



NUMINUS

Session 4 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:30am (15 mins)	12:30pm (15 mins)	Welcoming and opening	
9:45am (20 mins)	12:45pm (20 mins)	Types of trauma and transdiagnostic considerations	
10:05am (25 mins)	1:05pm (25 mins)	Self-regulation	Small group exercise
10:30am (40 mins)	1:30pm (40 mins)	Trauma and healing vortices	Demonstration
11:10am (10 mins)	2:10pm (10 mins)	Break	
11:20am (60 mins)	2:20pm (50 mins)	Trauma and healing vortices	Small group exercises
12:20pm (10 mins)	3:20pm (10 mins)	Closing	