

Ketamine Assisted Couples Intensive Retreat Agenda



Friday

12:00 PM	Meet and greet and light lunch
1:00 PM	Opening circle Introduce ourselves Create container Review Agenda Discuss consent and answer questions Offer Intentions
2:30 PM	Break
2:45 PM	Intro to threads to be woven through the weekend: Developmental Model: a framework for medicine journeys Definitions of Differentiation, Developmental Skills and Coping Strategies Ketamine as an Ego Lubricant Recognition of Parts
3:45 PM	Break
4:00 PM	Breath work Kriya
4:30 PM	Break and blood pressure checks
5:00 PM	Meet the Medicine: sub-psychedelic Ketamine Journey Quiet reflection with self and partner
7:30 PM	Light vegetarian fare
8:00 PM	Group Integration

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Saturday ———

** Today's journey partner should not eat past 11:15 AM **

10:00 AM	Morning Circle, Optional Sharing, Questions
10:30 AM	Projections, Stories and Defensive Strategies
11:30 AM	Holding Space for your Partner while in medicine Discussing touch and other issues
11:45 AM	Lunch and break
1:45 PM	Initiator-Inquirer Method and Practice
2:45 PM	Break
3:00 PM	Short Psychedelic Prep Meditation
3:15 PM	First Partner Medicine Journey (option to do psychedelic dose)
5:15 PM	Light meal
6:15 PM	Group integration

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Sunday ———

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| 10:00 AM | Light breakfast |
| 10:30 AM | Check in |
| 11:00 AM | Cleaning the Windshield:
How to Negotiate Differences and Own Projections
Fogging the Windows:
How Sexual Intimacy Is Impacted by Differentiation |
| 12:15 PM | Lunch and Break |
| 1:15 PM | Short Psychedelic Prep Meditation |
| 1:30 PM | Second Partner Medicine Journey (option to do psychedelic dose) |
| 3:30 PM | Break |
| 4:30 PM | Integration |
| 5:30 PM | Closing Circle:
Observations, Shifts and Holding the Heart Open |