



NUMINUS

Practical Applications of PAT FAQ's

The following FAQs pertain to the participant when they are participating in the observational period of the study.

CAN I COVER BATHROOM BREAKS FOR THE LEAD THERAPIST?

Yes. These sessions will be a minimum of 6 hours in duration and the lead therapist will likely need to take bathroom breaks during this time. The lead therapist will let you know when they are going to take a break to go to the washroom and you will be responsible for monitoring and attending to the participant undergoing the experiential session during this time.

AM I ALLOWED TO TALK TO THE LEAD THERAPIST DURING LONG QUIET PERIOD?

No. Periods of silence during the session should be held in silence. These periods of silence are an opportunity for you to practice your therapeutic presence as a practitioner of psychedelic-assisted therapy. If you need to communicate something to the lead therapist during a period of silence this should be done in writing.

CAN I ASK THE THERAPIST QUESTIONS ABOUT WHAT IS HAPPENING, OR SHOULD I WRITE THOSE DOWN?

If you have questions about any aspects of the process or events in the medicine administration session, we ask that you write those down to be discussed with the lead therapist after the session and/or during supervision.

WHAT IF I NEED TO LEAVE THE ROOM SUDDENLY, SHOULD I LET THEM KNOW?

If you need to leave the session room suddenly, please let the lead therapist know that you are leaving and the reason for which you are leaving. If this occurs during a period of silence in the session, this should be communicated in writing. If this occurs during a time when the participant undergoing the experiential session is oriented to the room and/or talking, this can be communicated verbally to both the lead therapist and the other participant. You cannot leave the room while the lead therapist is out of the room for a bathroom break or otherwise, unless there is an emergency.

CAN I EAT IN THE ROOM?

You will be given the opportunity to leave the room during the Medicine Session for a meal break. It is preferred that you have your meals and snacks outside of the session room during breaks. Under some circumstances you may be permitted to eat discreet snacks in the session room. Please check with your lead therapist about this for permission in advance.

IS STRETCHING, MEDITATION, OR REFLECTION OKAY WHEN THERE ARE LONG PERIODS OF SILENCE?

Yes. You are encouraged to do what you need to throughout these extended session durations to remain self-regulated and aligned. During periods of silence, you are welcome to engage in gentle stretching, however we ask that you remain very mindful and quiet in your movements. If you need to move or stretch during periods participant undergoing the experiential session is oriented to the room and/or talking, please let the lead therapist and the other participant know that you are going to do a little movement or stretching to take care of yourself. If you would like to engage in larger movement, please let the lead therapist know and excuse yourself from the room.

I WANT TO WRITE DOWN NOTES DURING MY SESSION, IS THIS OKAY?

You are welcome to write down notes during the session. Depending on what is happening in the session, the lead therapist may also ask you to take notes on aspects of the session. We ask that you maintain awareness that your own note taking is encouraged for reflection and learning purposes. We invite you to be very mindful what notes you are taking and for what purpose. There is tremendous value in being present and practicing your therapeutic presence in these sessions and note taking may serve as a distraction.