

Creating an abstract guide for training new psychedelic assisted therapists

The problem: Psychedelic assisted therapies is an emerging field and therefore has huge uncertainty and variability in training- and therapy protocols. This environment is in need of a unifying and guiding document that outlines the abstract principles of training new therapists.

Solution: We will coordinate all the prominent players in this field to co-create and sign a unifying statement of intent and safety principles for training new therapists.

Why: The onramp for entrepreneurs into the psychedelic assisted therapies field is hindered by uncertainty and as with any other emerging field - could hugely benefit from generally accepted basic principles. Every new field has gone through the same search for guiding principles and tools for incoming talent. If the document is abstract enough to not hinder creativity and precise enough to be a unifying guide, then the potential for propelling the entire field forward is remarkable. This kind of document could also hugely help with the political discussions so the psychedelic mental health sector would appear as a unified force with clear intent and safety principles.

How: For the document to have weight and authority - it needs to be signed by the majority of the big players in the field. This includes organizations and practicing professionals and can be co-created with them. The aim is to abstract out and conceptualize the very basic safety-, ethical- and training principles. We can take this plan to the relevant parties and propose to them to create it with us. This initial step could benefit from an example document that can be based on the initial work of contacting already practicing professionals and asking them for their views on the subject.

General outline of the process:

1. Create a list of professionals who already work with psychedelics.
2. Ask them for their opinion about the subject.
3. Create a draft based on previous steps.
4. Make a list of prominent organizations and individuals in the field.
5. Approach them with the plan and the draft and ask them to co-create this document.
6. Iterate and abstract until acceptable to most.
7. Collect signatures and add them to the document.
8. Publish the document and ask all the participants to publish on their websites.