- Clarify intentions, expectations, values, and motivations.
- Explore personal narratives, emotional patterns, and available support.
- Develop mindfulness and grounding practices.
- Prepare questions for qualified medical and mental-health professionals.

Integration coaching

- Reflect on the personal meaning of an experience without imposing an interpretation.
- Connect insights with relationships, work, choices, and daily habits.
- Build sustainable contemplative practices and accountability.

Resource navigation

Provide educational resources, explain general regulatory pathways, and help individuals identify properly licensed or authorized providers. I do not determine medical eligibility, prescribe substances, administer or supervise psychedelic sessions, or provide psychotherapy through this coaching offering.

02 Psychedelic and psycholytic approaches

Psychedelic-assisted treatment generally combines a psychoactive substance with structured professional preparation, supervised sessions, and integration. Psycholytic approaches historically describe lower-dose psychedelic use alongside psychotherapy. Neither term, by itself, establishes safety, efficacy, or legal authorization.

Lower doses can still carry psychological, cardiovascular, medication-interaction, and legal risks. A coaching relationship is not a substitute for licensed substance-assisted treatment.

03 Legal and regulated pathways

New York

New York does not have a general state-licensed psilocybin service system comparable to Oregon’s. Individuals may consider authorized research studies, medically supervised ketamine-based care where appropriate, or non-drug preparation and integration coaching. Psilocybin remains federally controlled outside narrow authorized contexts. Verify current law before acting.

Oregon

Oregon regulates psilocybin services for adults 21 and older through licensed service centers and facilitators. Participation is not restricted to Oregon residents. Screening, preparation, administration, and integration are part of the regulated model.

Oregon Psilocybin Services:
https://www.oregon.gov/oha/ph/preventionwellness/pages/oregon-psilocybin-services.aspx

Colorado

Colorado has a regulated natural medicine framework for licensed healing centers and facilitators. Regulated services are distinct from the state's personal-use provisions. Confirm current licensing and service availability directly with the regulator.

Colorado Natural Medicine Division: https://dnm.colorado.gov/

Ketamine and esketamine

Ketamine and esketamine differ from classical psychedelics. FDA-approved esketamine (Spravato) is provided under specific medical supervision requirements for certain depressive conditions. Some ketamine care is offered off-label and requires independent clinical assessment.

U.S. Food and Drug Administration: https://www.fda.gov/

04 Safety and screening

A qualified clinician should assess suitability before any substance-assisted intervention. Relevant considerations include:

- Cardiovascular conditions, blood pressure, and other medical history.
- Personal or family history of psychosis or bipolar-spectrum disorders.
- Current mental-health symptoms and substance-use history.
- Prescription medications and possible interactions.
- Provider credentials, informed consent, emergency procedures, and follow-up care.

Never stop or adjust prescribed medication without the prescribing clinician. Spiritual interest does not remove medical risk.

05 Preparation and integration practices

The Work Mindfulness approach emphasizes the relationship between head, heart, and breath. Practices may include meditation, body awareness, noticing protective reactions, emotional inquiry, spiritual reflection, and translating insights into everyday decisions.

These practices can be meaningful without any substance use. Participation should remain voluntary and adaptable. If inward attention becomes uncomfortable, a person may choose an external focus or

stop.

06 Educational and referral resources

MAPS

Research, education, and psychedelic-assisted treatment developments.

Visit resource: https://maps.org/

Johns Hopkins Center for Psychedelic and Consciousness Research

Scientific research and public education.

Visit resource: https://hopkinspsychedelic.org/

UC Berkeley Center for the Science of Psychedelics

Interdisciplinary research and education.

Visit resource: https://psychedelics.berkeley.edu/

ClinicalTrials.gov

Registry of clinical studies; eligibility varies.

Visit resource: https://clinicaltrials.gov/

Fireside Project

Peer support around psychedelic experiences; not emergency care.

Visit resource: https://firesideproject.org/

Heroic Hearts Project

Veteran-focused education and advocacy.

Visit resource: https://heroicheartsproject.org/

07 Questions to ask a provider

- Are you legally authorized and professionally qualified to provide this service?
- What medical and psychological screening do you require?
- What are the evidence, risks, contraindications, and alternatives for my situation?
- What substance, dose range, setting, and supervision are involved?
- What preparation, integration, and emergency support are included?
- What are the costs, consent terms, confidentiality practices, and follow-up arrangements?

08 Working with Keith

I offer contemplative preparation and integration coaching focused on self-awareness, meaning, emotional understanding, and sustainable practice. When appropriate, I help individuals locate educational resources and regulated treatment pathways for independent evaluation. I do not supply, prescribe, administer, or supervise psychedelic substances, and I do not offer medical treatment or psychotherapy through this coaching service.

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