



✉ [training@atmajourney.com](mailto:training@atmajourney.com)

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For pricing and scheduling information, please visit [our website](http://ourwebsite.com).

## COURSE SYLLABUS

# Introduction to Psychedelic- Assisted Therapy

Step into the forefront of mental health innovation with our Introduction to Psychedelic-Assisted Therapy (PAT) Course—a vital starting point for licensed and non-licensed healthcare providers. As psychedelics gain increased recognition in mental health care, this course is your gateway to understanding and integrating these groundbreaking treatments.



# Table of contents

3 COURSE STRUCTURE

4 LEARNING OUTCOMES

5 COURSE OUTLINE

9 INSTRUCTORS

10 POLICY & DISCLAIMER



**Psychedelic  
Association**  
of Canada







# Course structure

This course empowers participants to confidently engage in discussions about psychedelic-assisted therapy, enabling them to answer client/patient inquiries and hold informative conversations among peers. This one month course with a time commitment of 5.25 hours a week equips individuals with a foundational understanding of key psychedelics—psilocybin, MDMA, LSD, iboga, and ketamine.



## 14 Video Lessons

Dive into 14 immersive video lessons, unlocking the depths of psychedelic therapy on-demand. Learn at your pace and discover key insights to enhance your practice.



## 4 Live Q&As

Engage in real-time discussions with experts during our 4 weekly live Q&A sessions. Get your burning questions answered and gain valuable insights directly from industry leaders. Post-session recordings included.



## 30+ Resources

Access over 30 downloadable resources, including guides and research papers, providing you with essential tools and knowledge for successful psychedelic therapy.



## Online Community

Join our thriving online community—a hub for collaboration, sharing experiences, and networking with like-minded individuals passionate about the transformative power of psychedelic therapy.



# Learning outcomes

- ✓ Understand the fundamentals of psychedelic-assisted therapy and its impact on traditional therapies
- ✓ Explore the 80-year history of psychedelics, their research, and their outcomes
- ✓ Understand the applications of commonly used psychedelics in mental health treatment
- ✓ Identify the risks and benefits of psychedelic-assisted therapy
- ✓ Recognize the significance of preparation and integration in this therapy
- ✓ Articulate the essential code of ethics for safe and effective practice
- ✓ Embrace self-care practices vital for sustaining a psychedelic therapy practice







# Course outline

## LESSON 1: THE LANDSCAPE OF PSYCHEDELICS

This first lesson will introduce you to psychedelics and what happens when humans interact with them. We will address the shift in stigma over the past 100 years and what has contributed to our complex relationship with psychedelics in Western society. We will look at the current legal access and why we need collaboration amongst physicians, therapists and practitioners to offer effective, ethical and compassionate psychedelic-assisted therapy.

## LESSON 2: THE HISTORY OF PSYCHEDELICS

Learn how the history of psychedelics is shaping this new psychedelic renaissance, and how we can avoid some of the pitfalls that occurred in the first wave of psychedelic therapy in the 60s and 70s. The depth of knowledge Dr. Erika Dyck possesses in this field is second-to-none, and her understanding of Canadian psychedelic history will shape the rest of this course work.

## LESSON 3: ETHICS IN PSYCHEDELIC-ASSISTED THERAPY

Providing safe and ethical psychedelic-assisted therapy is essential, not only for the most effective experience for your client, but also to protect yourself as a practitioner. You will explore ethical considerations for psychedelic assisted therapy. Covering topics around enhanced consent, ethical decisions, and the ethics around legal access to psychedelics, these lessons will equip you with a solid foundation in the ethical practice in plant medicine.

## LESSON 4: MUSHROOMS/PSILOCYBIN

Mushrooms, or more specifically psilocybin (the psychoactive ingredient in mushrooms), is one of the most researched psychedelics in modern medicine. This lesson will explore psilocybin's pharmacology, indications, and effectiveness. We will also examine current psilocybin trials and studies that are being conducted, which demonstrate its healing benefits in a variety of applications.



# Course outline

## **LESSONS 5 & 6: MDMA**

From banned to breakthrough: MDMA's transformation from an illicit substance to a breakthrough treatment for PTSD. We will explore MDMA, what it is, how it's best used and what MAPS has been contributing over the past decades to bring it back to legalization for therapeutic use. We will also cover the applications of MDMA in therapy, and the training and preparation for facilitators and therapists to deliver this therapy most effectively.

## **LESSON 7: KETAMINE**

Ketamine is becoming the most widely used mind-altering medicine, which has extended beyond pain management into the realm of mental health applications. It is used legally and therapeutically in clinical settings in many countries, including Canada and the US. In this module, we will explore the benefits, challenges, and means in which it can be incorporated into a therapist's practice.

## **LESSON 8: LSD**

This presentation will explore the use of LSD in the context of its therapeutic potential for the treatment of a variety of psychiatric disorders. Historical publications as well as recent anecdotal reports will be explored; both perspectives provide valuable lessons pertaining to future work with LSD.

## **LESSON 9: IBOGA**

Ibogaine is the psychoactive ingredient of Iboga, a root indigenous to Gabon in Africa. It has both traditional uses, as well as clinical applications primarily related to addiction. We will also discuss how iboga has been used to help treat individuals, including veterans and professional athletes for PTSD and Traumatic Brain Injury.





# Course outline

## **LESSON 10: PAT AND WELLNESS ENHANCEMENT**

Psychedelic-assisted therapy and wellness enhancement are both areas of immense interest relating to mental health. This module will examine these areas, offer a robust discussion on how they are linked, and how they can be combined in the pursuit of attenuating our patients' suffering and facilitating their healing.

## **LESSON 11: DEATH, DYING & PSYCHEDELICS**

Since 2020, Health Canada has approved psilocybin for end-of-life distress through the Section 56 Exemption and the Special Access Program (SAP). Clinical trials worldwide, including work by Anthony Bossis of NYU, have raised awareness of psychedelics' benefits for terminally ill patients. Dr. Bossis will share insights from his research and practice on the benefits of PAT for these patients.

## **LESSON 12: PSYCHEDELIC GUIDES**

For many years, Mark Haden has been involved in psychedelic-assisted therapy through MAPS Canada and other avenues. Through the combination of his vast experience and collaboration with other contributors, he has developed an in-depth manual for psychedelic therapists. Mark will share from both this manual and his personal experiences in his clinical practice and research over the past 20 years.

## **LESSON 13: A RELATIONAL MODEL OF PSYCHEDELIC INTEGRATION**

We will present a model of psychedelic integration, highlighting increased relational intimacy as a key post-psychedelic measure. This model shows how early trauma shapes negative core beliefs, leading to misinterpretations in adulthood. Psychedelic therapy can bring these beliefs to conscious awareness, allowing for their reconsideration and fostering relational intimacy.



# Course outline

## LESSON 14: SELF-CARE FOR THE PSYCHEDELIC GUIDE

Due to the unique nature of psychedelic-assisted therapy, the clinicians providing such a service have a specific set of needs in regard to preventing professional burnout. This module will begin by defining self-care and exploring professional burnout as it relates to psychedelic-assisted therapists and will proceed by exploring the unique considerations for psychedelic-assisted therapy vs. traditional psychotherapy. Additionally, tools for self-care in relation to these considerations will be examined. We will conclude by providing suggestions for aftercare practices for the psychedelic guide.

### Ready to start your journey?

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[Book a call](#)







# Meet your instructors

World class, industry leaders await



Dr. Anthony Bossis  
PhD, Clinical  
Assistant Professor,  
Department of  
Psychiatry NYU.



Rachel Dundas  
Registered  
Psychologist



Dr. Devon Christie  
MD, CCFP, RTC  
(Relational Somatic  
Therapy).



Taunya Craig  
RPC, MPCC,  
Counselling  
Therapist



Mark Haden  
MSW, Qi Integrated  
Health - Clinical  
Supervisor, Adjunct  
Professor - UBC



Sandra Jain  
MA, PsyD, LPC,  
Psychotherapist



Mike Mathers  
M.Sc., M.A., R.C.C.,  
Addictions and  
Trauma Therapist



Erika Dyck  
Prof. & Canadian  
Research Chair,  
USask



Bruce Sanguin  
Psychotherapist,  
Clinical Fellow at  
CAMFT



Trevor Millar  
Ambio Live Sciences  
Inc. - Co-Founder,  
Ibogaine Facilitator



# Registration policy

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Thank you for joining us on this journey. We look forward to supporting your exploration.

## Disclaimer

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## COURSE SYLLABUS

# Ketamine-Assisted Therapy: Clinical Foundations

Join the evolving work of Ketamine-Assisted Therapy being offered in a growing number of clinics and private practices around the globe. This specialized curriculum provides opportunity to develop a strong base of essential skills needed to safely support patients in and through a carefully crafted protocol utilizing ketamine and therapeutic support in an interdisciplinary team care model.

This KAT model, utilized in ATMA CENA Clinics, can be adapted to practitioners who practice either privately or in a clinic setting. Within the parameters of the KAT model there is room for a variety of practitioners to utilize their unique skill sets for psychological support and integration.



# Table of contents

3 COURSE STRUCTURE

4 LEARNING OUTCOMES

5 COURSE OUTLINE

8 INSTRUCTORS

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# Course structure

As this model of KAT was created within the overall concept of an interdisciplinary model, all who would like to work within this model within the scope of their practice would benefit from the training. This would include licensed healthcare professionals, including physicians, psychologists, clinical therapists, nurses, and those wanting to be a compassionate witness in this setting. Students must have a foundation understanding of psychedelic assisted therapy either through ATMA Advanced PAT Training Program or approved equivalent.

By the end of this course, participants will be able to begin to work within a clinical setting, and begin offering this treatment to existing or new patients under the guidance of the medical director within the scope of their skill and experience. Continuing learning and mentorship are highly encouraged to continue growth in this area, and this course gives a solid foundation to begin this work.



## 17 Video Lessons

Dive into 17 video lessons with study questions and reflections, expanding your knowledge of Ketamine as well as the ATMA CENA Clinical Protocol for Ketamine Assisted Therapy in a clinical setting.



## 3 Live Q&As

Engage in real-time discussions with experts in the area of clinical practices as well as the therapeutic support for effective KAT. Dive into interactive learning through role-plays and discussion with your fellow students. Post-session recordings are included.



## 30+ Resources

Including the latest research articles and journal entries, regulatory documents, and essential tools for working with KAT.



## Online Community

Join our thriving online community – a hub for collaboration, sharing experiences, and networking with like-minded individuals passionate about the transformative power of Ketamine and Ketamine Assisted Therapy.



# Learning outcomes

- ✓ History and current status of Ketamine and Ketamine Assisted Therapy in clinical practice
- ✓ Foundations of how Ketamine works in the brain and body, pharmacology and contra-indications
- ✓ Differences between the Ketamine Assisted Therapy model and the Ketamine Infusion model in clinical practice
- ✓ Importance of the interdisciplinary team care for a holistic experience for each client including collaborative meetings to support the treatment process
- ✓ Ethical guidelines for the ketamine clinician
- ✓ Intake process - including discovery call and intake form, and screening process
- ✓ The KAT process and be able to explain it to a client
- ✓ Elements of the psychiatric assessment
- ✓ Basic principles of the preparation and integration sessions - including "Set and Setting" for the ketamine dosing session
- ✓ What happens in the ketamine dosing session - details of roles, ketamine administration, documentation, what to expect
- ✓ What is involved in followup of the client including weekly check-in calls, post treatment followup calls and continuing community care
- ✓ Embrace self-care practices vital for sustaining a psychedelic therapy practice



# Course outline

**KETAMINE ASSISTED THERAPY IN CANADA: REVERDI DARDA, CEO - ATMA CENA**

**CLINICAL FOUNDATIONS: HISTORY OF KETAMINE USE**

**CLINICAL FOUNDATIONS: PHARMACOLOGY OF KETAMINE USE**

**CLINICAL FOUNDATIONS: KETAMINE ASSISTED THERAPY MODEL VS KETAMINE INFUSION MODEL**

**CLINICAL FOUNDATIONS: INTERDISCIPLINARY TEAM CARE**

**CLINICAL FOUNDATIONS: ETHICAL GUIDELINES FOR THE KETAMINE CLINICIAN**

**CLINICAL PROTOCOLS: STEP 1 - DISCOVERY CALL**

**CLINICAL PROTOCOLS: STEP 2 - PSYCHIATRIC ASSESSMENT**





# Course outline

**CLINICAL PROTOCOLS: STEP 3 - CASE MANAGEMENT**

**CLINICAL PROTOCOLS: STEP 4 - PREPARATION SESSIONS**

**CLINICAL PROTOCOLS: STEP 5 - THE KETAMINE SESSION**

**CLINICAL PROTOCOLS: STEP 6 - INTEGRATION SESSIONS**

**CLINICAL PROTOCOLS: WEEKLY CHECK-IN CALLS**

**CLINICAL PROTOCOLS: STEP 8 - INTERDISCIPLINARY DOSING ROUNDS**

**CLINICAL PROTOCOLS: STEP 9 - FOLLOW-UP (1 MONTH)**

**CLINICAL PROTOCOLS: COMMUNITY CARE**

**CLINICAL PROTOCOLS: ATMA CENA KAT MODEL - NEXT STEPS**



## Ready to start your journey?

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[Book a call](#)



# Meet your instructors

World class, industry leaders await



**Reverdi Darda**  
RN, Founder & CEO  
of ATMA CENA



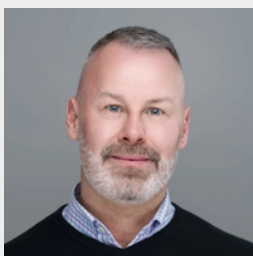
**Ben Malcolm**  
PharmD, MPH,  
Spirit Pharmacist -  
Founder



**Lisa Kemp**  
RN, Director of  
Programs ATMA  
CENA



**Ravi Bains**  
Psychiatrist



**Jacque Lovely**  
RN, COO of ATMA  
CENA



**Natalie Bergstrom**  
ATMA VP of  
Programming



**Taunya Craig**  
Psychotherapist,  
Master Practicing  
Clinical Counsellor





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## COURSE SYLLABUS

# Advanced Psychedelic-Assisted Therapy Certification Program

ATMA's Advanced Psychedelic-Assisted Therapy (PaT) Certification Program is tailored for medical and mental health care professionals seeking comprehensive knowledge and experience in psychedelic therapy. Our program is designed for those aiming to understand psychedelic medicine and its therapeutic applications while confidently engaging in informed discussions with clients and peers on psychedelic therapy. Our curriculum provides the necessary knowledge and real-world facilitation experience required to excel in delivering psychedelic medicine.

Questions? [Book a call](#)



# Table of contents

3	PROGRAM STRUCTURE
4	PROGRAM SCHEDULE
5	LEARNING OUTCOMES
6	PROGRAM OUTLINE
8	MEET YOUR INSTRUCTORS
10	POLICY & DISCLAIMER







# Program structure

This program provides a comprehensive two-part framework comprising elite didactic coursework and small group work. Students embody the roles of the psychedelic guide, therapist, and client, creating multi-perspective insights into psychedelic medicine.

## ✓ 12 Lesson modules

12 modules taught by esteemed instructors in the field. Each module covers essential aspects of the subject matter.

## ✓ 11 multiple choice module reviews

Non-graded reviews within each module offer opportunities for reinforcement and review, aiding in understanding the material covered.

## ✓ 6 Live Q&As

Interactive Q&A sessions by expert instructors. These sessions provide an opportunity for in-depth discussions and insights into course material. Post-session recordings are included.

## ✓ Research-based assignments

Two independent research-based assignments to deepen understanding. Share and discuss these assignments within your small group.

## ✓ 100+ Resources

Access a wealth of downloadable tools, resources, and recommended reading materials complementing the course content.

## ✓ Experiential-based assignment

Complete an experiential-based assignment independently and share it within your small group.

## ✓ 11 Live self care sessions

Designed for healthcare practitioners, immerse yourself in 11 self-care sessions. These sessions provide support for your mental health, allowing you to navigate the demands of your profession.

## ✓ Online community

Join our thriving online community—a hub for collaboration, sharing experiences, and networking with like-minded individuals.



# Program schedule

This program is designed to be completed in 4 months, with a total of 60 hours of theoretical training and 25 hours of in person coaching and hands on learning. Upon completing this course, you are eligible for 60 CE credits.

## Live Self-Care Sessions

Sundays from 9-10am MST

Tailored for healthcare practitioners, these 11 specialized self-care sessions equip you with essential tools to navigate professional demands while supporting your well-being. Ensure a minimum attendance of 4 sessions for maximum benefit.

## Live Q&A Sessions

Wednesdays from 6-7pm MST

Engage directly with your instructors and peers in our live Q&A, gaining invaluable insights and fostering a deeper understanding of the program's key topics.

## Add-on In-Person Training

Recognizing the significance of practical learning, ATMA CENA prioritizes firsthand experience for effective facilitation. Our PAT Certification Program can be complemented with an additional 3-day In-Person Coaching Intensive. Led by industry experts, this program equips students with the skills for psychedelic treatment facilitation through immersive instruction, interactive sessions, and role-playing. No medicine is provided.

Students are eligible to register once they have completed the online portion of the Advanced PAT Program. To register, or to find upcoming dates and locations, please [book a call](#) with a program advisor.





# Learning outcomes

- ✓ Explore the historical and contemporary research on psychedelics, encompassing their traditional uses and evolution
- ✓ Acquire in-depth knowledge of the pharmacology, interactions, and adverse effects of psilocybin, MDMA, and Ketamine
- ✓ Investigate the current research landscape on micro-dosing psychedelics
- ✓ Comprehend the diverse applications of psychedelic-assisted therapy using psilocybin, MDMA, and Ketamine, particularly in treating major depressive disorder, generalized anxiety disorder, post-traumatic stress disorder, and end-of-life distress
- ✓ Address accessibility for marginalized groups and ethical considerations in LGBTQIA+ communities within psychedelic-assisted psychotherapy
- ✓ Grasp non-ordinary states of consciousness, covering both psychedelic and non-psychedelic experiences
- ✓ Recognize the essential competencies for the safe and ethical facilitation of PaT
- ✓ Articulate the ethical code guiding the implementation of PaT
- ✓ Appreciate the significance of mentorship, peer support, and consultation for sustainable and ethical PaT practice
- ✓ Master the protocols for safe and effective PaT delivery, encompassing client and environment preparation for medicine sessions
- ✓ Develop expertise in supporting a client's integration process, including complementary modalities such as ACT or IFS
- ✓ Engage in practical coaching and small group learning to reinforce didactic course content
- ✓ Embrace the importance of self-care as a PaT facilitator and design a personal plan to promote wellness and sustainability in practice





# Program outline

## 1.1 PSYCHEDELIC FOUNDATIONS

- Definitions of Psychedelics
- Overview of Different Psychedelics
- Traditions and History
- Contemporary History and Research
- Pharmacology and Drug Interactions/Adverse Events
- Micro-dosing Research

## 1.2 ACCESS AND EQUITY

- Indigenous Perspectives,
- Access for Diverse and Under-Privileged Populations
- Cultural Implications
- Current Regulatory Status of Psychedelics

## 1.3 EXPANDED STATES OF CONSCIOUSNESS

- Psychedelic and Non-Psychedelic Expanded States of Consciousness
- Comparison of Psilocybin and MDMA Experiences and Outcomes.

## 2.1 THE THERAPEUTIC FACILITATOR

- Core Competencies,
- Presence/Empathy/Humility/Non-Directive Support
- Principles of Facilitation
- Self-Care for the Facilitator

## 2.2 ETHICS AND CONSENT

- Ethical Guidelines and Considerations
- Diverse Group Considerations
- Consent/Boundaries and Appropriate Touch
- Harm Reduction in Challenging Situations

## 2.3 PREPARING THE CLIENT FOR PAT – “SET”

- Overview of “Set”
- Screening for Safe and Optimal Experiences
- Preparing the Client for PaT
- Effective Modalities for Preparing the Client.



# Program outline

## 2.4 PREPARING THE ENVIRONMENT FOR PAT – “SETTING”

- Importance of the Physical, Social, and Cultural Environment
- Elements of the Treatment Space
- The Role of Music
- Individual vs. Group Experiences.

## 2.5 INTEGRATION OF PAT

- Importance of Integration
- Integration Models
- Individual and Group Integration Considerations.

## 2.6 APPLICATIONS OF PAT

- Choosing the Correct Psychedelic for the Client
- Addressing Issues including Addictions, PTSD, Palliative Care, Depression and Anxiety, Relationship Counseling, and Leadership/Personal Awareness

## COMPLEMENTARY MODALITIES

- Complementary Modalities to PaT
- Internal Family Systems (IFS),
- Breathwork Techniques
- Somatic Therapy
- Relational Integration

Ready to start your journey?

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Book a call







# Meet your instructors

World class, industry leaders await



**Janis Phelps**  
PhD, Director of  
Psychedelic Studies  
and Research - CIIS



**Dr. Scott Shannon**  
MD, Principal  
Investigator and  
Therapist



**Dr. Aviva Zohar**  
MD, Triple Board  
Certified in  
Addiction , Family, &  
Preventative  
Medicine



**Dr. Anthony Bossis**  
PhD, Clinical  
Assistant Professor,  
Department of  
Psychiatry NYU



**Ben Malcolm**  
PharmD, MPH,  
Spirit Pharmacist -  
Founder



**Mark Cornfield**  
MD, FRCPC,  
Psychiatrist



**Dr. Devon Christie**  
MD, CCFP, RTC  
(Relational Somatic  
Therapy)



**Dr. Rakesh Jain**  
MD, MPH,  
Psychiatrist, Clinical  
Professor - Texas  
Tech University  
School of Medicine



**Susan McBride**  
RN, MTS, RSW



**Mark Haden**  
MSW, Qi Integrated  
Health - Clinical  
Supervisor, Adjunct  
Professor - UBC



**Sandra Jain**  
MA, PsyD, LPC,  
Psychotherapist



**Trevor Millar**  
Ambio Live Sciences  
Inc. - Co-Founder,  
Ibogaine Facilitator



**Alex Belser**  
PhD, Cybin - Chief  
Clinical Officer, Yale  
University - Clinical  
Research Fellow



**Kim Haxton**  
Indegeneyez - Co-  
Founder, Member  
of Wasauksing First  
Nation, Ontario



**Bruce Sanguin**  
Psychotherapist,  
Clinical Fellow at  
CAMFT



**Pam Kryskow**  
MD, Roots To Thrive  
Program - Medical  
Lead



**Zach Walsh**  
PhD, Psychologist,  
Associate Professor  
- UBC



**Philippe Lucas**  
PhD, SABI Mind -  
President





# Meet your instructors

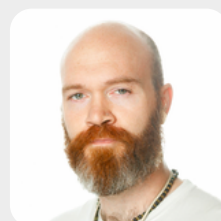
World class, industry leaders await



**Rich Tyo**  
Psychotherapist  
CRPO



**Paul Bridger**  
BA, ACC, CEC  
Intentional  
Directions,  
Integration Coach



**Matthew Kelemen**  
Sacred Row  
Academy, Self-Care  
Facilitator



**Jane Cooper**  
BSc, MA, CHyp, CCC,



**Rachel Dundas**  
Registered  
Psychologist



**Jeff Sorenson**  
breathARMY,  
Founder, Self-Care  
Facilitator



**Mike Mathers**  
M.Sc., M.A., R.C.C.,  
Addictions and  
Trauma Therapist



**Natalie Bergstrom**  
ATMA VP of  
Programming



**Thomas Hartle**  
Cancer Survivor -  
PaT Recipient  
(Section 56  
Exemption, SAP)

## GET STARTED TODAY

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