



NUMINUS

TRAINING
PROGRAM



Embodied Inquiry

COURSE
SYLLABUS

EMAIL US

training@numinus.com

Are you providing or interested in providing psychedelic-assisted therapy? Embodied Inquiry (EI) offers practitioners a roadmap for navigating the complexity, intensity and vulnerability that arises in this work. EI is derived from mindfulness, somatic therapy and trauma-sensitive approaches designed to support safe, therapeutic, and transformative experiences for clients exploring psychedelic healing. Join our 3-day experiential workshop that introduces participants to the practice of EI and its application through preparation, medicine sessions and integration.

CONTENTS

Course Structure	3
Learning Outcomes	4
Curriculum Overview	5
Frequently Asked Questions	6
Policies & Disclaimers	10



COURSE STRUCTURE

Our programs leverage the following key learning formats, blended in a way that offers flexibility and accessibility, while encouraging knowledge retention with adult learners.

4.0 HOURS

Online Pre-Work Through An LMS Platform

You'll become familiar with the theory and evidence reviews, be introduced to concepts through video format, and engage in various learning activities.

4.0 HOURS
/WEEK

Live Classes Through Zoom

This is where you'll get to apply some of the new skills in real time during small group breakouts, see live demonstrations of key therapy techniques, conceptualize treatment through real case-based scenarios, and build community among like-minded providers.

Assignments

Throughout the course, there will be various assessments to evaluate your knowledge, skills, and competencies that you have gained from the course.

- Module Knowledge Checks
- Reflection



LEARNING OUTCOMES

————— After this course you'll be able to do the following:

1

Apply mindful and somatic inquiry skills at an introductory level.

2

Describe the components of inquiry.

3

Utilize inquiry skills to help clients process challenging experiences.

4

Direct clients to mindfully attend and stay with experience using the body as a source of information and anchor for attention.

CURRICULUM OVERVIEW

Time Commitment: **16 Hours**

Language: **English**

This course is recognized by the following organizations for continuing education credit:

- Canadian Psychological Association (CPA)
- L'ordre des psychologues du Québec (OPQ)
- Canadian Counselling & Psychotherapy Association (CCPA)
- USA National Board for Certified Counsellors (NBCC)



Day 1

Inquiry Foundations

- What is inquiry?
- Inquiry framework (method, embodiment, process)
- Psychological flexibility
- Demonstrations and practice exercises

Day 2

Inquiry and Somatic States

- Applied neuroscience (trauma and psychedelic-assisted therapy)
- Trauma skills
- Inquiry skills
- Demonstrations and practice exercises

Day 3

Inquiry and Psychedelic-Assisted Therapy

- Case work

FREQUENTLY ASKED QUESTIONS

Why should you take this course?

This highly experiential training will help you cultivate deeper grounding, openness and compassion so that you can be fully present to your clients' journeys – and your own.

The embodied inquiry model provides a reliable framework for orienting yourself in the arc of the therapy, freeing up cognitive bandwidth to bring curiosity, non-judgment, and kindness to the investigation of whatever is arising in session. These foundational attitudes enhance your own compassion and resilience and helps to strengthen the therapeutic container for your client's exploration.

By using this framework, you'll be able to help your clients with:

- Better regulation of emotional states
- Separation from overwhelming emotions and repetitive thinking
- Increase in self-efficacy and ability to process learnings from psychedelic experiences
- Increased resilience in managing difficult emotions, sensations, and experiences

Who can take this course?

If you are providing or interested in providing psychedelic services to clients in any capacity, our programs will build on your skillset and benefit your practice. Our programs are open to a diverse set of professionals who are looking to add credibility, experience, and a robust skillset for providing psychedelic services.



Licensed:

Our programs are designed to expand the scope of practice for regulated professionals looking to provide psychedelic-assisted therapy. Examples of these types of backgrounds include (but are not limited to):

- Psychotherapists
- Therapists
- Occupational Therapists
- Counsellors
- Social Workers
- Psychologists
- Physicians
- Nurses
- Physician Assistants
- Medical Assistants
- Naturopath
- Coaches
- Physiotherapists
- Acupuncture/Chinese Medicine

FREQUENTLY ASKED QUESTIONS



Does this course have any prerequisites?

No. There are no prerequisites.

Is this course part of the Certificate?

This course is not part of the certification pathway. This course will provide you with a comprehensive overview of an essential skill used in psychedelic-assisted therapy. Providers that are looking to do extensive work in this field should take this course to help master this skill as part of their toolkit to support clients. Certifications like this will really help build your previous experience and ensure any future employers or clients you may have that you've completed a credible education and training in this field.

Will recordings of the live sessions be made available?

Unfortunately, due to privacy concerns we cannot share the live recordings of our classes.

Unlicensed:

Most of the Numinus training programs are open and available to non-regulated professionals. We highly encourage participation from empowered individuals that want to explore a career in this field, although learners should be aware that our courses are designed for licensed professionals.

Examples of these types of backgrounds include (but are not limited to):

- Non-regulated therapists
- Sitters
- Coaches
- Students
- Empowered individuals with psychedelic experience
- Other varied experience providers



FREQUENTLY ASKED QUESTIONS

What happens if I miss a class?

You have to notify the Training team at **training@numinus.com** about the schedule conflict as early as possible so that we can plan a make-up class with the next available cohort or next available course.

I'm not sure if this course is the right fit for me, who can I speak to?

Join our Director of Training, Amanda Giesler, for an All About Numinus Training session via MS Teams, every Friday from 9-9:30 am (PT). She will answer any additional questions you have and help you make a decision on which pathway is right for you.

Please, write to **training@numinus.com** to get invited.

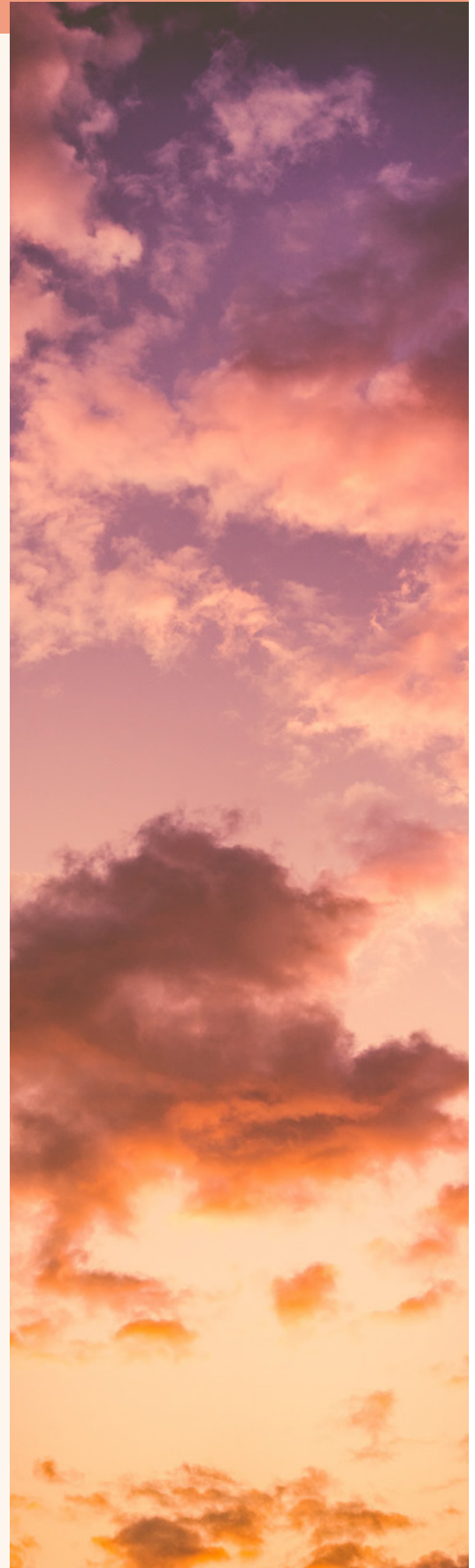
I'm not a healthcare professional, can I still take this course?

This course is designed for providers with experience in psychedelic-assisted therapy and core therapeutic skills. If you are new to the field, we encourage you to consider registering for one of our introductory courses. This course is for more advanced care providers.

I've already completed many other training programs. Why should I do this one too?

The embodied inquiry model provides a reliable framework for orienting yourself in the arc of the therapy, freeing up cognitive bandwidth to bring curiosity, non-judgment, and kindness to the investigation of whatever is arising in session. These foundational attitudes enhance your own compassion and resilience and helps to strengthen the therapeutic container for your client's exploration.

It is a unique skill to add to your toolbox that is not typically included in other psychedelic-assisted therapy training programs.



OUR COURSE INSTRUCTORS

— You will typically have two very experienced instructors for each live session to help provide more contextualization and examples with each specific skill and case study.



Reid Robison, MD, MBA
CHIEF CLINICAL OFFICER



Deanna Rogers, H BA, MA C
INSTRUCTOR AND FIELD EXPERT



Cody Callon, MSW
LEAD, PSYCHEDELIC PROGRAMS



Steve Thayer, Ph.D.
CLINICAL PSYCHOLOGIST

CANCELLATIONS AND REFUNDS

If you are unable to attend the course, please send an e-mail confirming your cancellation to training@numinus.com. A 10% administration fee will be charged for any cancellations, based on the total cost of the course, plus tax. All cancellations need to be processed at least 24 business hours prior to the start of the training program for a refund to occur. Cancellations that occur less than 24 hours will be subject to no refund. Alternatively, credits for future courses may be applied and used within one calendar year. Refunds will be processed within 7 business days from cancellation. If you have any questions, please reach out to our team and we would be happy to support you.

TRAINING POLICY

To learn more about our policies, please view and download → [Numinus Training Policy PDF](#)

DISCLAIMER

Please be advised that Numinus Practitioner Training programs do not constitute professional medical or healthcare advice and are not a substitute for professional medical or healthcare advice. Our courses are for educational purposes only, and in no way promote or condone any illegal activity. Please, be aware that certain psychedelic substances still remain illegal in many jurisdictions, including Canada. You should also be aware that our courses are designed for professionals. If you are a regulated professional, it is your responsibility to follow the regulatory guidelines and scope of practice applicable to you. Further, please note that this is a rapidly evolving field and as such, certification, credentialing and regulatory requirements are subject to change. If you are not a regulated professional, this course is purely for informational purposes and does not authorize or endorse any practice or constitute qualification with respect to the program's subject matter. Numinus also reserves the right to change the course instructors depending on the needs of the business and availability.

If you are concerned with an instructor change for your registered course, please contact training@numinus.com.