



NUMINUS

Session 2 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
12:00pm (15 mins)	3:00pm (15 mins)	Welcoming and opening	
12:25pm (40 mins)	3:15pm (40 mins)	The therapeutic stance	Discussion, guided exercise, and reflection
12:55pm (20 mins)	3:55pm (20 mins)	Intimacy and boundaries	Small group exercise
1:25pm (40 mins)	4:15pm (40 mins)	Attachment styles	
1:35pm (10 mins)	4:55pm (10 mins)	Break	
2:10pm (35 mins)	5:10pm (35 mins)	Therapeutic presence	Demo and group exercises
2:40pm (10 mins)	5:45pm (10 mins)	Downregulating and upregulating	Large group exercise
2:50pm (10 mins)	5:55pm (10 mins)		