



NUMINUS

Session 8 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:30am (10 mins)	12:30pm (10 mins)	Welcoming	
9:40am (20 mins)	12:40pm (20 mins)	Opening practice	Group exercise and reflection
10:00am (35 mins)	1:00pm (35 mins)	Setting the context for self-care	
10:35am (35 mins)	1:35pm (35 mins)	Burnout	Group discussion
11:10am (10 mins)	2:10pm (10 mins)	Break	
11:20am (40 mins)	2:20pm (40 mins)	Self-care tips	Group discussion
12:00pm (15 mins)	3:00pm (15 mins)	Open Q&A	
12:20pm (15 mins)	3:15pm (15 mins)	Closing	