

Psychedelic-Assisted Psychotherapy:

FDA Designated Breakthrough Therapies, Emerging Trends, and Revolutionary Clinical Implications

at Aves Luxury Hotel and Resort
in the mountains of Montezuma, Costa Rica

AGENDA

SATURDAY

3:00 - 5:00 - *Check-in*

4:00 - 5:00 - *Welcome Reception*

6:00 - *Dinner*

7:00 - *Live Evening Entertainment*

SUNDAY

7:30 - *Breakfast*

8:30 - 10:15 - *Opening Circle/ Orientation*

10:15 - *Coffee/Tea*

10:30 - 12:30 - *Class*

- ❖ *Psychedelics Overview: Historical and Cultural Context*
- ❖ *Secret History of Psychedelics in Addiction and Mental Health*

12:30 - *Lunch*

1:30 - 3:30 *Class*

- ❖ *Ecological Grief, Nature and Disconnection*
- ❖ *How Do They Work?*
- ❖ *The Default Mode Network*

3:30 - *Snack*

3:30 - 6:30 - *Free Time, Excursions, Spa, Horse spirit healing, etc.**

6:30 - *Dinner*

7:30 - *Sacred Cacao Ceremony*

MONDAY

6:00 - 7:00am - Sunrise Yoga with Cristiane

7:30 - Breakfast

8:00am- 9:30am - Free Time

9:30 - 12:30 - Sound Journey at Yoga Shala over-looking the ocean, walk to Sacred Piedra Colorada beach

12:45 Lunch

1:30 - Class

- ❖ All About Psilocybin
- ❖ SSRI's versus Psilocybin - "A Tale of 2 Receptors" Study
- ❖ Music and Psychedelics - Synergistic Effects
- ❖ Maximizing a Safe Therapeutic Approach
- ❖ Memoir from participant in psilocybin clinical trial

4:00 - 4:15 - Snack

4:15 Class

- ❖ MDMA and Trauma - rewiring the brain

5:00-6:00 Tico Spanish Class with Andy (Highly Recommended!)

6:30 - Dinner with Live Entertainment by local musical artist Marcela

7:30 - Fantastic Fungi movie or downtime

TUESDAY

7:30 am - Breakfast

8:30 - Sharing Circle

9:30 - 10:30 - Class

- ❖ MDMA and Trauma continued

10:30 - 10:45 - Coffee / Tea Break

10:45 - 1:00 - Class

- ❖ MDMA - Phase 3 Clinical Trials

1:00 - Lunch

2:00 - 3:30 - Class

- ❖ All About LSD
- ❖ Ketamine
- ❖ San Pedro/Peyote

3:30 - 6:30 Free Time

3:30 - 3:45 - Snack

4:00 - Walk to Secret Tide Pools with Dylan

6:30 - Dinner

7:30 - Glass Walking

WEDNESDAY

7:30 - Breakfast

8:00 - 12:30 - Free Time (Options include Waterfall Hike, horses, ziplining, massage, spa treatments, HITT training exercise class etc.)

- ❖ 9:00-10:00 - Kinsanity HITT Exercise Class with Platinum Record Artist Ken Jordan of the Crystal Method at Rancho Delicioso Permaculture Village. HITT stands for high intensity interval training (depart at 8:40)

1:00 - Lunch

2:00 - 3:00 - Class

- ❖ Iboga
- ❖ Ayahuasca

3:00 - Snack

3:15 - 5:00 - Class

- ❖ Legitimate Business Opportunities, Legalities and Further Education

6:00 - Dinner

7:30 - Gong Bath / Vibrational Sound Blessing with Philip

THURSDAY

7:30 - Breakfast

8:30 - 10:00 - Sharing Circle

10:00 - Tea break

10:30 - 12:00 - Meet the Curandero, Alejandro

12:00 - Light Lunch

1:00 - Extra 5 CEU Class begins

- ❖ *The Psychedelic Experience and the Role of the Therapist*

- ❖ 1:00 - 3:00 - Screening, preparation, intention setting (2 CEUs)

- ❖ 3:00-9:00 pm - Ceremony

9:00 pm - Light Dinner

FRIDAY

7:30 - Breakfast

8:30 - 11:00 - Extra 5 CEU class continues (3 CEUs)

- ❖ *Integration Circle*

- ❖ *Group Critique of Experience from a Psychotherapeutic Perspective*

11:00 - 11:15 Coffee/tea

11:15-1:00 - Integration Continues - Solo or small group

- ❖ *Solo Integration - Walk the beach, meet the plants, visit the waterfalls*

1:00 - Lunch

2:00 - 3:30 - Class

- ❖ *Group Critique of Experience from a Psychotherapeutic Perspective and Integration Wrap up*

3:30 - Snack

3:45 - 5:30 - Class

- ❖ Closing Discussion
- ❖ Don't forget. Retake the NR6 Questionnaire

6:00 - Dinner

7:30 - Down time or Visit Downtown Montezuma

SATURDAY

7:30 - Breakfast

8:00 - 4:00 - FREE DAY

Options include:

- ❖ 10:00 - 12:00 - Visit Montezuma Organic Market
- ❖ 9am-4pm Boat Trip to Tortuga Island with lunch included and snorkeling (weather permitting)
- ❖ Pool Party
- ❖ Waterfall Hike
- ❖ Horseback riding
- ❖ Ziplining
- ❖ Massage or other spa treatments

12:30 - Lunch

4:00 - Snack

4:30pm - Closing Circle

6:00 - Dinner off premises at Puggo's, a local restaurant hidden deep in the jungle

8:30 - Dance Party and Farewell Fire Show starring Montezuma's own Eli and belly dancer Maria

SUNDAY

7:30 - Breakfast and good-byes

11:00am - Checkout