

The “Nature” of Psychedelics

How nature compliments
psychedelic therapy in
preparation, treatment, and
integration.

Exposure to Nature Can:

- Reduce anxiety, mental distress, depression, and negative emotions.
- Increase the desire to self-actualize and achieve one's dreams or goals.
- Raise life meaning, life satisfaction, happiness, and positive affect.

Psychedelics and Nature Both:

- Lower Default Mode Network activity, lowering rumination and anxious thinking.
- Improve how one connects to themselves, others, and the world.
- Inspire mystical experiences that transcend time and space, resulting in long-lasting positive changes

How Can We Incorporate Nature in Clinics?

Utilizing Natural Colours and Plants:

Clinicians can incorporate natural colours such as browns or greens in the therapeutic space. It is good practice to include fresh flowers or plants.

Navigating Outdoor Sessions:

The therapeutic environment should aim to include real aspects of our beautiful environment. This may look like natural light through a skylight or large window. Hybrid sessions should include controlled access to calming outdoor environments that encourage self-reflection, while allowing for quick and easy access to a safe indoor space.

Navigating Outdoor Sessions:

The natural environment poses challenges to privacy. Therefore, ensuring the therapeutic space is largely isolated from the public and populated with trustworthy individuals is vital to a positive and powerful session.

Preparing With Nature



MAPS
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Techniques Involving Horticulture

Gardening can be used as a metaphor for the psychedelic journey. Individuals draw a parallel to their own inner landscape with that of a fertile garden. One must “prepare the ground” by weeding and tilling the land, marking a symbolic representation of the start of their experience.

Shinrin-Yoku (Forest Bathing)

This traditional Japanese mindfulness technique teaches individuals to focus on their surroundings and nature, assisting them in rooting themselves in the present moment. It is often done by smelling flowers, examining calming trees, or hearing the soothing sound of flowing water. By preparing practicing this strategy, individuals can hopefully call upon it if they encounter a challenge during their trip.

Utilizing Nature in Integration

Integration Strategies Incorporating Horticulture

After a session or psychedelic experience, one is given a seed to symbolize their own psyche. If one wants the lessons learnt to last, one must consistently tend to and water their “seed” through mindful and attentive choices.

Maintaining Nature as a Therapeutic Space

The goal after a psychedelic experience is to achieve the mindset and space created during the trip without the use of psychedelics. Therefore, if one can treat nature as a setting for mindful thinking and spiritual connection, one can regularly return to nature for guidance and assistance.

References

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