



HEROIC
HEARTS
PROJECT

Heroic Hearts Project (HHP) Coaching Overview

Individual Preparation and Integration Coaching

HHP Integration Coaches are Veterans who have completed a HHP retreat program as well as the [Being True to You](#) or a similar psychedelic integration coaching certification.

You will be receiving a separate introductory email from your individual Integration Coach in the coming days (check your Spam/Junk folder). This email is paired with a text message from them, inviting your response and a chance to schedule your first of three individual program preparation coaching sessions. It is Your responsibility to ensure you complete all six of your preparation (pre) and integration (post) individual coaching sessions.

If for any reason you decide that you are not aligned with your assigned individual Integration Coach, you can request another Integration Coach at any time. Please reach out to the HHP Lead Integration Coach Jared Rinehart, at jared.rinehart@heroicheartsproject.org with any concerns about coaching, anytime.

Coaching Overview

Preparation Phase:

- 3 x individual preparation coaching sessions between program participants and their assigned HHP Integration Coach.
- 3 x Group Preparation Calls, led by the HHP Veteran Peer Support Facilitator.

Retreat Phase:

- Veterans participate in a vetted plant medicine retreat with associated programming.
- HHP Program Veteran Liaison supports participants throughout the program retreat.

Integration Phase:

- 3 x individual integration coaching sessions between program participants and their assigned HHP Integration Coach. *Note: It is important that you have your first integration call (post-retreat) already scheduled prior to departing for your program retreat.*
- 3 x Group Integration Calls, led by the HHP Veteran Peer Support Facilitator.

Future Phase:

- Following completion of the Group and individual Integration Coaching sessions, program participants are invited to take part in monthly virtual HHP Alumni Group Coaching sessions. These monthly sessions occur on the second Tuesday of each Month and are led by Senior HHP coaches or professional therapists.