

Medicinal Mindfulness Events LLC
Conscious Cannabis Events™ Safety Self-Assessment 2017 v7

While cannabis is legal in Colorado to possess and consume in certain contexts, and is used recreationally and safely by millions of people, Conscious Cannabis Events (CCEs) are transformational experiences that are more akin to meditation retreats and other entheogenic practices.

Taking this self-assessment is encouraged before participating in a CCE, is required for any ongoing class or meditation series, and may be part of a brief structured phone interview. Please contact a Medicinal Mindfulness facilitator if you have any questions.

Self-Assessment Safety Questions

Conscious Cannabis Experiences are very safe but they are not for everyone.

Answering a yes to any of the safety self-assessment questions below may indicate a need to check in with a Facilitator about attending a Conscious Cannabis Event, or might require the postponement of attending a Conscious Cannabis Event if it represents a very strong concern.

Notes and recommendations on how to assess an answer are included in [brackets] as part of the question. A Medicinal Mindfulness facilitator is available before the event to answer any of your questions related to safety but in the end this is your decision. You are encouraged to have all your questions and concerns addressed before attending. Truthfully answering “no” to every question does not guarantee a positive experience. By participating in a CCE you are agreeing to take full responsibility for any outcomes experienced.

Contraindications (reasons not to attend) include, but are not limited to, pregnancy and serious physical health problems such as cardiovascular problems, severe hypertension, recent surgery or fractures, acute infectious illness, or epilepsy, or severe mental illness such as severe/acute anxiety or other mood disorders, psychosis, bipolar disorders, personality disorders, acute/unprocessed trauma and PTSD, acute addictions, suicidal ideation/self harm and tendencies for disruptive behavior.

Again, these events are very safe, but please be honest with yourself regarding your readiness for big transformation. The assessment questions are very personal and do not need to be shared. You have everything you need to make the best decision and we are here to help. Just ask.

Profound transformation and healing is sometimes difficult, but is always worth the effort.

We are here to support you in this process.

1. Are you pregnant or nursing? [Answering yes to this question requires postponing your session until you are no longer pregnant or nursing.]

Yes

No

2. Do you have any past or present medical conditions (either physical or mental health) that may affect your ability to safely participate in this event? [A CCE is not appropriate for persons with cardiovascular problems, sever hypertension, sever mental illness, recent surgery or fractures, acute infectious illness, or epilepsy.]

Yes

No

3. Have you ever been hospitalized for a psychological or emotional disorder, or for any other psychological or emotional reason? [Mental Health Contraindications (reasons not to attend) include, but are not limited to clinically significant acute anxiety or other severe mood disorders, psychosis, bipolar disorders, personality disorders, acute/unprocessed trauma and PTSD (without support), acute addictions, suicidal ideation/self harm and tendencies for disruptive behavior.]

Yes

No

4. Have you ever had a severe, adverse reaction to using cannabis or other psychedelic medicines, physically or emotionally or otherwise?

Yes

No

5. Has a health professional ever advised you to cease or otherwise limit consumption of cannabis, psychedelic medicines, or using altered states practices?

Yes

No

6. Have you ever experienced extreme paranoia or anxiety, panic attacks, or other extreme negative experiences while using cannabis, or any psychedelic drugs, or during any other times in your life that required a significant intervention? [We've all experienced anxiety in one form or another... the key here is something that required a significant intervention.]

Yes

No

7. Have you ever fainted or blacked out or otherwise adversely lost consciousness while on cannabis or any psychedelic medicine? [While this can happen to anyone, some are more

susceptible than others, particularly those with low blood pressure. Please let a facilitator know and take extra time in sitting and standing up after the completion of a CCE.]

- Yes
- No

8. Have you ever had extremely unusual or disconcerting thoughts or ideas, or extreme levels of energy (inability to sleep for days or racing thoughts, or alternatively extremely low energy) after the effects of a psychedelic/cannabis should have worn off? [These could be symptoms of severe mental health concerns.]

- Yes
- No

9. Do you have any current or past substance abuse/dependence concerns? [While cannabis can be used to treat other addictions, this is something to really pay attention to and seek professional support when using cannabis in this way.]

- Yes
- No

10. Are you currently on any medications, supplements or recreational drugs that could affect you safely participating in a CCE? [Using other mind altering substances besides cannabis in a CCE is **expressly forbidden**. Please do not come on any other mind altering substance as it would increase the likelihood of a difficult or overwhelming experience and negatively affects the safety of yourself and other participants.]

- Yes
- No

11. Do you have a history of disruptive or violent behavior, either physical or emotional? [For the safety of our participants, any intentionally disruptive behavior is not tolerated at a CCE. Disruptive behavior does not include spontaneous healing and transformational releases that require Facilitator intervention and support.]

- Yes
- No

12. Do you have a history of traumatic or difficult life events that has not been addressed or is not being supported therapeutically? [CCEs are designed to compliment therapy and treatments, not replace them. If a difficult past experience unexpectedly comes up in your experience during a CCE, you are strongly encouraged to seek professional mental health support.]

- Yes
- No

13. Do you have any present concerns around suicide or self-harm? [Again, a CCE is not the appropriate context to address suicidality or self-harm. Please seek professional mental health support.]

- Yes
- No

14. As you contemplate attending this experience, or when checking in with yourself right before it begins, are you extremely anxious? [While mild to moderate anxiety is completely normal before a CCE, extreme anxiety, panic and physically shaking/trembling before an experience is an indication NOT to participate.]

- Yes
- No

15. Have you recently had a major transformational experience, with a medicine or otherwise, that feels almost complete but not quite or unresolved? [Ask us about this one if answering yes. It has been our experience that people who have done a lot of transformational work can have significant breakthrough experiences in a CCE. This is good news but can be intense. Please prepare accordingly.]

- Yes
- No

16. Do you ever feel extremely uncomfortable in group transformational processes? [Even though you will be safe and fully supported in the CCE, it is still a deep transformational process in a group setting (unless an individual experience). Previous experiences in group processes is an indication of how comfortable you'll feel in a CCE].

- Yes
- No

17. Anything else you think we should know about? Please use this space to include any additional comments, questions or concerns. You can bring this to a facilitator before the event or share it with a mental health professional that you trust before attending.