

Show Notes: Fernando Hettiyadura - Episode 16

Show notes:

- 00:02:45 Introducing Fernando.
- 00:14:50 When did you start combining psychedelics and coaching?
- 00:22:00 Science, magic and psychedelics.
- 00:36:50 How does coaching, psychedelics and therapy make sense together?
- 00:50:35 Fernando explains the journey of a coachee.
- 00:54:10 Screening clients before a psychedelic experience.
- 00:58:30 How much time clients should take off after an experience?
- 01:01:20 How can we prepare a beneficial space for integration?
- 01:05:30 Techniques that help to prepare.
- 01:17:00 Who/What is allowed to influence the coachee?
- 01:19:30 In which parts of the process are you involved?
- 01:25:30 Preparing the client for a psychedelic experience.
- 01:30:00 Should we offer advice/guidance?
- 01:36:20 Bridging psychedelic experience and integration coaching.
- 01:51:10 How to improve integration.
- 01:57:10 Does the coach need experience in psychedelics? If so: how much?
- 02:01:19 How the psychedelic experience benefits coaching.
- 02:10:11 The importance of coaches doing integration and trauma work themselves.
- 02:18:20 Psychedelic coaching and regulations.
- 02:22:20 Drawing the border between coaching and therapy.
- 02:27:50 Trends in the coaching and psychedelic space
- 02:33:44 Advice for new coaches.
- 02:39:30 Fernando's Message.

Links Mentioned:

- <https://igniteglobal360.com/>
- (missing) Conversations, Vipassa modern, online space

Books/Authors/Podcasts/People of Interest Mentioned:

- Benita Stafford