



NUMINUS

Session 1 Agenda

EMBODIED INQUIRY: A NEW METHODOLOGY FOR PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
9:00am (35 mins)	12:00pm (35 mins)	Welcoming and Opening	
9:35am (10 mins)	12:35pm (10 mins)	Context, Overview, and Learning Objectives	
9:45am (15 mins)	12:45pm (15 mins)	Intentions of Therapy – What is Inquiry?	Large Group Discussion
10:00am (75 mins)	1:00pm (75 mins)	Framework: Method; Embodiment; Process	Partner Practice
11:15am (20 mins)	2:15pm (20 mins)	Break	
11:35am (75 mins)	2:35pm (75 mins)	Inquiry and Psychological Flexibility	Small Group Exercises
12:50pm (10 mins)	3:50pm (10 mins)	Closing	