

JUST LAUNCHED



EQUANIMITY

Professional Training: An Introduction to Psychedelic-Assisted Psychotherapy

INSTRUCTORS



Anthony Townsend



Brad Kallenbach

SYNOPSIS

The past 5 years has seen a resurgence of interest in psychedelic medicine. With legal barriers falling, meta-analyses demonstrating outcomes typically hailed as astonishing, along with *breakthrough therapy status* awarded by the FDA, it is apt that Yale's Chair of Psychiatry, Dr John Krystal, should claim:

"this is the most exciting time to be a clinician in the history of psychiatry and psychology."

However, the field is largely unregulated and tends to attract evangelists who view psychedelics as a panacea (a "cure all"), often sacrificing safety and therapeutic rigour for expediency.

In South Africa, there are currently no formal training programs for professionals offering evidence-based guidelines around best practices. Having safely treated hundreds of people with depression, anxiety, addiction, PTSD and other conditions, Clinical Psychologists and Equanimity co-founders, *Anthony Townsend* and *Brad Kallenbach*, are proud to announce the **launch** of a **CPD-accredited online training program on psychedelic-assisted therapy** for South African psychologists and registered counsellors.

The Equanimity Therapy Academy's online course offers a lucid and comprehensive introduction to an intriguing field.

HIGHLIGHTS INCLUDE:

- A study of well-researched **psychedelic compounds**, their therapeutic indications & legal landscape (locally and abroad)
- **Neurochemistry** (mechanisms of effect, cross-interactions, dosages, preventing dependency)
- A comparative exploration of the **2 key types of psychedelic therapy**
- **Best-practice screening** and **safety** protocols
- The **3 phases of psychedelic-assisted therapy**
- An illustrative **case study**

"Dreams are the royal road to the unconscious."

- Sigmund Freud, 1900

"Psychedelics are the royal highway to the unconscious"

-Dr Robin Carhart-Harris, 2017

LAUNCH DATE: 2024 | Quarter 2

OPEN TO: All Healthcare Professionals;
CPD Accredited for Psychologists

Points: 5 General & 1 Ethics CEU

COMPLETION: At your leisure; *Online Only*

COST: R 2990.00 PER REGISTRATION

Access to the full course via our online platform or Wix Spaces, including video-based modules, course materials, module assessments, and online support via a dedicated Group.

Visit our Academy website via the QR code below to enrol*



www.equanimitytherapyacademy.com



*Given the discussion of regulated medicines, only registered professionals may enrol for this course.



EQUANIMITY

Course Outline: An Introduction to Psychedelic-Assisted Psychotherapy

INSTRUCTORS



Anthony Townsend



Brad Kallenbach

CPD Accredited with the HPCSA for Psychologists
5 General & 1 Ethics CEU

3 Hours of Video Lectures & 10 Short MCQs
Open to Healthcare Professionals

SYNOPSIS

This **online training program on psychedelic-assisted therapy (PAT & KAP)** was developed with psychologists and mental health professionals in mind. The course aims to expand your practice by learning from experienced professionals to guide clients, confidently, through a full psychedelic-assisted therapy process.

CURRICULUM

MODULE 1 - An Emotional Education: Shifting Mental Paradigms

Delve into a brief retrospective on the contributions and limitations of the medical model of mental health as well as an introduction to process-based therapy and the modern neuroscience of emotion in which psychedelic-assisted therapy (PAT) functions.

MODULE 2 - A Brief History of Psychedelic-Assisted Therapy (PAT)

Explore the history of Psychedelic Therapy from ancient times to the present day.

MODULE 3 - How Psychedelics Work & What They Work For: Mechanisms of Action & Therapeutic Uses

This module provides a metaphor for understanding the function of psychedelics in therapy, outlines the neurochemical actions of different psychedelics, their phenomenological differences, and their unique therapeutic indications.

MODULE 4 - Psychedelics vs Psychedelic-Assisted Therapy; & The Three Paradigms

Learn about the key approaches to PAT and KAP and discover why an evidence-based therapeutic framework is essential for successful outcomes.

MODULE 5 - Paths to Healing: Therapeutic Approaches to PAT

This module provides a broad outline of different approaches to PAT and discusses their relative benefits and vulnerabilities. Ethical practice and key therapeutic elements are delineated.

MODULE 6 - Ensuring Safety: Screening and Assessment

This module provides a comprehensive introduction to the screening and assessment protocols for safe and efficacious KAP (applicable to PAT).

MODULE 7 - Preparation Phase: The Roadmap for the Journey

We delineate key preparation exercises to ready your client's mind and body for a psychedelic journey. Downloadable sample resources are included.

MODULE 8 - Holding Space: The Concepts of Set and Setting

Learn about the science and art of holding space during a psychedelic journey through a detailed exploration of the key concepts of set and setting.

MODULE 9 - Psychedelic Aftercare: Sustaining the Afterglow

This module provides a brief outline of the key elements of caring for someone (whether in a group or individual setting) immediately after their psychedelic experience. Key dynamics for debriefing and consolidating the experience are considered.

MODULE 10 - Making the Extraordinary, Ordinary: The Practice of Integration

This module offers an introduction to integration - the post infusion therapy sustaining the benefits of psychedelics.

Illustrative Case Study & Additional Resources

A real-life case study is presented to demonstrate key integration principles. A list of additional readings is provided to further your understanding of this fast-expanding field.

Assessments & Certificate

Short multiple choice questions after each module are aimed at testing your knowledge and solidifying key concepts. Course Certificate awarded upon completion of all videos & assessments.