

EMPATHS INTEGRATIVE SOMATIC PSYCHOTHERAPY (EISP) APPROACH

A transdiagnostic approach to psychedelic-assisted therapy overseeing somatic, relational, transpersonal, and metacognitive domains, delivered with cannabis, ketamine, or without medicine

ABOUT EISP

EMPATHS Integrative Somatic Psychotherapy (EISP) covers a unique blend of therapeutic approaches designed to address mental, emotional, and spiritual well-being.

Developed by Dr. Alana (Lani) Roy, this transdiagnostic approach integrates somatic therapy, relational healing, transpersonal psychology, and metacognitive techniques. It is used in both medicine-assisted therapy (with psychedelics like ketamine or cannabis) and as a stand-alone non-medicine process.



EISP VALUES

EISP is grounded in values of Embodied Ethics, Metacognition and Multiplicity, Potentiality, Agency, Transpersonal, Holistic, Science, and Somatics (EMPATHS)*. This integrated approach empowers therapists and clients alike to navigate the complexities of the human experience with greater knowledge, compassion, and psychological skills, creating a therapeutic, educational, and clinical environment conducive to personal and community healing. EISP practitioners are empowered and embodied empaths. Being an empath is an aspiration to a wise empathy, an ongoing process, the relationship of cultivating "compassionate empathy" or "empathic concern" where we care for others without becoming overwhelmed by their emotions, and if overwhelm does ensue, participants gain the knowledge, skills, and community to ground into their heartmind and find centre.

EISP THERAPEUTIC FRAMES

EISP is also guided by the therapeutic frames of Somatic, Wisdom, Interconnectedness, and Metacognition (SWIM)*. This approach supports therapists and clients to navigate the tides and currents of psychedelic 'oceanic boundlessness,' as the state has come to be known through the scientific literature (Carhart-Harris & Nutt, 2017). By learning to "SWIM" in these psychedelic oceans, therapists and clients will be better equipped to dive deep into the psyche's depths, to anchor in the knowledge, tools, skills, and resources that may navigate the dance of the tides.

**EMPATHS and SWIM were developed by Dr Lani Roy and Melissa Warner as part of their Certificate of Psychedelics and Contemplative Practices program*



The Signs
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WHAT EISP DOES

EISP draws upon modern clinical theory and ancient wisdom traditions, tailored to each person's therapeutic needs. It is a treatment modality designed to help individuals process trauma responses stored in the body. The goal is to release trauma and support the natural healing mechanisms of the nervous system. Clients are supported to explore parts, shadow work, legacy burdens and their attachment modelling throughout trauma-informed somatic therapy and metacognitive awareness.

During the process, the client may experience somatic releases in the form of somatic waves, emotional releases, non-verbal memories, transpersonal connections, and insight. Metacognitive skill development is paired with attachment informed care which can support meaning making, and the stabilisation of embodied behavioural change.

The depth of this work can only be achieved if both the client and therapist are building a solid foundation of safety. EISP actively embodies the 5 Pillars of Attachment within the therapeutic relationship so that the client has a strong foundation to explore their deep relational wounding:

1. A sense of felt safety
2. A sense of being seen and known (attunement)
3. The experience of felt comfort (soothing)
4. A sense of being valued (expressed delight)
5. Sense of support for being and becoming one's unique best self.

WHY OFFER EISP

EISP accredited practitioners can provide clients with:

- Somatic, attachment-focused psychedelic-assisted therapy with or without medicine
- Legal psychedelic-assisted therapy within Australia for clients with prescribed cannabis or ketamine
- More affordable and accessible psychedelic-assisted therapy
- If GP/Psychiatrist approved, psychedelic-assisted therapy whilst continuing prescription medications





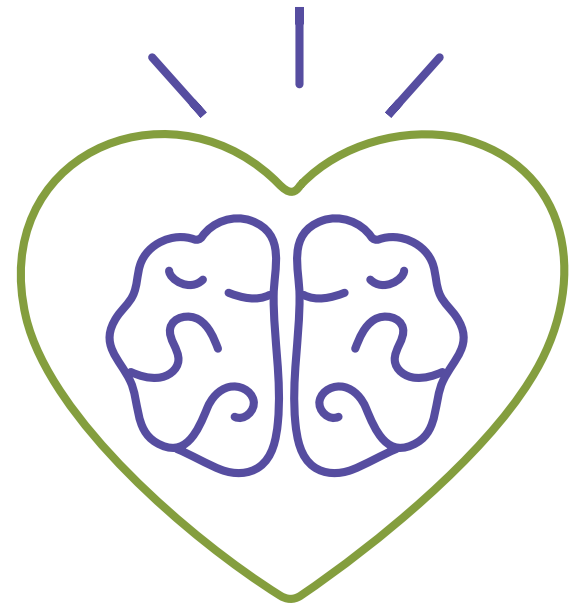
EMPATHS INTEGRATIVE SOMATIC PSYCHOTHERAPY (EISP) MENTORSHIP PROGRAM

The EMPATHS Integrative Somatic Psychotherapy (EISP) mentorship program combines nature, community, and experiential learning to develop skills in attachment and somatic-focused psychedelic-assisted.

WHO THE MENTORSHIP PROGRAM IS FOR

EMPATHS Integrative Somatic Psychotherapy (EISP) mentorship program is for therapists and multidisciplinary professionals seeking comprehensive, legal, training in psychedelic-assisted therapy with an integrative, somatic approach. This program is designed to ensure all practices and training adhere to current legal frameworks, offering a professional and compliant pathway to deepen your understanding and skills.

We also welcome students who have completed a certificate of psychedelic therapies and have extensive lived experience, experience in the field of mental health and appropriate insurance/registrations.



PROGRAM MENTORS

The EISP mentorship program is facilitated by experienced practitioners in the field of psychedelics in Australia, including:



Dr Lani Roy, Lead Therapist

Signs of Life Founder & Director, registered psychologist, social worker, and psychedelic therapist.



Melissa Warner, Integration Specialist

Mindfulness meditation teacher and psychedelic preparation and integration coach.



Dr. Llew Lewis, Guest Speaker

Psychiatrist, authorised ketamine prescriber and Honorary Clinical Fellow at the Australian National University.



Dr. Orit Holtzman, Guest Speaker

Functional medicine, authorised cannabis prescriber and president of the Australian and New Zealand College of Cannabinoid Practitioners (ANZCCP).



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MENTORSHIP PROGRAM EXPERIENCE

Within an intimate cohort of 3 students, students receive personalised mentorship to become EISP accredited through preparation webinars, a 4-day intensive training retreat at a beautiful beachside location and ongoing group supervision post-retreat to further learning and embedding of skills.

1. PREPARATION WEBINAR & NON-MEDICINE SESSION

Engage in two interactive webinars designed to prepare for the intensive training retreat, covering theoretical frameworks and non-medicine sessions. Gain insight through group observations and connect with fellow peers before the in-person experience together.

2. INTENSIVE RETREAT IN NSW COASTAL PARADISE

Students are immersed in a beautiful beachside retreat, where comfort meets nature. Each student will enjoy a private bedroom with an en-suite bathroom, offering a serene space for rest and reflection. Between sessions, unwind by the pool, explore scenic coastal walks, or relax on the beach, just steps away from the retreat home.

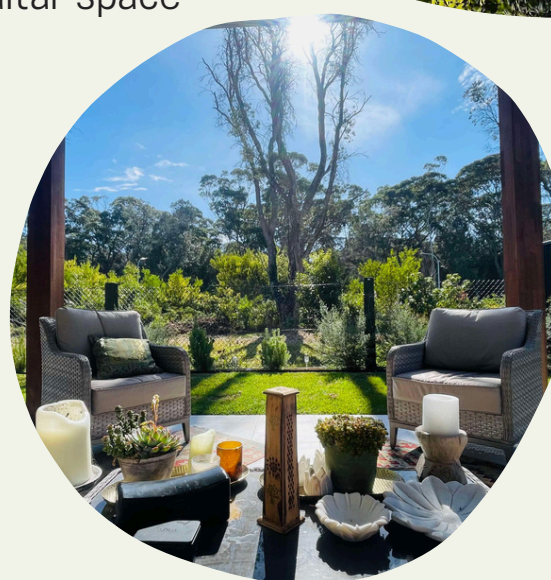


RETREAT SCHEDULE

ARRIVAL The evening before the retreat, students share a meal, connect through music, and co-create a shared altar space to honour the journey ahead.

DAY 1, 2 & 3 Experience 3 x 2-hour cannabis or non-medicine-assisted psychotherapy sessions in accordance with legal requirements, plus 6 hours of session observations.

DAY 4 Engage in integration practices: group reflections, breathwork, embodiment, movement, and artistic expression to fully process & integrate the retreat.





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3. ONGOING GROUP SUPERVISION

Following the retreat, students continue their professional development through ongoing supervision to solidify skills and deepen their practice, all within the boundaries of legal psychedelic-assisted therapy:

- 18 x 2-hour group supervision sessions
- 6 x 1-hour of theoretical supervision sessions,
- 12 x 1-hour supervised practice sessions, with students in triads and/or client work under expert guidance

Students also receive access to 1-year membership to Psychedelic Medicine Association and 1-year free membership to EISP learning platform and support.

PROGRAM HOURS & COST

PART 1) INTENSIVE TRAINING RETREAT

Preparation webinar (5 hours)
4-day retreat (40 hours)
\$3,800

PART 2) POST-RETREAT GROUP SUPERVISION

Group supervision (36 hours)
1- year Psychedelic Medicine Association membership
1- year free EISP learning platform and support
\$3,800

TOTAL

81 hours

\$7,600 AUD per student

*Payment plans available
by discussion.*

UPON GRADUATING

By successfully completing the EMPATHS Integrative Somatic Psychotherapy (EISP) mentorship program, students receive a Certificate of EMPATHS Integrative Somatic Medicine Assisted Psychotherapy.

**FEBRUARY 2025
ENROLLING NOW**

Apply by 5th January 2025
via our [Application Form](#)

For queries, contact Dr Lani Roy
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