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