



NUMINUS

Session 8 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (ET)	TIME (PT)	PROGRAM	DETAILS
3:00pm (10 mins)	12:00pm (10 mins)	Welcoming	
3:10pm (20 mins)	12:10pm (20 mins)	Opening practice	Group exercise and reflection
3:30pm (35 mins)	12:30pm (35 mins)	Setting the context for self-care	
4:05pm (35 mins)	1:05pm (35 mins)	Burnout	Group discussion
4:40pm (10 mins)	1:40pm (10 mins)	Break	
4:50pm (40 mins)	1:50pm (40 mins)	Self-care tips	Group discussion
5:30pm (15 mins)	2:30pm (15 mins)	Open Q&A	
5:50pm (15 mins)	2:45pm (15 mins)	Closing	