



NUMINUS

Session 2 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:00am (15 mins)	12:00noon (15 mins)	Welcoming and opening	
9:15am (40 mins)	12:15pm (40 mins)	The therapeutic stance	Discussion, guided exercise, and reflection
9:55am (20 mins)	12:55pm (20 mins)	Intimacy and boundaries	Small group exercise
10:15am (40 mins)	1:15pm (40 mins)	Attachment styles	
10:55am (10 mins)	1:55pm (10 mins)	Break	
11:05am (35 mins)	2:05pm (35 mins)	Therapeutic presence	Demo and group exercises
11:40am (10 mins)	2:40pm (10 mins)	Downregulating and upregulating	Large group exercise
11:50am (10 mins)	2:50pm (10 mins)		