



dyad psychology
THE HEART AND SCIENCE OF THERAPY

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INFORMED CONSENT FOR PSYCHEDELIC SOMATIC INTERACTIONAL PSYCHOTHERAPY

TREATMENT MODALITY

Psychedelic Somatic Interactional Psychotherapy (PSIP) is a non-ordinary state psychotherapy, derived from the Psychedelic Somatic Institute model. PSIP is a therapeutic modality combining legal psychedelic medicines with a somatic, autonomic nervous system-based treatment protocol. Set (mental and emotional state, and intention), setting (the physical location of the experience), therapeutic modality and therapeutic relationship are key determinants of how psychedelics move through a person's system and the outcomes they produce.

While it is possible to gain new insights and talk your way through a psychedelic therapy session, PSIP is based on the understanding that it can be effective to 'feel' your way through a psychedelic therapy session. The body holds profoundly intelligent, self-corrective, healing mechanisms that become very active during the psychedelic state. The autonomic nervous system is crucial to processing the emotions, hidden memories, and unconscious programming that arise in psychedelic therapy.

What results from this type of treatment is an increased capacity to work with one's feelings, a renegotiated relationship to one's body and its intelligence, an increased sense of agency and insight, and most importantly, an ability to trust oneself and one's experience. The technique is experiential and based in the present moment felt sense input.

Before you decide to take part in this treatment, it is important for you to know why it is being offered and what it will involve. This includes any potential risks to you, as well as any potential benefits you might receive.

Please read the information below closely and ask questions if there is anything that is unclear or if you would like more information. If you do decide to take part, your consent to this form attests that you have received all of the information below, that you

were able to discuss any questions and concerns you had, and that you consent to treatment by Sarit Lesser, PsyD.

PROCEDURES

Treatment sessions can be medicine-assisted sessions (2.5 hours), a preparation or integration session (typically 30 min-1.5 hours). Most commonly a treatment plan begins with 1-3 preparation sessions, followed by 1 medicine-supported session each week.

If you are partaking in medicine-assisted sessions, a physician may prescribe medication to be self-administered by you during treatment. You will be monitored and then released for transportation home. You cannot drive home after the treatment and should not make important decisions or operate machinery for the rest of the day. You can access transportation via a friend or family member, a ride share or taxi service, or public transportation such as the T.

MEDICINE-ASSISTED SESSIONS

PSIP is a therapeutic modality that can be used with or without a psychoactive substance. Sarit Lesser, PsyD can refer you to a physician that can prescribe ketamine to support PSIP sessions. Detailed information about the risks and benefits of Ketamine can be obtained from your prescriber.

Some patients choose to use cannabis to support their PSIP sessions. Sarit Lesser, PsyD does not prescribe or recommend the use of cannabis. Your prescriber can provide information about the use of cannabis during PSIP sessions, but this information should not be considered advice or a recommendation.

If you choose to use cannabis in conjunction with your PSIP session, you acknowledge and agree to the statements below:

- You understand that PSIP can be practiced without medicine, and that use of cannabis is entirely voluntary and your choice.
- If you choose to use cannabis, you agree to obtain a medical certificate and use only legally obtained medical cannabis.
- You have properly investigated the risks of cannabis as a medicine.

RISKS

PSIP falls under the broad category of exposure treatment. The nature of this treatment is to support clients uncovering material that previously resided in suppressed or dissociated states, and may be disruptive as it emerges. This is a normal part of treatment. Although the PSIP modality is generally safe, it is not appropriate for every client. The fact that psychedelic medicine is being paired with the autonomic nervous system pathway typically causes the process to go much deeper than an individual would have consciously chosen or is even aware of. We are not able to determine or limit the depth to which the psychedelic in conjunction with the psyche will go. As the approach is designed to resolve dissociation, neither the therapist nor the client typically knows what type of material and charge is behind the client's dissociative defense

mechanism. The emergence of dissociated material may result in significant disruptions in normal functioning. Typically, these disruptions are temporary, but in cases of severe trauma, these disruptions can persist for weeks or months.

Disruptions may feel like anxiety symptoms or depressive symptoms and may also include:

- Intense and uncomfortable feelings that may emerge or intensify temporarily
- The emergence of dissociated memories
- Suicidal ideation may emerge or intensify temporarily

These possibilities are a normal part of treatment and can be very useful therapeutically. If these symptoms arise, please let your clinician know as soon as possible.

Furthermore, because we actively engage the relational layer of developmental trauma, attachment and wounding that takes place in the client's family of origin, it is common for negative transference (emotions and thoughts) towards the therapist or other persons in your life to emerge during treatment. These negative emotions and thoughts may occur during a session, or in between sessions. Your therapist will discuss this with you in more detail during treatment.

For the remainder of the day after your session, you should NOT engage in any of the following activities:

- Driving
- Drinking alcohol or using drugs
- Conducting business
- Making important life decisions
- Participating in activities that require you to rely on motor skills or memory

BENEFITS

We find that clients receiving this type of treatment, increasingly over time, begin to feel less stuck in old habits of being. They begin to experience states that feel relaxed and alert and are better able to respond to the present moment. Anxiety and depression may recede and are often replaced with a feeling of being more authentic, self-accepting and loving. Relationships can improve dramatically. The world around them can become less threatening as it becomes easier for them to give and receive support.

Other more specific benefits may include:

- Decreases in compulsive behaviors
- Decreases in traumatic feelings such as rage, panic, and hopelessness
- A new ability to feel appropriate, milder feelings such as anger, sadness, and anxiety

- An increase in the ability to feel non-threatening feelings such as pleasure and relaxation
- An increased sense of goodness in self, others, and the world
- An increased ability to respond to and feel the present moment
- An increased sense of agency or power

TERMINATION

Because of the inherently difficult nature of psychedelic somatic work and the depth to which both client and practitioner need to go, commitment to a therapeutic relationship from both client and practitioner is essential. There may be times when the client/practitioner relationship feels tough and you may not want to come back the next week. These times are some of the most important, transformative times in treatment. They are also hard to navigate when you are in the middle of them. Therefore, it is helpful to agree ahead of time that when these feelings emerge, they are discussed and given enough space to be worked with. For that reason, we recommend that you schedule at least one termination session before ending treatment. Of course, you can end any time you want.

USE OF THERAPEUTIC TOUCH

Some of our deepest wounds arise in childhood and persist as an intense sense of aloneness in our adult lives. While it is often enough to hear verbally that we are not alone, sometimes our system is supported in feeling that we are not alone through touch. Over the course of treatment Sarit Lesser, PsyD might offer therapeutic touch to create safety for these types of wounds to be felt and healed. Consent is always a vital part of this intervention and is carefully built upon over time between the client and the practitioner. Touch is not a requirement of treatment, so please do not hesitate to decline offers of therapeutic touch and share with your practitioner any concerns or objections you may have at any time. Therapeutic touch typically consists of holding a hand, or foot.

By providing my signature below, I acknowledge that Sarit Lesser, PsyD, has discussed with me the above procedure or treatment, the anticipated benefits, and the likelihood of success. I understand and have discussed the risks of this treatment and its potential side effects. As applicable, I have discussed alternatives and their risks; benefits and side effects have also been discussed. I understand that no guarantees have been made to me regarding the results of this treatment and that it may or may not improve my condition. I have had sufficient opportunity to discuss my condition and treatment with Sarit Lesser, PsyD and all of my questions have been answered to my satisfaction. I have read and fully understand this consent form and I voluntarily authorize and consent to this treatment.

Name _____

Date _____

Signature _____