



NUMINUS

Session 3 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:00am (10 mins)	12:00pm (10 mins)	Welcoming and Opening	
9:10am (10 mins)	12:10pm (10 mins)	Altered states of consciousness	Group discussion
9:20am (15 mins)	12:20pm (15 mins)	Spiritual intelligence	Group discussion
9:35am (45 mins)	12:35pm (45 mins)	Embodied inquiry and resourcing	Demo and group exercises
10:20am (10 mins)	1:20pm (10 mins)	Break	
10:30am (45 mins)	1:30pm (45 mins)	Breathwork and inquiry	Small Group Exercises
11:15am (40 mins)	2:15pm (40 mins)	Psychological flexibility and parts work	Reflective drawing exercise
11:55am (5 mins)	2:55pm (5 mins)	Closing	