

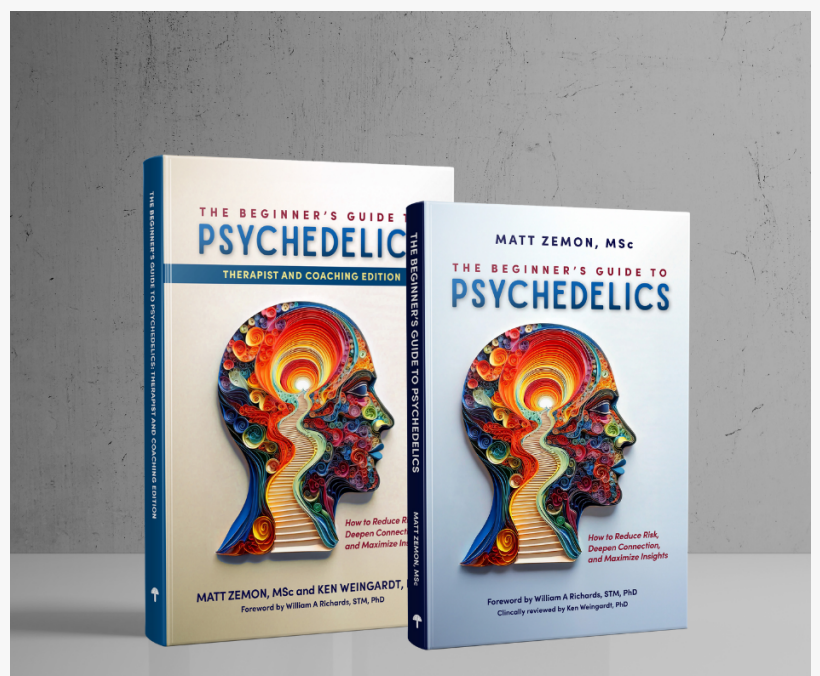
New Resources for Psychedelic Therapy: Matt Zemon and Ken Weingardt Unveil The Beginner's Guide to Psychedelics

Empowering Individuals and Professionals with Practical Tools for Psychedelic Preparation, Integration, and Healing.

CHAPEL HILL, NC, UNITED STATES, March 31, 2025 /EINPresswire.com/ -- [Matt Zemon](#), MSc, educator and author in psychedelic wellness, in collaboration with Ken Weingardt, PhD, clinical psychologist and co-author, are set to release [The Beginner's Guide to Psychedelics](#) and its companion Therapist/Coach Edition on March 31st, 2025. These two editions provide essential resources for individuals and professionals navigating the transformative potential of psychedelics.

The Beginner's Guide to Psychedelics is designed for individuals seeking personal growth, emotional healing, or a deeper sense of connection. This workbook offers practical, step-by-step guidance for preparing for, experiencing, and integrating psychedelic journeys, with a strong focus on safety, self-awareness, and the benefits of psychedelics as tools for personal transformation.

Key features include:



The Beginner's Guide to Psychedelics and Therapist/Coach Edition



Matt Zemon

- Preparation & Intention Setting – Lay the foundation for a meaningful journey.
- Journey Trackers – Capture insights and reflections from your experiences.
- Four-Week Integration Program – Practical exercises to help process and apply insights.
- 30-Day Gratitude Journal – Reinforce neuroplasticity with daily appreciation.
- Creative Play – Coloring exercises to promote mindfulness and relaxation.

The Therapist/Coach Edition, equips therapists and coaches with a comprehensive toolkit to guide individuals through the preparation, experience, and integration of psychedelics. This edition includes session-by-session guidelines, practical techniques for behavior change, and additional therapist-specific information to enhance the therapeutic relationship and ensure clients' safety and well-being throughout their journey.

Key features include:

- A Client Safety Plan to ensure well-being throughout the process
- Detailed outlines for six preparation and integration sessions
- Suggested homework assignments to reinforce each session's objectives
- Effective techniques for facilitating behavior change and ensuring follow-through
- Ready-to-use email templates for communication with clients
- Additional resources to enhance the therapeutic process

Free eBook Offer Until April 4th

To make these resources accessible to as many people as possible, both eBooks are available for free download through April 4th.

Bulk Orders for Retreats and Licensing Available

In addition to individual sales, bulk orders are available for retreats and facilitators interested in providing these resources to their communities. Orders can be made directly through Matt Zemon's website. The Beginner's Guide to Psychedelics is also available for licensing to organizations that wish to brand and integrate this workbook into their professional practice.

"The release of these editions marks a pivotal moment in making resources accessible to both individuals and professionals working with psychedelics," said Matt Zemon. "We're excited to



Ken Weingardt

share these guides with people who are ready to transform their lives or guide others in their healing journeys.”

“As a clinician and psychedelic facilitator, I've seen firsthand the profound impact these medicines can have on mental health and well-being” said Ken Weingardt, PhD. “This guide provides professionals with the practical tools and background they need to support clients in a meaningful, safe, and effective way.”

Key Thought Leaders Endorse The Beginner’s Guide to Psychedelics:

“..provides clear, thoughtful direction for newcomers looking to explore the healing and transformative power of psychedelics.” -James Fadiman, PhD, Psychedelic Researcher, and co-author, *Microdosing for Health, Healing, and Enhanced Performance*.

“...an excellent resource for those seeking new avenues for healing and growth.” -Dr. Matthew W. Johnson, PhD, Senior Researcher, Sheppard Proff Center of Excellence for Psilocybin Research and Treatment.

“...a wonderful resource for those ready to explore the therapeutic and transformative potential of these ancient medicines.” -Dennis McKenna, PhD, President, McKenna Academy of Natural Philosophy; Founding Board Member, Heffter Research Institute.

“..a bridge back to these ancient traditions.” -Bia Labate, PhD, Anthropologist, Plant Medicine Expert, and Founder of Chacruna.

“...distills complex science, ancient wisdom, and modern best practices into a clear, accessible guide that demystifies the journey.” -Jesse Gould, Founder and President, Heroic Hearts Project; Former Army Ranger.

“This book is a true act of love, guiding readers toward healing, self-discovery, and peace.” -Spring Washam, Co-Founder, Spirit Underground Liberation Project; Author, *The Spirit of Harriet Lubman*.

About Matt Zemon

Matt Zemon, MSc, is an Educator and Author in Psychedelic Wellness, specializing in the impact of psychedelics on mental health. Matt is the author of the best-selling books *Psychedelics for Everyone*, *Beyond the Trip*, *The Veteran’s Guide to Psychedelics* and the newly released, *The Beginner’s Guide to Psychedelics*. With a Master's degree in Psychology and Neuroscience of Mental Health from King's College London, Matt bridges ancient wisdom with modern science to help individuals navigate expansive experiences with clarity and purpose. Beyond his writing, Matt collaborates with healthcare professionals to advance the mindful integration of psychedelics into mental health care and partners with entheogenic communities to promote risk-reduction practices and increase accessibility to these sacred tools for those seeking transformation. His work empowers veterans, spiritual seekers, and others on the path of

personal growth to engage with psychedelics with care and respect.

About Ken Weingardt, PhD

Ken Weingardt, PhD, is a licensed clinical psychologist who has held leadership positions in academia, government, and industry that have all focused on improving access to mental health services. He has been on the faculty at Stanford and Northwestern Medical Schools and has published over 60 articles focused on clinical training, health services research, and implementation science. He is currently a certified Psychedelic Assisted Therapist and consults with healthcare systems and non profit organizations about how to develop and scale training for facilitators, therapists and coaches, particularly those who serve veteran clients.

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