Ketamine & Psilocybin Therapy Toolkit Manual

Preparation • Dosing • Integration

[Insert Silver Linings Logo Here]

Version September 2025

Preface / Welcome

This manual supports clinicians with scripts, checklists, toolkits, and appendices.

Version September 2025

How to Use This Toolkit

• Edit the .docx masters as your practice evolves; export to PDF for distribution.

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— Hopes & Fears Guide
— Cognitive Blocks Quick Reference
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— Working With Dysregulation: Tools & Strategies
— Liability Preparation Checklist
— Boundaries Preparation Checklist
— Managing Imposter Syndrome: Preparation Checklist

Preparation ■

Therapist Preparation Script

Use these prompts and checklists to structure prep sessions.

Laminated-Style Checklist

Use these prompts and checklists to structure prep sessions.

Hopes & Fears Guide

Use these prompts and checklists to structure prep sessions.

Cognitive Blocks Quick Reference

Use these prompts and checklists to structure prep sessions.

Dosing Session ■■

Therapist Quick Prompts & Checklist

- Normalize unpredictability
- Cue surrender vs control
- Offer grounding anchors
- Monitor safety and presence

Integration ■

Therapist Integration Checklist

Guide reflection, meaning-making, and practical next steps.

Integration Conversation Prompts

Guide reflection, meaning-making, and practical next steps.

Toolkits ■

Hopes & Fears Toolkit (Patient + Therapist)

Use side-by-side with patient materials.

Cognitive Blocks Toolkit (Patient + Therapist)

Use side-by-side with patient materials.

General Appendices ■

Quick Reference Tables

Space reserved for clinic-specific details.

Blank Templates

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Clinician Support Appendices ■

Practical Recommendations Checklist for (Es)ketamine Treatment

Reformatted for quick reference in-session.

Working With Dysregulation: Tools & Strategies

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