



NUMINUS

# Session 1 Agenda

## EMBODIED INQUIRY: A NEW METHODOLOGY FOR PSYCHEDELIC-ASSISTED THERAPY

TIME (PT)	TIME (ET)	PROGRAM	DETAILS
7:30am (35 mins)	10:30am (35 mins)	Welcoming and Opening	
8:05am (10 mins)	11:05am (10 mins)	Context, Overview, and Learning Objectives	
8:15am (15 mins)	11:15am (15 mins)	Intentions of Therapy – What is Inquiry?	Large Group Discussion
8:30am (75 mins)	11:30am (75 mins)	Framework: Method; Embodiment; Process	Partner Practice
9:45am (20 mins)	12:45pm (20 mins)	Break	
10:05am (75 mins)	1:05pm (75 mins)	Inquiry and Psychological Flexibility	Small Group Exercises
11:20am (10 mins)	2:20pm (10 mins)	Closing	