

Terms & Conditions for the Online Pre-Ayahuasca Preparation Psychotherapy Program

This document outlines the terms and conditions for participating in the virtual Pre-Ayahuasca Preparation Psychotherapy Program. Please read it carefully. Your participation implies acceptance of these conditions.

1. Program Nature & Objectives

Purpose: This program of four (4) transpersonal psychotherapy sessions is specifically designed to support individuals preparing for an Ayahuasca retreat. Its objective is to help you prepare comprehensively—physically, emotionally, psychologically, and spiritually—for your upcoming Ayahuasca experience.

Scope: This program provides therapeutic preparation and psychoeducation; it is not a substitute for psychiatric or medical treatment. It does not involve the administration of Ayahuasca or any other psychoactive substances. Its focus is solely on preparing the individual to safely and effectively engage with a future Ayahuasca ceremony.

2. Structure & Logistics of Sessions

Number of Sessions: The program consists of four (4) individual sessions.

Session Duration: Each session will be 50 minutes long.

Format: All sessions will be conducted virtually via video call, using the Google Meet platform.

Flexibility: Sessions will be scheduled at mutually agreed-upon times between the therapist and the participant, with flexibility to accommodate time zones. We recommend one session per week or every two weeks for optimal preparation. The program must be completed within a maximum period of 3 months from the first session.

3. Confidentiality & Professional Ethics

Confidentiality: All information shared during sessions will be treated with the strictest confidentiality, in accordance with the therapist's professional code of ethics. Sessions will not be recorded without the participant's explicit written consent.

Limits of Confidentiality: Confidentiality may only be broken in exceptional circumstances where there is a clear and imminent risk to the participant's life or the lives of others, as required by law or the professional ethical code.

Ethical Commitment: The therapist is committed to working with the utmost respect, compassion, honesty, and dedication, adhering to the principles of transpersonal psychology and best therapeutic practices.

4. Participant Responsibilities

Honesty: You must provide truthful and complete information regarding your physical and mental health history, current medications, substance use, and any previous experiences with altered states of consciousness. This is crucial for assessing your suitability for both the preparation program and the Ayahuasca retreat itself.

Active Engagement: The program's effectiveness largely depends on your active commitment, including punctual attendance at sessions and a willingness to reflect and engage in suggested practices (physical, emotional, mental, spiritual) between sessions.

Adherence to Guidance: You are expected to follow the preparatory guidelines provided, including dietary recommendations and any advised abstinence from certain substances or activities leading up to your Ayahuasca retreat.

Mental State for Sessions: You must ensure you are in a sober and clear state of mind for each session, free from the influence of any substance that could impair your judgment or communication abilities.

5. Program Content Overview (Training Aspects)

Throughout the sessions, the program will cover aspects of physical, emotional, mental, and spiritual preparation:

Physical Preparation: Guidance on appropriate dietary recommendations, abstinence guidelines (medications, foods, substances), and physical practices to support the body's readiness.

Emotional Preparation: Exploration of emotions, identification of unresolved emotional patterns, and development of emotional regulation tools for navigating intense experiences.

Mental Preparation: Clarification of intentions, discussion of expectations (realistic vs. unrealistic), understanding of the psyche's structure (ego, unconscious, Self), and preparation for potential cognitive shifts.

Spiritual Preparation: Exploration of personal spiritual beliefs, connection to purpose, and introduction to psycho-spiritual techniques for grounding and centering.

6. Assessment & Acceptance Process

Free Initial Video Call (15 minutes): Before beginning the program, a free introductory video call will be conducted. Its purpose is for you and the therapist to meet, for the therapist to assess the program's suitability for your needs, and to address any initial questions.

Program Acceptance: Participation in the program is not automatically guaranteed after the introductory call. The final decision to accept a participant rests with the therapist, based on the assessment of suitability and safety. If not accepted, alternative recommendations will be offered where possible.

7. Payments & Cancellations

Cost: The total cost for the 4-session program is US\$ 250.

Payment Policy: Full payment for the program must be made before the first session.
Session Cancellation/Rescheduling: Sessions must be rescheduled with a minimum of 48 hours' notice. Sessions canceled with less than 48 hours' notice or missed sessions without prior notification will not be refunded or rescheduled.

Program Interruption: If you decide to interrupt the program before completing all 4 sessions, there will be no refund of any kind.

Termination by Therapist: The therapist reserves the right to terminate the program at any time if they believe its continuation is not beneficial for you or if the agreed-upon terms and conditions are breached. In such a case, a proportional refund for unused sessions will be discussed.

8. Legal Disclaimer

This program is a psychotherapeutic preparation and support service. It is not intended to diagnose, treat, or cure any serious medical or psychiatric condition without the supervision of a licensed healthcare professional.

The therapist does not promote, facilitate, or provide Ayahuasca or any other psychoactive substances. This program focuses solely on preparation for a future Ayahuasca retreat which you will arrange independently with a chosen center.

By proceeding with the request for the initial video call, you confirm that you have read, understood, and accepted the terms and conditions outlined herein.