



MIND MEDICINE
A U S T R A L I A

International Summit on Psychedelic Therapies for Mental Illness

Introductory Workshop for Psychedelic Therapies (16 and 17 November 2020)

This Introductory Workshop for Psychedelic Therapies will run over two days prior to the **International Summit on Psychedelic Therapies for Mental Illness**. This will be a first-of-its-kind opportunity in Australia for those wanting to gain direct insight and training into this approach from international therapists in the field.

This workshop will be facilitated by leading Psychotherapist and Founder of the UK TRIPP Network **Maria Papaspyrou (UK)** and Clinical Psychologist for the psilocybin trials at Imperial College, **Renee Harvey (UK)**.

The workshop will introduce participants to various approaches in psychedelic treatment for mental illness.

This workshop is **open to anyone with an interest in the topic** and who is considering further development of their current therapeutic skills. It is particularly for those who are aiming to work in this field as and when these therapies become legally available in Australia.

It will cover an **introductory background history to psychedelic medicines, how they work and how they are applied in research and clinical settings**. There will be a significant **practical component focussing on integration of experiences** – how to understand and use the kinds of experience commonly encountered when using these substances for better self-understanding and how trained therapists might help someone apply them in their own lives.

While not providing a qualification of any kind, attendees can obtain non-accredited **Continuing Professional Development (CPD) certificates** (related to your professional registration) for attending.

The workshop will also provide a taster for the contents of the longer **Professional Development Program for clinicians and trained therapists due to commence early in 2021**. These workshops are an opportunity to 'test the waters' for those interested in training up as certified medicine-assisted therapists. When this treatment receives regulatory approval in Australia, there will be **demand for clinicians trained in the safe and effective provision of medicine-assisted therapy**.

Please note that the introductory workshop is not a prerequisite for anyone wishing to go on to apply for the full course, and unfortunately cannot guarantee acceptance. The longer training will include teaching by internationally recognised leaders in the field and will follow the highest standards for recognised medicine-assisted psychotherapy training (more details mid-2020).



Medicine-assisted therapy is not yet legal in Australia, outside of a research context. However, given the impressive early clinical evidence to date, and the near-term regulatory changes predicted in the US and EU subject to forthcoming data, these workshops will contribute to **preparing the Australia context** for regulatory changes in the coming years.

The workshops will cover all three phases of medicine-assisted therapy: **preparation, medicine session, and integration**. Workshops will incorporate the theoretical (neuroscience, psychology, psychotherapy), practical (instruction in methods of service provision), and experiential elements of treatment (process learning that deepens and develops clinicians' capacity).

Mind Medicine Australia Summit – 2-day Introductory Workshop on Psychedelic Therapy

Venue TBC

(Preliminary program – subject to change)

Monday 16 November

- 9.30 Welcome to Country and Opening Meditation and Music
Introductory exercise**
- 10:00 – 11.00 Overview of Psychedelics**
- 11:00 – 11.30 MORNING TEA**
- 11.20 – 12.00 Overview of Psychedelics (2)
MMA's focus on psilocybin and MDMA assisted therapies**
- 12.00 – 1:00 Small group discussion and feedback**
- 1.00 – 2.00 LUNCH BREAK**
- 2.00 – 4.00 Constellation Workshop**
- 4.00 – 4.20 AFTERNOON TEA**
- 4.20 – 5.30 Integration Circles**

Tuesday 17 November

- 9.30 – 9.45 Morning Meditation**
- 9.45 – 11.00 Psychedelic-Assisted Therapy (Part 1)**
- 11.00 – 11.30 MORNING TEA**
- 11.20 – 12:30 The use of music**



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12.30 – 1:00 Psychedelic-Assisted Therapy (Part 2)

1.00 – 2.00 LUNCH BREAK

2.00 – 3.00 The Heroic Journey

3.00 – 4.00 The Future – MMA Certificate in Psychedelic Therapy and Final Q & A

4.00 – 4.20 AFTERNOON TEA

**4.20 – 5.30 Final Integration Circles
Closing Comments and Meditation**