

Mind Medicine Australia Summit 2 day Introductory Therapist Workshop

Wednesday 17 November

9.00am (AEDT) Welcome to Country and Psychedelic video with music

- Meditation and Introduction to Teachers, outline for the 2 days, housekeeping
- MMA Video

9.15 **Our contemporary mental healthcare system, our mental health emergency and psychedelic-assisted therapies as an important new direction**

9:45 **Overview of Psychedelics**

- Pre-history
- History
- Practices for achieving altered states of consciousness (anthropology)

11:00 – 11.20 **MORNING TEA BREAK**

11.20 **Overview of Psychedelics (continued)**

- The different substances and effects
- MMA's focus on psilocybin and MDMA assisted therapies

12.00 **Small group discussions**

12.45 **Feedback, Questions and Reflections**

1.00 – 2.00 **LUNCH BREAK**

2.00 – 4.00 **Psychedelic-assisted therapy**

- The Potentials of PAT in contemporary mental health
- Major trial models
- Explore the tensions between empirical scientific research and subjective experience
- Mind Medicine model
- Potential risks and pitfalls

4.00 – 4.20 **AFTERNOON TEA BREAK**

4.20 **Reflection on Day - Discussion Groups and Q & A**

Thursday 18 November

9.00 – 9.15 (AEDT) Meditation/Reflection

9.15 **Bill Richards – Core Competencies for Psychedelic Therapists**

- Rapidly establishing trust: the being of the therapist
- Therapeutic processes, cognitive frameworks and languages
- Fundamental experiential knowledge & its enhancement
- The art of facilitating rather than imposing/directing
- Principles of “navigating in internal worlds”
- Attunement to and definition of the varieties of psychedelic experiences
- Ethics and self-care

11.15 **MORNING TEA BREAK**

11.30 **Bill Richards and Tania de Jong AM - The Power of Music with Psychedelics**

- Appreciate structural components in music and their importance in ensuring safety and promoting efficacy.
- Understand the potential limitations of personal musical preferences and the breadth of available options.
- Comprehend music as a language and as a source of support and safe movement within consciousness.

12.30 – 1.30 LUNCH BREAK

1.30 **Integration And Metacognitive Skills**

- Phase one
- Phase two
- Phase three
- Session video – *Trip of Compassion* extract
- Demonstration

2.30 **Discussion Groups on Integration - Personal experience, thoughts and reflection**

3.15 **Questions and discussions**

4.00 – 4.20 AFTERNOON TEA

4.20 **The Future – Certificate in Psychedelic Therapy Professional Development Program**

- Discussion about MMA Certificate (incl handout brochure and registration details and special offer)
- Qualifications required, Accreditation certificate/CPD
- Details about the program and time involved
- Call to Action to register if not already done so + special offer
- Q & A

5.00 **Final Closing Comments and Meditation**