

Code Of Ethics



Mission Statement:

At the heart of my practice lies an unwavering commitment to safety, offering a compassionate abiding presence and fostering transformation. I am committed to ethical integrity, duty of care, informed consent and honoring my clients' inner healing intelligence. I see and hold the monumental responsibility I have as a facilitator with deep reverence and care. This allows me to offer a safe and integrative approach that honors the entirety of a person's healing journey while maximizing therapeutic benefits and minimizing harm.

Preamble:

As a medicine facilitator, it is my individual and collective responsibility to aspire to the highest standards of integrity and ethical conduct. I agree to practice medicine facilitation within my scope of competence and in accordance with this Code of Ethics. I will directly address concerns regarding ethical issues and use clinical judgment, accountability and consultation when ethical dilemmas arise.

I aim to provide an environment of safety and support for a person to engage with their own inner healing intelligence, one's innate wisdom and ability to move towards wholeness and well-being. I act in the spirit of service to support each participant. I devote myself to establishing therapeutic relationships based on trust, care and attunement and to support the participant's own unfolding experience.

This modality, ceremonial medicine work, is founded on the practices of healers, medicine women, medicine men and Indigenous traditions which stretch back centuries. I honor their contributions and recognize the privilege of working with non-ordinary states of consciousness, Indigenous traditions and wisdom. The ability to participate in and facilitate these transformative practices is both a gift and a responsibility.

For the remainder of this document, participants, patients and clients are referred to simply as “participants.”

1. Client-Centered Approach and Therapeutic Alliance:

- I prioritize the well-being and autonomy of participants, respecting their individual needs, experiences and perspectives throughout the facilitation process.
- I act in accordance with the trust placed in me by participants.
- I aspire to create and maintain therapeutic alliances built on trust, safety and clear agreements, so participants can engage in inner explorations.
- I respect and allow the inner healing intelligence of the participant to guide their experience.
- I understand that the transformative process is deeply personal and each participant has different needs for support.

2. Informed Consent:

- I will obtain informed consent from participants, clearly explaining the nature of psychedelic experiences, potential risks, benefits and any other relevant information. Consent is ongoing and participants have the right to withdraw at any time.
- I will discuss potential risks, informed by MAPS clinical trials, Numinus Wellness Inc safety guidelines and current and emerging scientific studies. This is done to support the participant in making an informed decision for themselves.
- Possible benefits are presented in a balanced manner.
- Psychoeducation and psychopharmacology information is provided in the Initiation Packet sent to participants and discussed when the participant is in an ordinary state of consciousness in the Preparation Sessions.
- We will discuss the limits and boundaries of our relationship, including what support will and will not be provided and over what specific period of time.

3. Confidentiality:

- I uphold strict confidentiality regarding participant information, respecting the privacy of their experiences, personal histories and any other sensitive information shared during sessions and through all forms of communication.
- You can view my [Privacy Policy](#) on my website.

4. Safety and No Harm:

- I prioritize the physical and emotional safety of participants, providing a secure and supportive environment for medicine facilitation. I am prepared to handle challenging situations and emergencies responsibly.
- I have safety protocols in place if certain issues arise during or after a medicine session
- I follow the guidelines and best practices presented by Numinus Wellness Inc. in their Psychedelic Assisted Therapy training and MAPS(Multidisciplinary Association for Psychedelic Studies) to increase therapeutic benefits and minimize harm to participants.
- I practice in a controlled and safe environment.
- I'm certified in CPR, I have a first aid kit and know the location of the closest medical facility.
- I gather emergency contact information prior to engaging in this work.
- Most importantly, I conduct a thorough screening for contraindicated medications, health conditions, as well as participant and family mental health diagnoses to determine if use is indicated, safe and efficacious.

5. Cultural Sensitivity:

- I recognize and respect diverse cultural backgrounds, beliefs and practices. I strive to create an inclusive and culturally sensitive space that honors the individuality of each participant.
- I am attentive to the impact of power dynamics in my relationship with participants, particularly where there are differences in privilege, gender, race, age, culture, education and/or socioeconomic status.
- I aim to provide culturally-informed care and seek education in support of greater cultural understanding. I refer participants to other providers as appropriate.
- I have made a commitment to donate 2.5% from every ceremony to the Indigenous Medicine Conservation Fund here: [IMC Fund](#)
- I have allied with them because the work they are doing is of the utmost importance. I'm committed to staying informed on these issues and to amplify their voices to educate others on the importance of supporting Indigenous

reciprocity. IMC Fund is an Indigenous-led philanthropic vehicle who work to ensure the resilience of their Peoples in the face of cultural appropriation, environmental extractivism, human rights violations and climate change.

6. Professional Competence:

- I continually enhance my knowledge, skills and competence through ongoing education, training and community accountability. I stay informed about developments in the field of psychedelic medicine and adhere to ethical standards.
- I am honest and transparent about my training and areas of expertise. I do not work out of the scope of my expertise.
- I will provide timely, vetted referrals if I'm unable to provide necessary care.

7. Boundaries and Dual Relationships:

- I maintain clear professional boundaries and avoid engaging in dual relationships that may compromise the integrity of the therapeutic relationship.
- Participants in non-ordinary states of consciousness may be especially open to suggestion, manipulation and exploitation; therefore, I acknowledge the need for increased attention to safety and issues of consent.
- I examine my own actions and do not engage in coercive behavior.
- I do not initiate, respond to or allow any sexual touch with participants.
- While I respect the sexual identities and expression of the participant and validate participants' processes that might relate to sexuality and sexual healing, I firmly maintain the responsibility as a provider of upholding clear professional boundaries.
- I do not engage in sexual intercourse, sexual contact or sexual intimacy with a participant, during the therapeutic relationship or after termination.
- I engage in regular self-reflection to maintain self-awareness and address any implicit or explicit biases, beliefs or issues that may impact the facilitation process. I am committed to my ongoing personal growth.

8. Integrity and Transparency:

- I conduct myself with honesty, transparency and integrity in all professional interactions. I communicate openly with participants, addressing any potential conflicts of interest or ethical concerns.

- In working with non-ordinary states that can evoke unconscious material for both the participant and facilitator, I acknowledge the potential for stronger, more subtle and more complicated transference and countertransference, with that in mind, I practice self-awareness, self-examination and seek supervision as needed.
- I respect the spiritual autonomy of the participant. I practice vigilance in not letting my own attitudes or beliefs discount or pathologize the participants' unique experiences. I hold and cultivate an expanded paradigm, which includes the experiences people have in extraordinary states.

9. Post-Integration Support:

- I provide post-integration support to participants, facilitating the process of incorporating insights gained during medicine experiences into their everyday lives.
- I provide referrals to other professionals if necessary.

10. Use of Therapeutic Touch and Other Modalities:

- The use of therapeutic modalities, including therapeutic touch, are offered only when pre-consented to while the participant is in a sober, ordinary state of consciousness and has ample time to consider the risks and benefits.
- Participants can withdraw consent at any time during the medicine ceremony.
- If the participant has not pre-consented and requests therapeutic modalities/touch during a medicine session, their original decision, made when in a sober and ordinary state of consciousness, is always honored.
- I will detail the potential use of therapeutic touch, where on the body it might be, the nature of the touch and the specific reasons it might be implemented and efficacious in the document and consent form titled : Therapeutic Touch: Benefits and Potential Risks
- Practices which include any kind of sexual contact or conduct are strictly prohibited. [See Boundaries and Dual Relationships for more]
- Specific ways that the client can communicate whether to cease touch, either verbally or nonverbally in the moment, are agreed upon in the preparation sessions.

11. Community Engagement:

- I actively contribute to the development of a supportive and ethical community of medicine practitioners. I engage in ethical collaboration, sharing knowledge, accountability and fostering a culture of responsibility within the field.

By adhering to this Code of Ethics, I affirm my commitment to ethical practice, accountability and the promotion of integration and transformation through medicine facilitation.

You Are The Medicine and its facilitator(s):

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These ethical principles have been developed from, modified and inspired by the 2000 hours of training I have completed and the following resources:

Somatic Experiencing International:

<https://traumahealing.org/wp-content/uploads/2022/07/Code-of-Ethics-7.21.22.pdf>

Sensorimotor Psychotherapy Institute:

<https://sensorimotorpsychotherapy.org/about/>

American Psychedelic Practitioners Association Standards and Guidelines:

<https://www.appa-us.org/standards-and-guidelines/professionalpracticeguidelines>

MAPS MDMA-Assisted Psychotherapy Code of Ethics:

<https://maps.org/news/bulletin/maps-mdma-assisted-psychotherapy-code-of-ethics-spring-2019/>

Numinus Wellness Inc Care Model:

<https://numinus.com/care-model/>

Trauma Informed Plant Medicine Facilitation Program with Atira Tan:

<https://www.atiratan.com/about/>

American Psychological Association – Ethical Principles of Psychologists and Code of Conduct:

<https://www.apa.org/ethics/code/>

The Conclave:

https://assets-global.website-files.com/5dab753665b2d985ff08d69b/5dab753665b2d9a3bd08d6e9_Conclave_Ethical%20Commitments.v.1.4.pdf

American Association for Marriage and Family Therapy:

https://www.aamft.org/Legal_Ethics/Code_of_Ethics.aspx

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