



Foundations of Psychedelic-Assisted Therapy

Course Overview

Drawing from the decades of research developed by the Beckley Foundation and Amanda Feilding, as well as the seminal work of Janis Phelps, Carl Jung, Stanislav Grof, Kylea Taylor, and Friederike Meckel Fischer, among others, *Foundations of Psychedelic-Assisted Therapy* presents psychoanalytical, psychodynamic, somatic, and transpersonal perspectives of the unconscious and shadow material that emerges in altered states of consciousness.

This course distinguishes itself through learning that is relational, embodied, and trauma informed and supportive of liminal space and ontological humility. Coming into presence with ourselves, each other, and the world around us is fundamental to providing safe and ethical PAT. This course helps participants notice and draw insight from the opportunities for healing that often emerge from relational dynamics during extraordinary experiences. As participants practice holding and navigating the intersubjective experience of non-ordinary states of consciousness, transformations rooted in curiosity unfold organically.

Somatic self-awareness is encouraged through the personal and collective learning journey. Participants cultivate mindful somatic awareness of their own personal histories, relational dynamics, and societal norms that influence each moment while learning strategies for self- and co-regulation. The embodied state achieved through the practice of deep self-reflection and mindfulness helps participants build the skills to hold space safely and effectively for clients before, during, and after PAT.

By intertwining historical and Indigenous perspectives with contemporary research in the field, this course creates space for ways of knowing and being *beyond* cognition and academia alone, such as psycho-emotional, felt sense, somatic, and transgenerational. Through a trauma-informed lens, participants identify expectations for equitable and inclusive experiences.

Why Beckley Academy?

Beckley Academy's trainers, curriculum contributors, and leadership team have deep expertise in online education, behavioral health training, mental health, and psychedelic research. Our course draws from an array of experiences in organizations including MAPS, Johns Hopkins, Imperial College, Mount Sinai

Psychedelic Psychotherapy Research and Trauma Center, Sensorimotor Psychotherapy Institute, King's College, NYU and more.

Beckley Academy is a part of the Beckley Foundation ecosystem. Established in 1998 by Amanda Feilding, an early activist and thought partner to Albert Hofmann (the creator of LSD), the Beckley Foundation has been instrumental in furthering psychedelic research and influencing policy.

Learning Objectives

Through this course, participants will:

- Identify and apply skills to work with clients in non-ordinary states of consciousness through each phase of psychedelic-assisted therapy (preparation, experience, and integration), including:
 - Screening
 - Psychoeducation
 - Intention setting
 - Set and setting
 - Tracking autonomic nervous-system regulation
 - Auto and co-regulation
 - Deepening into the felt-sense of transformation
 - Embodying transformations and integrating them into daily life and normal consciousness
- Create a toolkit of resources and assessment tools for use in clinical practice
- Analyze the ethical impact of PAT
- Describe historical and present-day uses of plant medicines
- Discuss the impact of cosmologies, values, traditions, and belief systems on PAT
- Apply practices of non-directive therapy, somatic awareness, and mindfulness within the therapeutic alliance
- Explain manifestations of transference, countertransference, enactments in the therapeutic relationship, their significance in non-ordinary states, and within the power-differential inherent to the therapeutic relationship
- Demonstrate increasing awareness of biases and patterned responses as they emerge in clinical practice
- Demonstrate increasing ability to remain regulated and attuned when confronted with discomfort or the unknown as it emerges in clinical practice
- Refine a personal process for entering right-relationship with clients and recognize that safety and ethical integrity are at the heart of client and peer relationships

Fall Cohort 0104

Cohort 0104: October 2023 – March 2024

Course Topics & Schedule

Orientation | October 9 – 29, 2023

- Begin building the container
- Explore the diverse experience of safety
- Live session for introductions and connecting with communitas pod
- Introduction to polyvagal theory and somatic resourcing
- Review PAT Competencies

Meetings:

- Full Group: Thursday, October 19th, 8 AM PDT- 11 AM PDT
- Communitas Pod: Thursday, October 26th, 8 AM PDT - 9:30 AM PDT

Module 1: Establishing an Intentional Practice | October 30 – November 19, 2023

- Right relationship & the ethics of care
- Therapeutic relationship
- Intention setting & community agreements
- Communal/shared intersubjective experience

Meetings:

- Full Group: Thursday, November 9th, 8 AM PDT- 11 AM PDT
- Communitas Pod: Thursday, November 16th, 8 AM PST - 9:30 AM PST

***Course Break: November 20 – Nov 26, 2023**

Module 2: Origins, History, & Legacy | November 27 – December 17

- Indigenous wisdom & psychedelic traditions
- Communitas, liminality, & oppressive systems
- Practicing PAT with cultural responsiveness
- Music and inner healing intelligence
- Practicing a felt sense of connection & disconnection

Meetings:

- Full Group: Thursday, December 7th, 8 AM PST - 11 AM PST
- Communitas Pod: Thursday, December 14th, 8 AM PST- 9:30 AM PST

***Course Break: December 18, 2023 – January 7, 2024**

Module 3: Contemporary Research and Use | January 8 – January 28, 2024

- Current psychedelic research on psilocybin, ketamine, and MDMA
- Diagnoses for which PAT is efficacious
- The affective experience of psychedelic assisted therapy as seen in clinical trials
- Right relationship with plants (ecological ethics)
- Historical harm and limitations of clinical psychedelic research

Meetings:

- Full Group: Thursday, January 18th, 8 AM PST - 11 AM PST
- Communitas Pod: Thursday, January 25th, 8 AM PST- 9:30 AM PST

Module 4: Inner Awareness and Relational, Ethical, & Power Dynamics

January 29 – February 18, 2024

- Transference, countertransference, shadow and enactment
- Exploring the organization of experience of a shadow part
- COEX system mapping
- Practicing gentle mindfulness questions and directives to help clients deepen into experience

Meetings:

- Full Group: Thursday, February 8th, 8 AM PST - 11 AM PST
- Communitas Pod: Thursday, February 15th, 8 AM PST- 9:30 AM PST

Module 5 | Preparation | Holding Space | Integration | February 19 – March 8, 2024

Day 1: Screening, Client Education, and Preparation

- Orienting and preparing clients and self for therapeutic work with non-ordinary states of consciousness
- Aspects of set and setting that support transformative PAT experiences
- Roleplaying scenarios for preparation and psychoeducation
- Common transference and countertransference reactions

Day 2: Cacao Experiential | Therapeutic Process and Holding Space for the Journey

- Safely guiding clients through experiences of non-ordinary consciousness

- Directive and non-directive approaches to guide flexibility
- Track subtle somatic, emotional, and cognitive state changes in cacao experience

Day 3: Transformation & Integration

- The unfolding process that occurs after a psychedelic experience
- Common issues around positive, negative, and unexpected client experiences
- Complementary techniques and approaches to support PAT integration
- Guiding embodied transformation in roleplaying experiences

Meetings:

- Full Group, Day 1: Thursday, February 22nd, 8 AM PST - 12 PM PST
- Full Group, Day 2: Thursday, February 29th, 8 AM PST - 12 PM PST
- Full Group, Day 3: Thursday, March 7th, 8 AM PST - 12 PM PST

Module 6 | Clinical Applications & Closing the Container | March 11th – March 28th, 2024

- Safely guiding clients through experiences of non-ordinary consciousness
- Common transference and countertransference reactions
- Directive and non-directive approaches to guide flexibility
- Track subtle somatic, emotional, and cognitive state changes in cacao experience

Meetings

- Communitas Pod: Thursday, March 21st, 8 AM PDT 9:30 AM PDT
- Full Group: Thursday, March 28th, 8 AM PDT- 11 AM PDT