



NUMINUS

Session 2 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:30am (15 mins)	12:30noon (15 mins)	Welcoming and opening	
9:45am (40 mins)	12:45pm (40 mins)	The therapeutic stance	Discussion, guided exercise, and reflection
10:25am (20 mins)	1:25pm (20 mins)	Intimacy and boundaries	Small group exercise
10:45am (40 mins)	1:45pm (40 mins)	Attachment styles	
11:25am (10 mins)	2:25pm (10 mins)	Break	
11:35am (35 mins)	2:35pm (35 mins)	Therapeutic presence	Demo and group exercises
12:10pm (10 mins)	3:10pm (10 mins)	Downregulating and upregulating	Large group exercise
12:20pm (10 mins)	3:20pm (10 mins)		