



NUMINUS

Session 4 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

| TIME (PT) | TIME (ET) | PROGRAM | DETAILS |
|----------------------|----------------------|--|-----------------------|
| 9:00am (15 mins) | 12:00pm (15 mins) | Welcoming and opening | |
| 9:15am (20 mins) | 12:15pm (20 mins) | Types of trauma and transdiagnostic considerations | |
| 9:35am (25 mins) | 12:35pm (25 mins) | Self-regulation | Small group exercise |
| 10:00am (40 mins) | 1:00pm (40 mins) | Trauma and healing vortices | Demonstration |
| 10:40am (10 mins) | 1:40pm (10 mins) | Break | |
| 10:50am (60 mins) | 1:50pm (50 mins) | Trauma and healing vortices | Small group exercises |
| 11:50am (10 mins) | 2:50pm (10 mins) | Closing | |