

Silver Linings Therapy Toolkit

Clinician Quick Reference Sheet
Version September 2025

This quick reference sheet is designed for clinicians to support safe, ethical, and effective ketamine- and psilocybin-assisted therapy sessions.

■ Review informed consent forms and ensure signatures are complete.

■ Confirm patient has safe transportation and post-session support.

■ Prepare therapy room: comfortable seating, safety measures, music, and grounding tools.

■ Establish clear communication plan for pauses or distress during dosing.

■ Use grounding prompts: normalize unpredictability, encourage surrender, monitor safety.

■ Document session notes promptly and schedule integration follow-up.

For full protocols and toolkits, refer to your Silver Linings Clinician Manual.