



How to Know if Your Facilitator is the Real Deal (13 Non-Negotiables)

Not all facilitators are created equal.

Some are reckless. Some are undertrained. Some mean well but don't have the depth. These questions will help you find someone who can actually hold you through the hardest parts of your journey.

Set up a Discovery Call with your potential guide and use these questions to guide your discussion.

ALWAYS TRUST YOUR INSTINCTS & READ GUEST TESTIMONIALS!

1. What is your background and experience level in guiding psychedelic experiences?

Follow-up: Can you share examples of how you've supported participants through challenging experiences?

2. What specific protocols or approaches do you use during the retreat? **Follow-up:** How do these support safety and emotional well-being?

3. What types of psychedelics will be used, and what are their dosages? **Follow-up:** How do you ensure the purity and safety of the substances? How do you determine dosing?

4. What are the potential risks, contraindications, and adverse effects, and how are they managed? **Follow-up:** How do you support someone experiencing a medical or psychological crisis?

5. How do you screen participants for suitability, safety, and psychological readiness?

Follow-up: Are there specific conditions that would exclude someone from participating?

6. How do you support participants in navigating difficult or confusing experiences during the retreat? **Follow-up:** What techniques or interventions do you use in real-time to help manage distress?

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7. What is your training and experience in handling difficult or challenging psychedelic journeys? **Follow-up:** How do you prepare participants for potentially challenging moments?
8. What procedures are in place if a participant experiences a crisis or becomes overwhelmed? **Follow-up:** How do you create a safe environment for emotional expression?
9. What follow-up or integration support do you provide after the retreat? **Follow-up:** Do you offer ongoing coaching, integration circles, or resources?
10. What are the accommodations and environment like? **Follow-up:** How do these settings promote safety and comfort?
11. Do you incorporate spiritual or philosophical guidance into the retreat experience? **Follow-up:** Do you facilitate practices like meditation, prayer, or other spiritual disciplines?
12. How do you support participants in exploring their own spiritual or existential insights during the sessions? **Follow-up:** Are there specific tools or frameworks you use to help interpret these experiences?
13. What is the cost, and what does it include? **Follow-up:** Are there additional support services or resources available post-retreat?

Listen attentively to the responses you receive. Take notes. And as always, trust your instincts. If you would like to book a Prep Call with me to go over what you learned on your discovery call, use the button below.

**Purchase the
Ultimate Before You Trip Kit**
(78 pages of valuable information
and guidance)

PURCHASE