



NUMINUS

Session 3 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
12:00pm (10 mins)	3:00pm (10 mins)	Welcoming and Opening	
12:10pm (10 mins)	3:10pm (10 mins)	Altered states of consciousness	Group discussion
12:20pm (15 mins)	3:20pm (15 mins)	Spiritual intelligence	Group discussion
12:35pm (45 mins)	3:35pm (45 mins)	Embodied inquiry and resourcing	Demo and group exercises
1:20pm (10 mins)	4:20pm (10 mins)	Break	
1:30pm (45 mins)	4:30pm (45 mins)	Breathwork and inquiry	Small Group Exercises
2:15pm (40 mins)	5:15pm (40 mins)	Psychological flexibility and parts work	Reflective drawing exercise
2:55pm (5 mins)	5:55pm (5 mins)	Closing	