



NUMINUS

# Session 3 Agenda

## FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

| TIME (ET)           | TIME (PT)            | PROGRAM                                  | DETAILS                     |
|---------------------|----------------------|--|-----------------------------|
| 3:00pm<br>(10 mins) | 12:00pm<br>(10 mins) | Welcoming and Opening                    |                             |
| 3:10pm<br>(10 mins) | 12:10pm<br>(10 mins) | Altered states of consciousness          | Group discussion            |
| 3:20pm<br>(15 mins) | 12:20pm<br>(15 mins) | Spiritual intelligence                   | Group discussion            |
| 3:35pm<br>(45 mins) | 12:35pm<br>(45 mins) | Embodied inquiry and resourcing          | Demo and group exercises    |
| 4:20pm<br>(10 mins) | 1:20pm<br>(10 mins)  | Break                                    |                             |
| 4:30pm<br>(45 mins) | 1:30pm<br>(45 mins)  | Breathwork and inquiry                   | Small Group Exercises       |
| 5:15pm<br>(40 mins) | 2:15pm<br>(40 mins)  | Psychological flexibility and parts work | Reflective drawing exercise |
| 5:55pm<br>(5 mins)  | 2:55pm<br>(5 mins)   | Closing                                  |                             |