

# KAP Patient/ Driver/ Caregiver Considerations

KAP is a powerful process which utilizes a pharmaceutical drug that can cause various non-ordinary states of consciousness as well as other transient effects such as dizziness/ lightheadedness, mental confusion, inability to accurately sense and control physical actions, altered or blurred vision, sedation, and others.

These effects will generally subside and completely resolve within a few hours to a day.

To assist in recovery & receive the most benefit from the session please follow these considerations:

- ❖ Set up and have ready a comfortable, cozy **spot at home** for rest and reflection
- ❖ **Don't ask questions** about the experience itself unless information is volunteered
- ❖ Be ready to **assist with walking and navigating** into and out of the vehicle and to a comfortable location at home
- ❖ Have ready a **light meal or snacks** (fruits/veggies, soup, smoothies) and **some liquids** (herbal tea, water, electrolyte drink, fruit juice)
- ❖ Maintain a quiet, low light, low distraction **environment** for at least several hours...maybe until bedtime (i.e., avoid TV/screens, books, audiobooks, or podcasts with controversial or unsettling material)
- ❖ **When engaging**, maintain a supportive, unhurried, non-stressful, open attitude

## In Conclusion...

It is helpful to foster realistic expectations for the short- and long-term timeline of KAP's beneficial effects. Some changes may come in sudden shifts of perspective during a KAP session and may remain long after the session has been completed. It is important to note that some of the most valuable KAP influences and insights may evolve slowly over time with extended integration and reflection. We have found that the benefits of KAP are extended when clients engage in a variety of self-care practices during and after the treatment.

You are encouraged to be selective about what you "consume" in the way of books, music, news, screen time, podcasts, etc. after your session. Your brain is in a highly neuroplastic state and there is an opportunity to create habits you want to maintain and let go of habits you want to release.