



NUMINUS

Session 8 Agenda

FUNDAMENTALS OF PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
12:00pm (10 mins)	3:00pm (10 mins)	Welcoming	
12:10pm (20 mins)	3:10pm (20 mins)	Opening practice	Group exercise and reflection
12:30pm (35 mins)	3:30pm (35 mins)	Setting the context for self-care	
1:05pm (35 mins)	4:05pm (35 mins)	Burnout	Group discussion
1:40pm (10 mins)	4:40pm (10 mins)	Break	
1:50pm (40 mins)	4:50pm (40 mins)	Self-care tips	Group discussion
2:30pm (15 mins)	5:30pm (15 mins)	Open Q&A	
2:45pm (15 mins)	5:45pm (15 mins)	Closing	