Ketamine & Psilocybin Therapy Toolkit Manual

Preparation • Dosing • Integration

[Insert Silver Linings Logo Here]
Version September 2025

Preface / Welcome

Welcome to the Silver Linings Toolkit. This manual supports your preparation, dosing, and integration journey.

Version September 2025

How to Use This Toolkit

• Patient Manual: consents, myths vs facts, worksheets, coping tools, integration.

Table of Contents

Preparation ■
— Informed Consent (Esketamine + Psilocybin)
— Myths vs. Facts (text + full-page infographic)
— Hopes & Fears Worksheet
— Cognitive Blocks Worksheet
— Coping Tools & Grounding Phrases
Dosing Session ■■
— Coping Prompts & Affirmations
Integration ■
— Integration Reflection Worksheet
General Appendices ■
— Blank Templates
— Crisis & Support Resources
Personal Support Appendices ■
— My Preparation Checklist
— Tools for Staying Grounded
— Boundaries & Safety Reminders
— Overcoming Self-Doubt

Preparation ■

Informed Consent (Esketamine + Psilocybin)

Includes signature/date lines and a blank clinician notes section.

Myths vs. Facts (text + infographic)

Myths vs. Facts — Infographic



Hopes & Fears Worksheet

Cognitive Blocks Worksheet

Coping Tools & Grounding Phrases

- Slow exhale breathing
- Grounding object / hand on heart
- Phrases: “I am safe.” “This is temporary.” “I can let go.”
- Music / eye mask (if appropriate)

Integration ■

Integration Reflection Worksheet

General Appendices ■

Blank Templates

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Crisis & Support Resources

• Add your local/national crisis contacts here.

Personal Support Appendices ■

My Preparation Checklist

■ Sleep well the night before
■ Eat lightly, follow clinic guidance
■ Arrange safe ride home
■ Set an open intention (no fixed agenda)

Tools for Staying Grounded

■ Slow exhale breathing
■ Gentle body scan
■ Grounding phrase
■ Hold a comforting object

Boundaries & Safety Reminders

■ You can pause/ask for help anytime
■ Your consent and comfort matter
■ Post-session rest and care plan

Overcoming Self-Doubt

■ It’s okay not to know right now
■ I can let the experience unfold
■ I will integrate insights over time

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