



NUMINUS

# Session 2 Agenda

## FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (ET)	TIME (PT)	PROGRAM	DETAILS
3:00pm (15 mins)	12:00noon (15 mins)	Welcoming and opening	
3:15pm (40 mins)	12:15pm (40 mins)	The therapeutic stance	Discussion, guided exercise, and reflection
3:55pm (20 mins)	12:55pm (20 mins)	Intimacy and boundaries	Small group exercise
4:15pm (40 mins)	1:15pm (40 mins)	Attachment styles	
4:55pm (10 mins)	1:55pm (10 mins)	Break	
5:05pm (35 mins)	2:05pm (35 mins)	Therapeutic presence	Demo and group exercises
5:40pm (10 mins)	2:40pm (10 mins)	Downregulating and upregulating	Large group exercise
5:50pm (10 mins)	2:50pm (10 mins)		