



Patient Code of Conduct

In the context of psychedelic-assisted therapy, patients understand the importance of adhering to a set of principles and guidelines to ensure a safe, respectful, and effective therapeutic experience. The Patient Code of Conduct draws inspiration from the Professional Practice Guidelines outlined by the American Psychiatric Nurses Association (APNA) and the Psychedelic-Assisted Psychotherapy Code of Ethics provided by the Multidisciplinary Association for Psychedelic Studies (MAPS). By committing to the following code, patients contribute to the success of their therapeutic journey and cultivate a therapeutic environment that prioritizes well-being.

Commitment to Your Care:

- Patients will commit to actively participating in treatment by openly expressing thoughts, feelings, and experiences to facilitate a collaborative and trusting relationship with their Journey Clinical member therapist and the Journey Clinical Medical team.

Respect:

- Patients will respect the professional boundaries set by their Journey Clinical member therapist and the Journey Clinical Medical Team, and adhere to the agreed-upon structure of the therapeutic sessions.
- Patients understand that they must uphold a respectful and ethical demeanor with all Journey Clinical stakeholders including Journey Clinical member therapists, the Journey Clinical Medical team, and staff.

Safety and Well-being:

- Patients will prioritize their physical and emotional safety during and after psychedelic-assisted therapy sessions.
- Patients will promptly communicate any concerns or adverse effects experienced during or after sessions to their therapists and report them via the Journey Clinical portal.

Informed Consent

- Patients will actively participate in the informed consent process, seeking clarification on any uncertainties regarding the therapeutic approach, potential risks, and benefits.

Compliance with Therapeutic Recommendations and Medical Protocols:

- Patients will diligently follow any therapeutic recommendations provided by their therapists and strictly adhere to the Journey Clinical Medical team protocols and treatment plan to maximize the effectiveness and safety of the treatment. Protocols and

treatment plans include pre-session preparation, vital sign monitoring pre- and post-treatment sessions, dosing and administration, and safety precautions.

- Patients will adhere to participating in integration sessions following each treatment session to facilitate the integration of insights gained during psychedelic sessions into their daily lives.

Open Communication and Transparency with Your Care Team:

- Patients will actively engage in open, collaborative, and honest communication with their Journey Clinical member therapists and the Journey Clinical Medical Team, providing accurate information about their medical history, mental health, and any substance use.
- Patients will communicate openly about their thoughts, feelings, and experiences during therapy sessions, fostering a collaborative and trusting therapeutic relationship.
- Patients will provide feedback to their therapists regarding the therapeutic process to enhance the quality of care.

Notification of Changes in Health:

- It is the responsibility of patients to promptly notify their therapists and the Journey Clinical Medical Team if any changes in their life circumstances may affect their health since their last session. This includes but is not limited to new medications, medical procedures, or significant health events.

Respect for Fellow Participants in a Group Setting:

- Patients will respect the experiences and privacy of fellow participants in group therapy settings, refraining from judgment or disclosure of personal information shared during sessions.
- Patients will contribute to creating a supportive and non-judgmental therapeutic community.
- Patients will maintain the confidentiality of the therapeutic process, respecting the privacy and anonymity of fellow participants.

Non-Discrimination and Cultural Sensitivity:

- Patients will embrace and respect the diversity of individuals, therapists, and Journey Clinical Medical team members participating in psychedelic-assisted psychotherapy, recognizing and valuing differences in culture, ethnicity, gender, and background.
- Patients will refrain from engaging in any form of discrimination or prejudiced behavior during therapy sessions and medical consultations.

Continuous Self-Reflection:

- Patients will engage in ongoing self-reflection to enhance their self-awareness and contribute positively to the therapeutic process.
- Patients will openly discuss challenges and progress with their therapist and the Journey Clinical Medical team, fostering a collaborative approach to their personal growth.

Termination of Therapy:

- Patients understand that they have the right to terminate therapy at any time and will openly communicate their decision with their therapists and the Journey Clinical Medical Team.
- In the event that patients' therapists determine the need to terminate therapy, patients will respect their professional judgment and collaborate on a suitable termination plan.

Awareness of Patient Rights:

- Patients understand their rights and will communicate to their Journey Clinical member therapist and/or Medical Team to report any breach of their rights.
- Rights include:
 - Patients have the right to respectful and compassionate care, free from abuse, mistreatment, harassment, or exploitation.
 - The right to clear and understandable information about diagnoses, treatment, potential effects, risks, benefits, and alternative treatment options.
 - The right to grant, withhold, or withdraw consent to treatment, including the use of touch, and the right to refuse participation in research or educational activities.
 - The right to ask questions and receive satisfactory answers before, during, and after treatment.
 - The right to non-discrimination based on race, gender, gender identity, expression, appearance, physical abilities, religion, culture, age, sexual orientation, or socioeconomic status.
 - The right to privacy and confidentiality, including information about the limitations of confidentiality and knowledge of any individuals involved in discussing their case.
 - The right to reasonable continuity of care and transparent information about fees and payment procedures.
 - The right to a designated advocate, an advance directive, and information about emergency care procedures.
 - The right to be informed about the people providing treatment, their licensure, qualifications, and training.
 - The right to participate in the treatment plan decisions whenever possible.

By adhering to this Patient Code of Conduct, patients commit to fostering a therapeutic environment that prioritizes safety, respect, and collaboration, supporting the clinical outcomes of psychedelic-assisted psychotherapy for themselves and their fellow participants.