



NUMINUS

Session 8 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:00am (10 mins)	12:00pm (10 mins)	Welcoming	
9:10am (20 mins)	12:10pm (20 mins)	Opening practice	Group exercise and reflection
9:30am (35 mins)	12:30pm (35 mins)	Setting the context for self-care	
10:05am (35 mins)	1:05pm (35 mins)	Burnout	Group discussion
10:40am (10 mins)	1:40pm (10 mins)	Break	
10:50am (40 mins)	1:50pm (40 mins)	Self-care tips	Group discussion
11:30am (15 mins)	2:30pm (15 mins)	Open Q&A	
11:50am (15 mins)	2:45pm (15 mins)	Closing	