



NUMINUS

# Session 4 Agenda

## APPLIED PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:00am (5 mins)	12:00pm (5 mins)	Welcoming and opening	
9:05am (5 mins)	12:05pm (5 mins)	Context and framing	Overview for the lesson
9:10am (15 mins)	12:10pm (15 mins)	Death meditation	Mindfulness Exercise
9:35am (10 mins)	12:35pm (10 mins)	Review of existential therapy	Didactic
9:45am (55 mins)	12:45pm (55 mins)	Case 1	Demonstration with small group exercises
10:40am (10 mins)	1:40pm (10 mins)	Break	
10:50am (50 mins)	1:50pm (50 mins)	Case 2	
11:40am (10 mins)	2:40pm (10 mins)	Key takeaways	
11:50am (10 mins)	2:50pm (10 mins)	Closing	