



✉ training@atmacena.com

🌐 www.atmacena.com

For pricing and scheduling information, please visit [our website](http://www.atmacena.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





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.

Live Q&A



Engage in a real time discussion with an expert during this live Q & A session. Get your burning questions answered and gain valuable insights directly from an industry leader. A post-session recording is 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?

Our program advisors are here to answer your questions and guide you towards your certification journey.

[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

Commitment to Growth: All purchases are final, reflecting your commitment to personal exploration. We prepare each course with dedication, unable to offer refunds.

Flexibility in Learning: If your plans change, you can transfer your spot to someone else, sharing the opportunity for discovery.

Need assistance or have questions? Contact us at training@atmajourney.com. We're here to ensure your journey with us is seamless and enriching.

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

Disclaimer

This syllabus is designed for educational and informational purposes only. The content provided herein, including any health, fitness, nutritional, legal, technical and all other information, is not intended to convey professional advice nor does it constitute the practice of any regulated discipline included but not limited to medicine, psychology or law. Readers should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

ATMA CENA does not condone the use of illegal substances. Laws surrounding psychedelics are continuously evolving. It is the reader's responsibility to consult local authorities and ensure that their actions are compliant with current legal regulations. ATMA CENA and the authors are not responsible for any actions or inaction on a user's part based on the information presented in this handbook.