



**Hero's Journey**  
SPIRITUAL COACHING

## Hero's Journey Spiritual Coaching - Code of Ethics

Hero's Journey is a Spiritual Coaching practice that welcomes clients who are in search of support via coaching and are open to connecting to their Spirituality, The practice operates via bridging and balancing spirituality with practicality, implementing practical tools together with methods connecting to intuition and subconscious. Occasionally, the use of micro and mini doses of psychedelics (Psilocybin containing truffles) is offered during the coaching process so that the client can deepen the experience and reach hidden layers of self understanding. Hero's Journey Practitioners occasionally assist in psychedelic retreats and ceremonies and what is mentioned in this code of ethics applies also to this role.

Coach/Guide/Practitioner - will be used interchangeably describing those working for and within the Hero's Journey Spiritual Coaching Practice.

### 1. Integrity

Practitioners of Hero's Journey Spiritual Coaching operate with integrity, clearly acknowledging both competencies and limits and assisting with only those practices for which they are qualified by personal experience and by training or education.

Practitioners will clearly inform the client about the nature of the spiritual coaching, including coaching with psychedelics, and distinguish it from any kind of medical advice, form of therapy or counselling.

### 2. Guidelines and agreements

Prior to the commencement of services, a written agreement regarding the roles, responsibilities and rights of all parties involved with the Clients and Sponsors will be created, including clear guidelines around how to appropriately begin and end their professional relationship. When the practitioners evaluate that the process is complete, they will share this information with the client and not try to prolong the coaching.

### 3. Use of Psychedelics

Psychedelics may or may not be integrated into the coaching. This will be upon the practitioners discretion and clients readiness. Clients readiness and benefit will be number one priority to offer such an additional service and it will never be encouraged/ pushed on a client.

Practitioners won't claim to be psychedelic therapists, nor offer "therapeutic" services.

Should the practitioner evaluate that such a practice might be of benefit, the client will be informed on the kind of substances and doses, possible implications, including benefits, contraindications and legal requirements. Clients will be also invited and encouraged to do their own research on the topic.



## Hero's Journey

SPIRITUAL COACHING

Practitioners will work with written informed consent. They will use the dosage and modality only within their competency, expertise and level of confidence and offer insight into their own capacities and limitations.

Should the use of psychedelics be integrated into the coaching process, the practitioner will ensure proper preparation and integration. During the entire process, no judgement or advice will be given. The inner healing intelligence of clients will guide the experience and the practitioners will be there holding space and supporting the process.

Practitioners are aware of the vulnerability and heightened suggestibility that comes with entering an altered state of consciousness and are committed to offering the care and attunement this requires. They understand that projections and transferences can be amplified in the psychedelic state.

Guides will be educated on the history of psychedelics and their many traditions of use, as well as current developments and research in this area

### **4. Safe setting and guided principle**

The guides will create safe, intentional settings, contexts, and containers to facilitate, promote and/or support healing and transformation. They will practise and serve in ways that cultivate awareness, empathy, and wisdom, seek to embody and invite care, kindness, and compassion and a duty to 'do no harm'. They will strive to be aware of how their own belief systems, values, needs, and limitations might affect their work and have support available in case doubts or related issues occurred.

### **5. Boundaries**

Guides are responsible for the setting, upholding, and monitoring of appropriate boundaries within the practitioner-client relationship. This includes managing conflicts of interest with Clients and Sponsors and not participating in any sexual or romantic engagement with Clients or Sponsors. Touch: Before the sessions, including the psychedelics, the Practitioners will inquire about a client's boundaries and/or traumas relating to touch. Practitioners will ensure there is verbal (or any other agreed form of communication) consent before any form of touch is used.

### **6. Inclusion**

Guides aspire towards inclusion and to challenge prejudices and shall practice openness and respect towards people whose beliefs are in contradiction to their own. All levels of spirituality (as well as no experience at all) are welcome and practitioners will meet the client where the client is at. The client will be supported and guided to find a way to move forward in those directions of life that require attention. Should the client be willing to explore spirituality, there will be ways to do it, but it will never be imposed on a client. Spiritual Coaching is beyond religion, it is about connecting



## Hero's Journey

SPIRITUAL COACHING

and searching for inner guidance. The client's own beliefs are encouraged and work as guidelines for the client's own decision-making and actions. Clients will be always asked permission before any kind of tool or method will be implemented.

### **7. Client's own agenda**

Practitioners will follow client's individual healing process and not impose their own agendas or personal and/or professional ambitions into the work with clients.

### **8. Confidentiality**

Guides will ensure privacy and confidentiality. They will not disclose clients' sensitive, private, personal, medical, or otherwise confidential information and have a clear understanding with both Clients and Sponsors about the conditions under which information will not be kept confidential.

Practitioners may make notes during the coaching process, including sessions with the use of psychedelics and agree to keep those notes safe and well secured.

Practitioners will only share a client testimonial when permission has been granted.

### **9. Commitment to an ongoing personal and professional growth and self care**

Practitioners aspire to continuously develop and monitor their professional and personal growth, including self-reflection regarding ethics and integrity. They are committed to continuous education, staying informed on current best practices within the spiritual coaching and psychedelic fields. They demonstrate good self-care and invest in their own mental, physical, and spiritual wellbeing and hygiene. They adhere to an ongoing practice of self-compassion and self-inquiry, seeking mentorship and guidance from their peers in the field.