



NUMINUS

Session 4 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

| TIME (PT) | TIME (ET) | PROGRAM | DETAILS |
|----------------------|---------------------|--|-----------------------|
| 12:00pm (15 mins) | 3:00pm (15 mins) | Welcoming and opening | |
| 12:15pm (20 mins) | 3:15pm (20 mins) | Types of trauma and transdiagnostic considerations | |
| 12:35pm (25 mins) | 3:35pm (25 mins) | Self-regulation | Small group exercise |
| 1:00pm (40 mins) | 4:00pm (40 mins) | Trauma and healing vortices | Demonstration |
| 1:40pm (10 mins) | 4:40pm (10 mins) | Break | |
| 1:50pm (50 mins) | 4:50pm (50 mins) | Trauma and healing vortices | Small group exercises |
| 2:50pm (10 mins) | 5:50pm (10 mins) | Closing | |