# Module 3

## FUNDAMENTALS OF PAT

### Core Health Professional Skills

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FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY MODULE 4: TRAUMA PSYCHOBIOLOGY AND TRAUMA-SPECIFIC SKILLS

CENTRE

# Group Agreements



CONFIDENTIALITY

ENGAGEMENT

NON-JUDGMENTAL LISTENING FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY MODULE 4: TRAUMA PSYCHOBIOLOGY AND TRAUMA-SPECIFIC SKILLS

# Group CENTRE Agreements

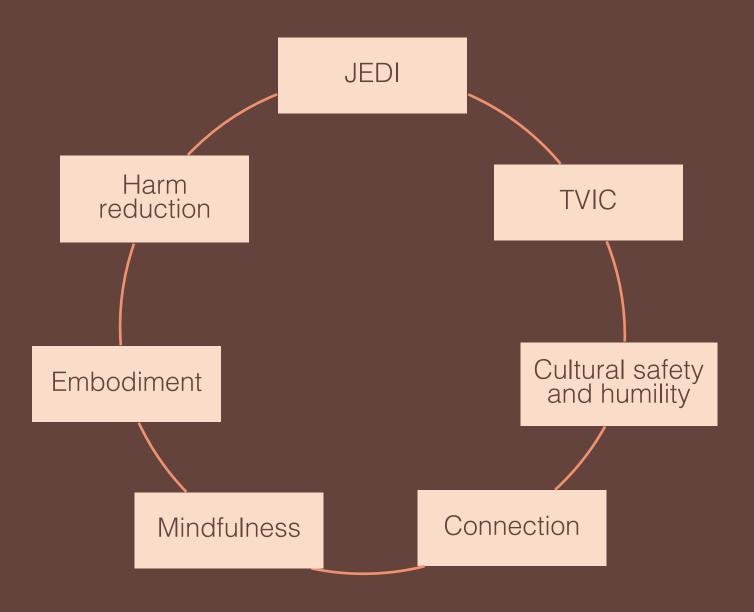


#### TIMELINESS

#### RIGHT TO PASS

#### EQUITY

# SEVEN GUIDING PRINCIPLES



## Core facilitation skills

- Interoceptive awareness
- Awareness of embodied oppression
- Embodied communication
- Embodied inquiry
- Dual awareness: tracking and working in two time zones
- Therapeutic supportive touch
- Movement in therapy

- Working with the psychological flexibility model
- Working with parts and internal family systems
- Trust enhancement
- Spiritual intelligence
- Experience with altered states of consciousness
- Perspectives on healing

## DEVELOPMENTAL

- Change across time
- Learning, growth, improvement
- How we act relationally, intersubjectively as humans
- Narrative conceptualization
- Directed, "flashlight" awareness
- Forming interpretations, choosing actions, movement

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY MODULE 3: CORE THERAPIST SKILLS

## FRUITIONAL

- Immediate, NOW
- Unconditional okay-ness
- Who and what we are in relation to everything
- Experiential knowing, ineffable
- Broad "lantern" awareness
- Observing, experiential spaciousness or emptiness

Embodied Inquiry = Psychological Flexibility



DIRECT EXPERIENCE PHENOMENOLOGICAL ATTENTIONAL

Body as a source of information and place to witness/explore experience

Components of experience

TRAINING

MINDFULNESS & SOMATIC

TURNING TOWARD

ACCEPTANCE/ COMPASSION

CHANGE STRATEGIES

### DIMENSIONS OF EXPERIENCE

#### SIBAM

- Sensations (inter/prop)
- Images (internal sight)
- Behaviour (observable)
- Affect (named, physical correlates)
- Meaning (arising/applying)

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY MODULE 3: CORE THERAPIST SKILLS NUMINUS

### "BOTTOM UP" PROCESSING

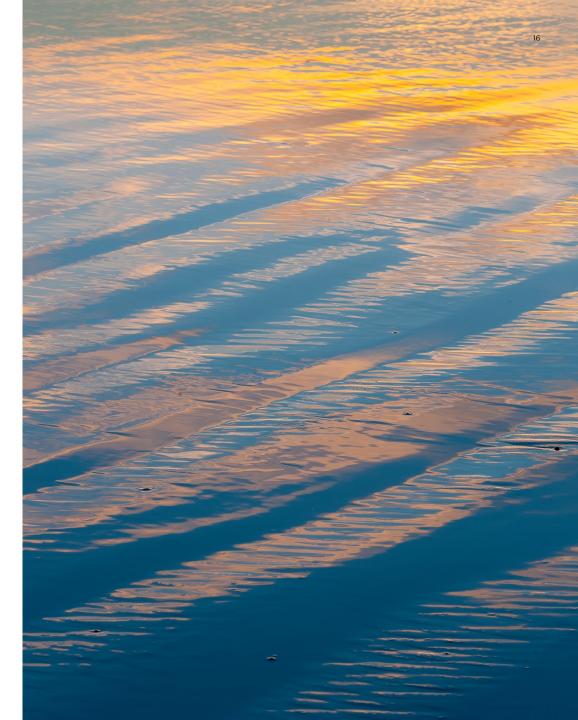
• Direct Experience to Abstract Conceptualization

- humans are meaning makers
- meaning makes sense of experience
- defines and reinforces a sense of self
- can provide alternative perspectives and interpretations
- can disrupt fixed views and beliefs
- processing and exploration of symbols, metaphors, and archetypes
- Psychedelics enhance meaning-making



### PAT PSYCHOTHERAPY PRINCIPLES

- Attitudes Curiosity & Non-judgment
- Cognitive De-fusion/De-centering & Re-Appraisal
- Present Moment Orientation Immediacy
- Developmental as required
- Acceptance & Psychological flexibility (opening up)
- Self-Determination (autonomy, relatedness, competence)
- Non-Directive
- Experiential/Process Based
- Reflection & Meaning-Making
- Change Strategies (Applied Learning and Values)
- Process based therapy is individualized, focused on solving problems, and enhancing well-being vs symptom reduction or manualized treatments.



Gorman et al., 2021

### DIRECT EMBODIED RESOURCES

### INTERNAL:

- Contact points (feet, chair)
- Sensations of breathing
- Bilateral oscillatory movements

Embodied INQUIRY: LEADING BY FOLLOWING THE CLIENT FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY MODULE 3: CORE THERAPIST SKILLS

### ELABORATED EMBODIED RESOURCES

EXTERNAL, EXPERIECED INTERNALLY:

- Person, place, spiritual figure, plant, animal, circumstance, etc.
- Brings sense of connection, nourishment, security, warmth
- "Elaborated" using El

## Internal Family Systems (IFS)

#### THE INTERNAL SYSTEM

MANAGERS

Protectors of the system.

control of every situation and

relationship in order to protect them from feeling hurt or

Examples: controller, striver,

caretaker, judge, passive

pessimist, planner,

rejected.

self-critic

Attempt to keep the person in

#### **EXILES**

#### Hold painful emotions that have been isolated from the conscious self for protection of the system or for the parts' safety. Can become increasingly extreme in their efforts to be cared for and share their story. Carry burdens from being wounded.

Examples: rage, dependency, shame, fear/terror, grief/loss, loneliness

#### SELF

Core or centre of the person. When differentiated, acts as active, compassionate leader.

#### FIREFIGHTERS

Firefighters also protect the system but act after exiles are upset to either soothe them or distract from them. Any activity can be used to get away from exiles.

Common examples include: sleep, shopping, work, sex, diet, exercise, computer and video games, addictions, binge eating, suicidality, self-harm, violence, dissociation, distraction, obsession, compulsion, fantasy NUMINUS

## PSYCHOLOGICAL FLEXIBILITY

ACT Hexaflex



