



NUMINUS

Session 3 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:30am (10 mins)	12:30pm (10 mins)	Welcoming and Opening	
9:40am (10 mins)	12:40pm (10 mins)	Altered states of consciousness	Group discussion
9:50am (15 mins)	12:50pm (15 mins)	Spiritual intelligence	Group discussion
10:05am (45 mins)	1:05pm (45 mins)	Embodied inquiry and resourcing	Demo and group exercises
10:50am (10 mins)	1:50pm (10 mins)	Break	
11:00am (45 mins)	2:00pm (45 mins)	Breathwork and inquiry	Small Group Exercises
11:45am (40 mins)	2:45pm (40 mins)	Psychological flexibility and parts work	Reflective drawing exercise
12:25am (5 mins)	3:25pm (5 mins)	Closing	