

Psychedelics: preparation, integration and support for people in crisis after psychedelic experience

Friday, October 9th

9:30 - 11:00: Substances used for psychedelic experience

11:00 - 11:15: Break

11:15 - 13:30: Physiological complications, connected with the use of psychedelics and harm reduction

13:30 - 15:00: Lunch

15:00 - 16:30: Personal work/supervision/case study

16:30 - 16:45: Break

16:45 - 17:00: Reflections on personal work

17:00 - 17:30: Overview of health questionnaire

Saturday, October 10th

9:30 - 11:00: Models of understanding the psychedelic experience

11:00 - 11:15: Break

11:15 - 13:30: Therapeutic preparation for psychedelic experience

13:30 - 15:00: Lunch

15:00 - 16:30: Personal work/supervision/case study

16:30 - 16:45: Break

16:45 - 17:30: Brainspotting as a method for preparation and integration of psychedelic experience

Sunday, October 11th

9:30 - 11:00: Integration of psychedelic experience: methods and techniques

11:00 - 11:15: Break

11:15 - 13:30: Working with parts and understanding psychedelic experience from the theory of trauma

13:30 - 15:00: Lunch

15:00 - 16:30: Working and supporting people in crisis after psychedelic experience

16:30 - 16:45: Break

16:45 - 17:30: Working and supporting people in crisis after psychedelic experience