

THE MANUAL OF PSYCHEDELIC SUPPORT

A Practical Guide to Establishing and Facilitating Care Services at Music Festivals and Other Events



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MoPS



- Project start after the 2010 Boom Festival
- Idea by the Kosmicare team
- Helped by Burning Man's „Green Dot” rangers
- By 2015, more than 50 collaborators
- Psychologists, educators, nurses, researchers in cognitive sciences, doctors, artists, therapists, design team
- Available since January 2015
- FREE e-book!
- Screen version: over 10,000 downloads
- Print version: over 2,000 downloads

Download from: www.psychsitter.com

What is Psychedelic Support?

A **psychedelic care service** assists people who are undergoing challenging experiences during altered states of consciousness or other forms of emotional or mental stress.

Principles and Ethics:

- **Create a Supportive Environment**
- **Provide Compassionate Listening**
- **Accept and Work With Difficult Experiences**

Be Non-Judgmental!

Antipsychotic medication should only be administered by licensed medical staff, and even then should be considered as a last resort!



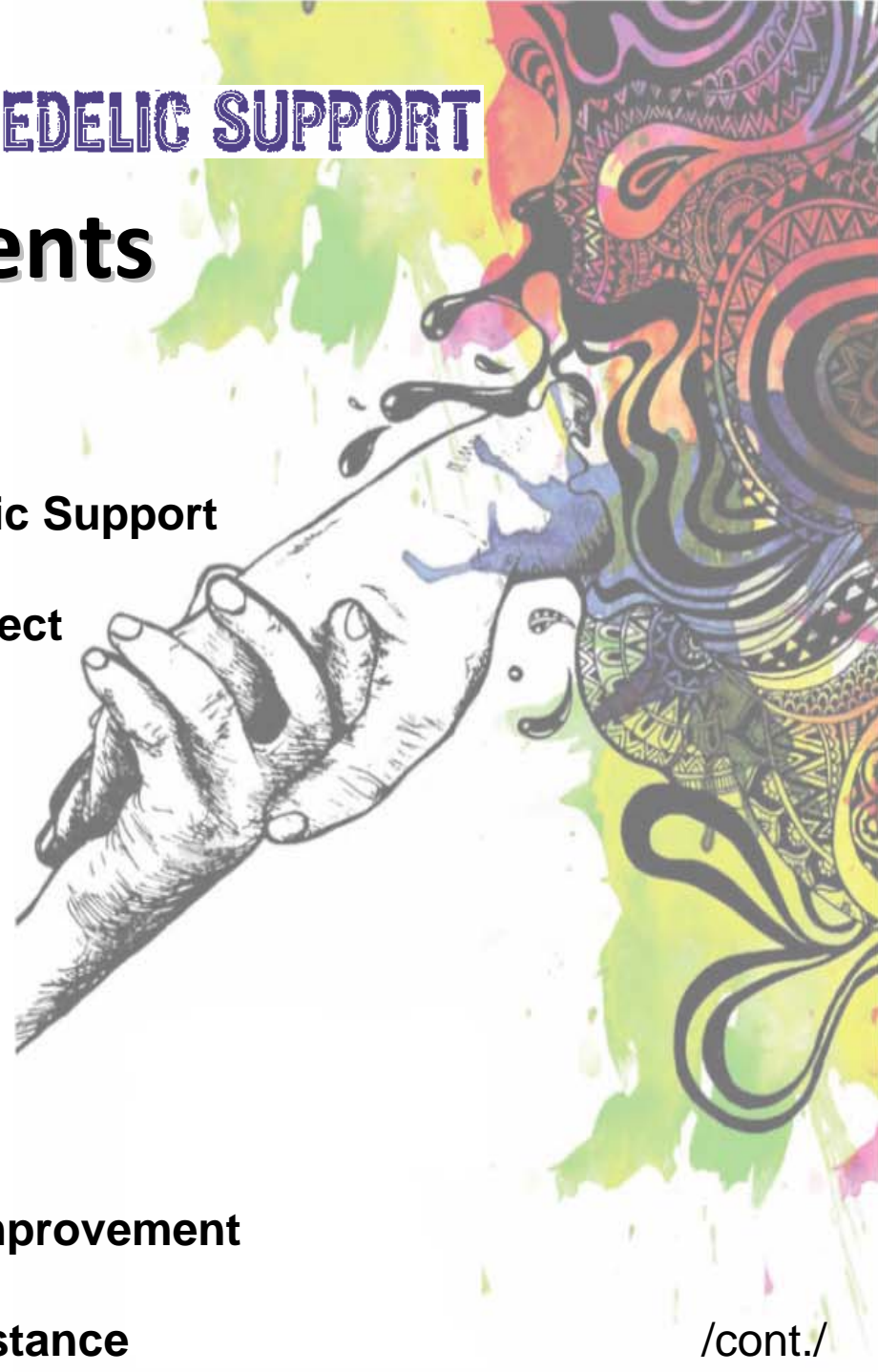
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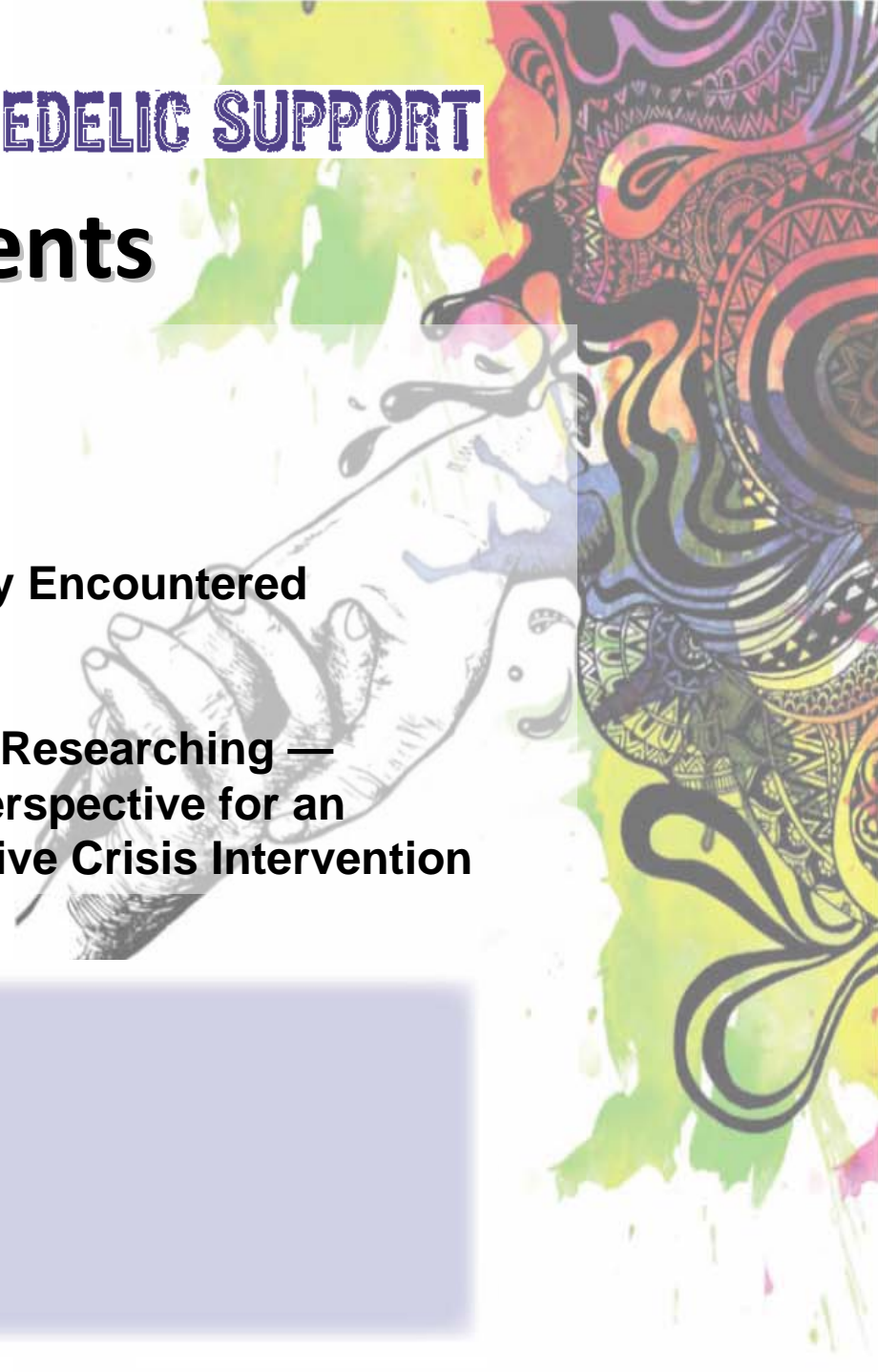
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Forewords

„The problems of psychedelic drug consumption at rock and roll shows were initially not very well understood by either promoters, the police or the public (...) overdoses and psychotic behavior became commonplace (...) anyone with a «problem» was simply arrested” „MOPS is a resource that the entertainment industry has needed for a long time”

Sam Cutler (former tour manager, The Rolling Stones & The Grateful Dead)

„In the perspective fostered by many researchers nowadays which view gatherings involving «ecstatic practices» as a resurfacing of ancient tribal traditions, the promoters become those responsible for «holding the space of the tribe»”

Diogo Ruivo (Good Mood Prod. and Boom Festival Founder)

„We seek by the publication of this Manual to contribute to our cultural evolution into a Post-Prohibition society in which we will all have legal access to ancient and modern technologies of transformation”

Rick Doblin (MAPS founder)

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Psychedelic Care services

- Hog Farmers at Woodstock
- Grateful Dead's parking lot medics
- Green Dot Rangers at Burning Man's Sanctuary space
- Kosmicare at Boom Festival (PT)
- MAPS Zendo Project (USA)
- various teams at Ozora festival (HU) from 2007
- NEWIP (EU) project interventions 2011-2013
- NEW Net (EU) network interventions from 2016?
- **Lost Theory 2015** international team:
 - DÁT2 Psy Help (HU)
 - KosmicareUK (UK)
 - DrogArt (SL)
 - Kotilo (FI)
 - other volunteers from FR & PT & SR

Psychedelic subculture

- electronic dance music events
- Goa, Psytrance, Chillout (+ Full-On · Darkpsy · Progressive · Hitech · Psycore · Psy Dub · ...)
- manifold higher prevalence of hallucinogenic drug use among visitors of these events
- hallucinogens, such as LSD, DMT, psilocybin, and mescaline
- „set” & „setting” ideal for drug use
- life-enriching experiences in a supportive environment
- substantial risks associated with the ingestion of psychoactives

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Risks of psychoactive drug use

- impurities
- dosing errors
- misidentifications
- drug interactions
- pre-existing disorders
- reckless attitude

...may cause physical
and/or mental
discomfort

...with serious health
consequences or
accidents



Psychedelic consciousness alteration

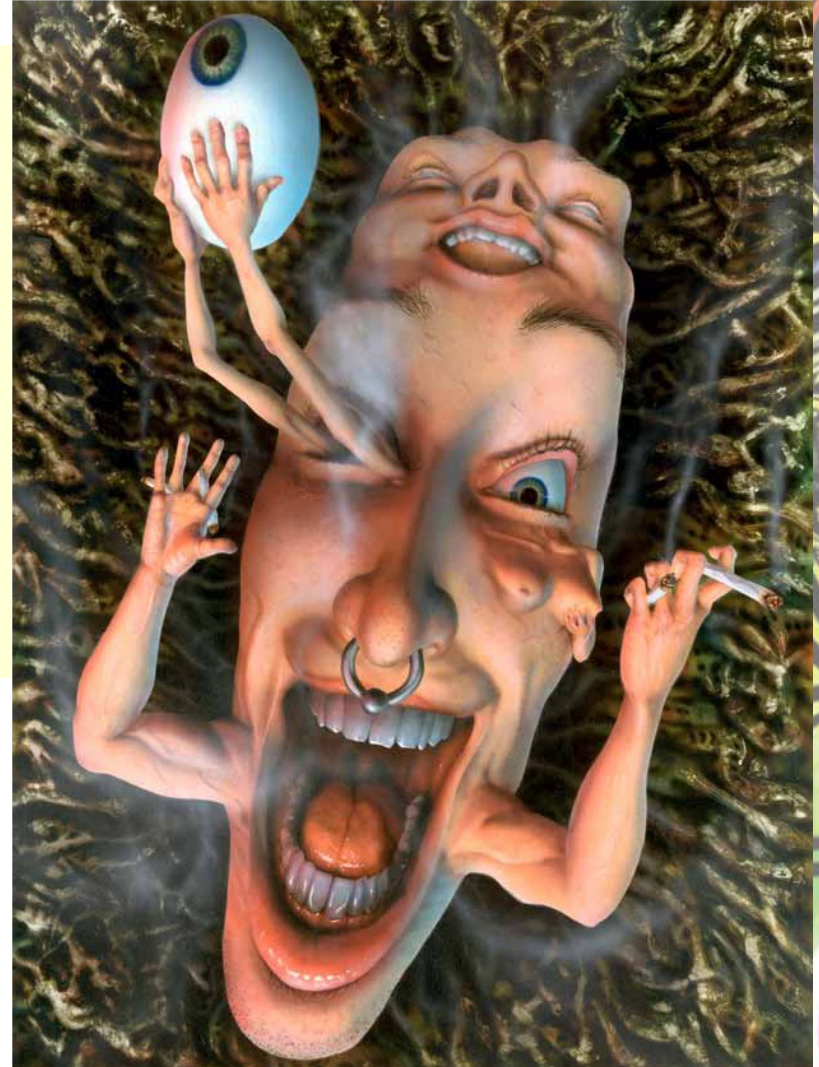
- mainly serotonergic hallucinogens
- temporary alteration: destabilization -> repatterning
- "looping" or incoherent thought processes
- impaired short and long term memory
- hallucinations and delusions may appear as real
- attention may turn inwards or toward unreal things
- repressed emotions or traumatic memories may surface
- diminished rational and verbal levels of interaction



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What is the client like?

- anxiety and fear
- difficult to access verbally
- may not tolerate proximity
- unpredictable behaviour
- no ethical norms
- no social roles
- paranoia, catatonia, stupor
- disorientation



Helping in psychedelic emergencies

- Cases can be managed with somewhat similar methods
- Metabolic activity decreases drug effects gradually by time
- The helping process requires active care for a few hours
- Convince to stay at the helping premises!
- Prevent accidental injuries!
- Disadvise from taking more drugs!
- Calming presence and occasional communication
- No abstractions, no questions, no negative associations
- Simple verbal instructions
- Repeated reassurance: the trip will surely end!

Volunteering as a Sitter?

Special requirements:

- Knowledge of first aid and handling emergency situations
- Knowledge of psychoactive substances
- Knowledge of altered mental states
- Psychological suitability
- Teamwork suitability
- Clientwork suitability

Kosmicare @ Boom: Maria Carvalho

Kosmicare UK: Karin Silenzi de Stagni

DÁT2 Psy Help (Hungary): Levente Móró

The Zendo Project (by MAPS): Linnae Ponte

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The background of the slide is a vibrant, abstract illustration. On the left, a hand is shown in black ink, holding a pen and writing on a white page. The right side of the background is filled with colorful, swirling patterns in shades of green, yellow, red, and purple, reminiscent of psychedelic art or a watercolor wash. The overall style is artistic and expressive.

THANK YOU FOR YOUR ATTENTION! 😊

Special thanks to:

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&

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