



**California Institute  
of Integral Studies**

Public Programs & Performances



**The Center for Psychedelic Therapies and Research  
is proud to announce the  
Psychedelic-Assisted Therapies & Research Certificate Program  
We Launch in Spring 2016!**

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**Stay Informed:** For more information about the certificate program, please contact The Center for Psychedelic Therapy and Research at [adminCPTR@ciis.edu](mailto:adminCPTR@ciis.edu) or 415-575-6175.

## About the Program

This Certificate will be housed in the new CIIS Center for Psychedelic Therapies and Research at CIIS Public Programs. The Center will also provide diverse public education about psychedelic research and the clinical use of psychedelics in psychotherapy from the past decades, as well as teaching on topics such as consciousness studies, comparative mysticism, research on creativity enhancement with psychedelics and harm reduction techniques. Book readings on psychedelics and entactogens have been presented and a film series is being planned.

The Psychedelic-Assisted Therapies and Research Certificate serves a growing need for the training of skilled therapist researchers who will ideally seek advanced training for future FDA approved psychedelic-assisted and entactogen-assisted psychotherapy research. Enrollees will be licensable/licensed professionals in specific mental health and medical professions or eligible ordained/commissioned clergy and chaplains.

The roots of this Certificate are in the work of scholars and researchers on psychedelic-assisted psychotherapies, transpersonal psychology, consciousness studies, psychoanalysis, mysticism, and anthropology. While this Certificate will emphasize the therapeutic models of psychedelic research, we will address the philosophy and theory from these other scholarly traditions as well. CIIS has an outstanding reputation of 50 years in graduate education that integrates consciousness studies, spirituality and psychology, including psychedelic studies.

## Format and Development of the Certificate

The format of instruction and curriculum has been developed by Dr. Janis Phelps, Director of the Center for Psychedelic Therapies and Research, in collaboration with many clinicians and researchers in the field. As former Dean of Faculty for the School of Humanities and Social Sciences, Janis Phelps is well positioned to create a multidisciplinary team of teachers from across the United States and Canada. The Certificate program will be conducted during an 8 month period and is comprised of 10 weekend workshops and a 4-day intensive retreat. The curriculum entails 180 total hours of instruction. The learning environment will be in the form of lectures, small group discussion, experiential learning (e.g., Holotropic Breathwork, role-play, guided imagery, expressive arts, journaling) and applied work in clinical and therapeutic settings. We will meet approximately every 3 weeks, except in the summer. Classes begin at the end of March, 2016. We meet until the end of June, then have the summer off for volunteer work, and meet again from early September through early December, 2016. The 4-day June retreat at the Marconi Conference Center in Marshall, California is a shortened version of the MAPS training program for therapist guides. The MAPS founding trainers, Dr. Michael Mithoefer and Annie Mithoefer, RN, will be our retreat's expert instructors.

Many psychiatrists, psychologists and therapists from Johns Hopkins University, New York University, UCLA, University of California, Berkeley, and the University of Wisconsin will be teaching in the program. Stanislav Grof, Ralph Metzner, other CIIS faculty, and Bay Area experts will complete the certificate faculty.

## Philosophy and Goals of the Certificate

Consistent with CIIS ideals, this certificate strives to encompass all aspects of learning: intellectual/didactic, the personal/experiential and applied (clinical and pastoral work). The research and therapy training will be done with processes embedded in self-reflection, community-building and embodied ways of knowing and mentoring. The global wisdom traditions related to alterations of consciousness (meditation, yoga, fasting, solo wilderness retreats, healing methods, etc.) will play a role in the theoretical underpinnings of the curriculum as well as being directly enacted as part of the personal/experiential aspect of the training. It is important to note that at no time in the program will there be the promotion or requirement of the use of psychedelic drugs in any settings, whether recreational,

therapeutic or sacred. Students earning the Certificate will learn to be therapist guides for federally approved medical treatment and psychedelic research.

Our purpose is to mentor new therapist guides to become leaders in the next generation of professionals in psychedelic-assisted psychotherapy. Our graduates will have a deeper understanding of the nature of these transformative processes and multiple skills with which to provide therapeutic and loving support for a person's natural healing capacities.

## Institutional Partners & Acknowledgements

Many renowned researchers and scholars have advised and supported the development of this certificate program at CIIS. They represent the prominent U.S. and Canadian research centers that are funded by the Heffter Research Institute (HRI), Multidisciplinary Association of Psychedelic Studies (MAPS), the Council on Spiritual Practices (CSP) and the Usona Institute.

We would like to publicly thank the following key thinkers and researchers for their significant contributions to the development of this Certificate. They co-inspired with the Janis Phelps to bring together a wealth of engaging ideas and training processes as the basis for this program. Thank you to Anthony Bossis and Jeffrey Guss (NYU); Karen Cooper, Nicholas Cozzi and Dan Muller (U. of Wisconsin); Rick Doblin, Michael Mithoefer and Annie Mithoefer (MAPS); Roland Griffiths and William Richards (Johns Hopkins U.); Charles Grob (UCLA); Stanislav Grof; Bob Jesse (CSP and Heffter); Ralph Metzner; and David Nichols (Heffter Co-Founder). Many of these researchers are featured in the influential *New Yorker* article by Michael Pollan from earlier this year:

<http://www.newyorker.com/magazine/2015/02/09/trip-treatment>.

We give a deeply felt and hearty acknowledgement especially to Dr. William Richards of Johns Hopkins University for his tireless, consistently inspired and wise counsel on multiple levels of this Certificate.



## Council of Advisors

Many of these advisors will be teaching in the Certificate and some will be guest lecturers in evening public events at CIIS, co-sponsored by Public Programs and the Center for Psychedelic Therapies and Research. Many local Bay Area experts in the field will be certificate teachers as well.

### **Michael Bogenschutz, MD**

*Professor of Psychiatry, New York University School of Medicine, Psilocybin and Alcohol Dependence Research Projects*

### **Anthony Bossis, PhD**

*Clinical Assistant Professor of Psychiatry, New York University School of Medicine; Director of Cancer and Palliative Care Research, New York University Psilocybin Cancer Project*

### **Karen M. Cooper, RN, MA**

*Usona Institute Senior Clinical Research Nurse, University of Wisconsin School of Pharmacy, Psilocybin Pharmacokinetic Study*

**Mary Cosimano, MSW**

*Study Coordinator, Department of Psychiatry & Behavioral Sciences, Johns Hopkins School of Medicine*

**Nicholas Cozzi, PhD**

*Professor of Pharmacology, U. of Wisconsin; Director, Neuropharmacology Laboratory, University of Wisconsin School of Medicine and Public Health; Fellow and Trustee, Alexander Shulgin Research Institute*

**Alicia Danforth, PhD**

*Researcher, Los Angeles Biomedical Research Institute, Harbor-University of California, Los Angeles Medical Center*

**Rick Doblin, PhD**

*Founder and Executive Director, Multidisciplinary Association for Psychedelic Studies*

**Donna Dryer, MD**

*Advisory Board Member & Primary Investigator, Multidisciplinary Association for Psychedelic Studies Canada*

**George Goldsmith, MA**

*Chairman and Founder, Tapestry Networks; Consultant, Heffter Research Institute & Multidisciplinary Association for Psychedelic Studies*

**Elizabeth Gordon**

*Board Member, Heffter Research Institute; Trustee, California Institute of Integral Studies*

**George Greer, MD**

*Co-Founder, Medical Director, and Board Member, Heffter Research Institute; Distinguished Fellow, American Psychiatric Association; Past President, Psychiatric Medical Association of New Mexico*

**Roland Griffiths, PhD**

*Professor of Neuroscience and Psychiatry & Behavioral Sciences, Johns Hopkins University School of Medicine*

**Charles Grob, MD**

*Co-Founder of Heffter Research Institute; Professor of Psychiatry & Pediatrics, UCLA School of Medicine; Director & Chief of Div. of Child & Adolescent Psychiatry at Harbor-UCLA Medical Center*

**Stanislav Grof, MD, PhD**

*Professor Emeritus of Philosophy, Cosmology, and Consciousness, California Institute of Integral Studies; Founding President, International Transpersonal Association*

**Jeffrey Guss, MD**

*Clinical Assistant Professor of Psychiatry, New York University School of Medicine; Director of Psychedelic Therapy Training, New York University Psilocybin Cancer Project*

**Diane Haug, MA, LPCC**

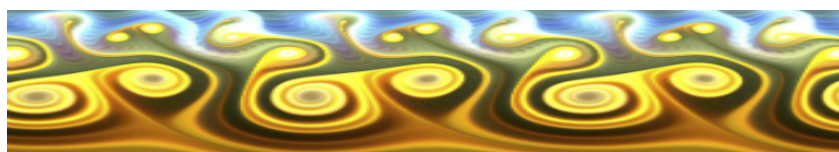
*Senior Staff, Grof Transpersonal Training; Adjunct Faculty, Southwestern College & Academy for the Love of Learning and California Institute of Integral Studies*

**Bob Jesse**

*Founder, Council on Spiritual Practices; Former Vice President, Oracle; Collaborator, Johns Hopkins University Research*

**Matthew Johnson, PhD**

*Professor of Psychiatry & Behavioral Sciences, Johns Hopkins University School of Medicine*



**Gabor Mate, MD**

Author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction* and *When the Body Says No: The Cost of Hidden Stress*

**Dennis McKenna, PhD**

Co-founder, Director of Ethnopharmacology and Board Member, *Heffter Research Institute*; Assistant Professor, Center for Spirituality and Healing, University of Minnesota Academic Health Center

**Ralph Metzner, PhD**

Co-founder and President, *Green Earth Foundation*; Professor Emeritus of Psychology, *CIIS*

**Annie Mithoefer, BSN, RN**

Clinical Investigator for MDMA/PTSD Studies, Multidisciplinary Association for Psychedelic Studies

**Michael Mithoefer, MD**

Clinical Investigator for MDMA/PTSD Studies, Multidisciplinary Association for Psychedelic Studies

**Daniel Muller, MD, PhD**

Professor of Rheumatology, U. of Wisconsin School of Medicine and Public Health; Principle Investigator, Psilocybin Pharmacokinetic Study

**David Nichols, PhD**

Co-Founder, President and Director of Pre-Clinical Research, *Heffter Research Institute*; Distinguished Professor Emeritus of Purdue University; Former Robert C. & Charlotte P. Anderson Chair of Pharmacology, Purdue University; Adjunct Professor, University of North Carolina, Chapel Hill

**Janis Phelps, PhD**

Chair, Council of Advisors; Professor of East-West Psychology; Director of the Center for Psychedelic Therapies & Research

**William Richards, STM, PhD**

Clinical Psychologist, Psychiatry & Behavioral Sciences, Johns Hopkins University School of Medicine

**Stephen Ross, MD**

Professor of Psychiatry and Child and Adolescent Psychiatry, New York University School of Medicine; Principal Investigator, New York University Psilocybin Cancer Project; Clinical Director, New York University Langone Center of Excellence on Addiction; Director, New York University Addiction Psychiatry Fellowship

**Ann Shulgin**

*Alexander Shulgin Research Institute*

**Richard Yensen, PhD**

Advisory Board Member & Researcher, *MAPS Canada*; Founder and Director, *Orenda Institute*

**Preview of Spring 2016 Certificate Presenters:**

Dr. Susana Bustos (CIIS)  
Dr. Nick Cozzi (University of Wisconsin)  
Dr. Rick Doblin (Tentative - MAPS Founder)  
Dr. George Greer (Heffter Co-founder)  
Dr. Stanislav Grof  
Dr. Jeffrey Guss (New York University)  
Diane Haug (Grof Transpersonal Training)  
Bob Jesse (Council on Spiritual Practices)  
Dr. Michael Mithoefer (MAPS, 4-day June training retreat)  
Annie Mithoefer (MAPS, 4-day June training retreat)  
Dr. David Nichols (Heffter Co-founder)  
Dr. Janis Phelps (CIIS)  
Dr. David Presti (UC Berkeley)  
Dr. Bill Richards (Johns Hopkins University)

*(Fall 2016 Presenters will be posted soon.)*

## Dates for Weekends and Retreat for the 2016 Certificate

The schedules for these weekends are: Fridays from 3 pm. - 9 pm. and Saturdays from 9:30 am. - 5 pm. Those weekends with an \* have an additional Sunday morning which meets from 10 am. – 1 pm. The retreat occurs Sunday to Thursday, June 5 - 9, 2016. These are the assigned dates for the certificate weekends and the exact schedule with presenters will be announced shortly.

Inaugural Weekend: March 25 and 26, 2016

April 8, 9 and 10 \*

April 29 and 30

May 13, 14 and 15 \* Holotropic Breathwork weekend

June 5 - 9 (4-day Training Retreat with the Mithoefers of MAPS at Marconi Conference Center)

June 24 and 25

SUMMER BREAK

September 9 and 10

September 30, October 1 and 2 \* Holotropic Breathwork weekend

October 14 and 15

November 4 and 5

November 18 and 19

December 2 and 3

## Testimonials from our Council of Advisors

From Dr. William Richards, scholar, clinician and researcher at Johns Hopkins University:

*"Accompanying the rebirth of psychedelic research and its many promising clinical, educational and religious applications, CIIS has stepped forward to design a program that not only offers techniques and information, but that also nurtures the psychological and spiritual maturation of future investigators and practitioners. It is an honor to be associated with CIIS and to contribute to the rich unfolding of this educational trajectory."*

From Dr. Anthony Bossis, clinician, researcher and scholar at New York University:

*"I am delighted to contribute to of The Center for Psychedelic Research and Therapies at CIIS. The return of government approved scientific research into psilocybin and related compounds has significant potential for myriad scientific and clinical studies including the important treatment of existential and psycho-spiritual distress at the end of life. The re-emergence of this field will require serious multi-disciplinary academic centers to address the theoretical, research, and clinical domains of this work. With its history integrating psychology and spirituality, CIIS is uniquely and enormously qualified to meet this historic challenge."*

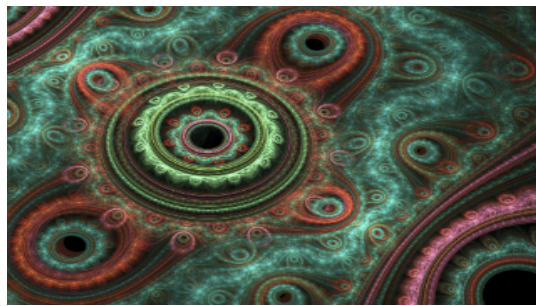




## Who Should Apply?

The Certificate is designed for advanced professionals working in related therapeutic areas: licensed mental health clinicians, specific medical professionals and ordained/commissioned clergy and chaplains. Under specific circumstances, prospective medical and mental health profession students, who are not yet licensed, may apply if they have completed their coursework and 1,000 training hours of counseling and psychotherapy.

- Licensed Professional Clinical Counselors (LPCC)
- Marriage and Family Therapists (LMFT)
- Licensed Clinical Social Workers (LCSW)
- Registered Nurses (RN)
- Nurse Practitioners (NP)
- Naturopaths
- Ordained/Commissioned Clergy and Chaplains
- Physician Assistants
- Clinical and Counseling Psychologists
- Physicians and Psychiatrists



## What Can I Do with this Certificate in Psychedelic-Assisted Therapies & Research?

Two primary opportunities could await you as a Certificate graduate:

Our Certificate graduates will have a strong foundation in skills and knowledge at a high standard for entry level training, which will ideally be finalized in advanced training at a psychedelic-assisted and/or entactogen-assisted psychotherapy research center affiliated with MAPS or HRI. We use the term "psychedelic" in this certificate summary to refer to both the classic psychedelics (LSD, psilocybin, peyote, ayahuasca, etc.) and to those drugs specifically called "entactogens" and also known as "empathogens" (MDMA, MDA, etc.). Research therapists in this field are sometimes termed sitters or guides. Graduates of the Certificate can seek further training as therapist guides in HRI or MAPS funded, FDA-approved research studies. Over the next years in the Bay Area, we will be developing several psychedelic-focused research initiatives with other clinician researchers. Some of the Certificate graduates, pending pursuit of further HRI or MAPS advanced training, could be brought in to sit as study therapists in these ongoing research projects.

Many experts in psychedelic-assisted psychotherapy research are predicting that in 2-3 years the leading psychedelic researchers will initiate applications for expanded access approvals to the FDA for MDMA and psilocybin. Expanded access for investigational drugs is designed for medicines that have been determined by the FDA to have sufficient efficacy and baseline safety, but are not yet fully approved for the researched symptomologies. If approved by the FDA, psychiatrists and some physicians will be able to prescribe psilocybin and/or MDMA during the expanded access period for people with intractable conditions that

have shown only partial response to traditional medications or for whom traditional medicines are contraindicated. In these cases, carefully trained therapist researchers will need to be present throughout the process as guides, under supervision of the physician, and working within strict FDA treatment protocols. While the FDA's response to the applications will not be known until then, the first permitted expanded access might be for people whose medical conditions meet FDA criteria for severe chronic PTSD (for MDMA) and advanced cancer anxiety and distress (for psilocybin). At CIIS we are working at the forefront of these potential opportunities. Join us!

Overviews of Expanded Access:

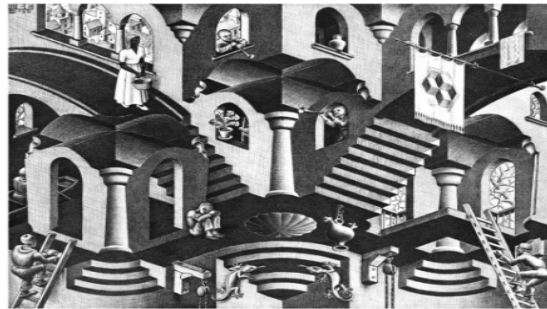
<http://www.fda.gov/Drugs/DevelopmentApprovalProcess/HowDrugsareDevelopedandApproved/ApprovalApplications/InvestigationalNewDrugINDApplication/ucm351748.htm>

Read more about Expanded Access & Compassionate Use:

<http://www.fda.gov/NewsEvents/PublicHealthFocus/ExpandedAccessCompassionateUse/default.htm>

Details on FDA Guidelines:

<http://www.ecfr.gov/cgi-bin/text-idx?SID=c859616b5a665bbcdal3092d0c1c063d&node=sp21.5.312.i&rgn=div6>



## **What are the Benefits of Being in the Certificate on Psychedelic-Assisted Therapies & Research?**

*By enrolling in this Certificate, you will:*

Have a unique opportunity to train with many of the prominent psychedelic researchers and therapist guides in the United States & Canada.

Be mentored in monthly supervision with an expert clergy member, clinician and/or researcher in the field of psychedelic-assisted psychotherapies.

Become a member of the Founding Year of the CIIS Certificate & of the next generation of therapist guides for psychedelic-assisted psychotherapies.

Develop your clinical and/or spiritual direction skills to an advanced level of expertise that integrates sacred knowledge, new levels of skill in therapeutic presence, improved research knowledge, and renewed connection to your own inner healer.

Learn to be present to the ways in which you can more deeply promote your own personal journey of transformation & well-being.

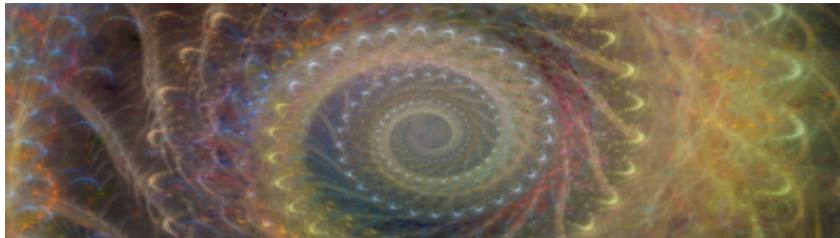
Enjoy the support & conviviality of a cohort of clergy, therapists, chaplains & medical professionals with whom you might practice and/or conduct research in the future.



Join an engaged & healing classroom atmosphere that nurtures our human capacity for spiritual aliveness, well-being & community.

Expand your scope of practice within your profession to include skills and insights from the certification training that would allow you to more ably help people navigate through life's challenging and difficult states of consciousness.

Take advantage of applicable continuing education credits for this Certificate.



## APPLICATION PROCESS

### Eligible Applicants for the Certificate

Professionals, who hold advanced degrees, licensure, commissions or ordinations, may apply to the certificate program if they are a:

- Licensed Professional Clinical Counselor (LPCC)
- Marriage and Family Therapist (LMFT)
- Licensed Clinical Social Worker (LCSW)
- Registered Nurse (RN)
- Nurse Practitioner (NP)
- Naturopath
- Ordained/Commissioned Clergy and Chaplains
- Physician Assistant
- Clinical and Counseling Psychologist
- Physician and Psychiatrist

Only those people with the above degrees and credentials are eligible to apply. For these professionals, preference will be given for applicants with a background in psychological treatment and spiritual direction in these areas: behavioral medicine, chronic trauma, palliative care, hospice, drug and alcohol rehabilitation, oncology, pain management and/or psychiatry.

Ordained clergy and commissioned/ordained chaplains are considered as applicants if they serve within the well-known world spiritual traditions. For ordained/commissioned clergy and chaplains, a M.Div., MA. or CPE with study in psychology and therapeutic skills is preferred. For medical professionals, clergy and chaplains, those applicants with substantial experience in providing psychotherapy, counseling, pastoral care and/or spiritual direction will be considered strong candidates for the certificate program.

Special Case Eligibility for Pre-licensed Professionals: Under certain circumstances, the mental health or medical professionals in the above list may be admitted prior to the completion of licensure requirements. Clergy and chaplains need to be ordained or commissioned at the time of application. Eligible mental health and medical professionals who are not yet licensed will be considered on an individual basis only if they: a) will have completed their degree coursework and b) will have completed 1,000 or more supervised internship or residency clinical hours in which they conducted psychotherapy and counseling. In all cases

where such an applicant is unlicensed, the degree's coursework units and the 1,000 supervised hours of psychotherapy or counseling experience need to be completed prior to the start of the certificate program, March 25, 2016.

For most of these professions in this special case, this means that the degree units are completed, with only the remaining clinical practice or research requirements remaining. To document the completion of the coursework, please include a copy of your university's requirements in the catalog for your degree's academic units along with your transcript. To document the supervised clinical and counseling hours, complete the Contact Hours and Supervision Form. If you have received your degree, but are not yet licensed, then you only need to submit your transcript showing degree conferral and the appropriate documentation of the 1,000 supervised psychotherapy hours.



### **Application Materials:**

A completed application consists of the deposit and the following materials:

- Certificate Application Form.
- Background and Goal Statement.
- Resume or Curriculum Vitae.
- Credentialing Documents (for degrees, license, ordination or commission).
- Contact Hours & Supervision Form.
- Professional References.

Some candidates will also be invited to interview with a faculty committee as a requirement for admission. This interview may be in person or via Skype. Only candidates who have turned in all of their application materials will be considered for the interview stage.

Certificate Application Form: Please complete and submit the Certificate Application form, which is on page 18 of this document.

Background and Goal Statement: In 2-3 pages, please describe your background and interest in this certificate in the following areas. Tell us anything pertinent regarding your personal development and progress through the stages of licensure, commissioning or ordination. Include descriptions of your training in therapy or spiritual direction. Share how you learned the following topics didactically and where you practiced these skills and knowledge: the understanding of psychological diagnoses; understanding of the therapeutic alliance; how to conduct a short term treatment; recognition of transference and countertransference; maintaining professional and pastoral boundaries; and confidentiality. Your goals are important to us. Please share with us what you hope to do with this certificate in your work in the world doing spiritual direction, psychotherapy, research and/or medical care.

Resume or Curriculum Vitae: Include a short resume or CV that outlines the history of your higher education, practica, internships, residencies, work in service to communities, spiritual direction assignments, fieldwork, ordainment, commission and/or licensure status.

**Credentialing Documents:** Please send us a copy of: a) your relevant degree transcripts and b) a copy of your license or your ordination/commission papers. For unlicensed applicants only: please also submit a copy of your university's degree and coursework unit requirements from the catalog.

**Contact Hours & Supervision Form:** This form documents your psychotherapy, counseling and spiritual direction hours during your training (if unlicensed, complete Section II. of form) and beyond the degree (if credentialed, complete Section I.). Please review and submit the Contact Hours and Supervision Form. This form is on pages 19 - 21.

**Professional References:** Please submit the names and contact information of one or two (1-2) current or past clinical supervisors, spiritual guidance mentors, and/or professors who are willing to be a reference for you. It is optional to send 1 or 2 written letters of recommendation.

### **Application Deadline**

The deadline to turn in your application materials and deposit payment is **Tuesday, March 1, 2016**. Application materials should be submitted as PDF or Word files. All application documents should be submitted to [publicprograms@ciis.edu](mailto:publicprograms@ciis.edu). \*Applications will not be considered without deposit.

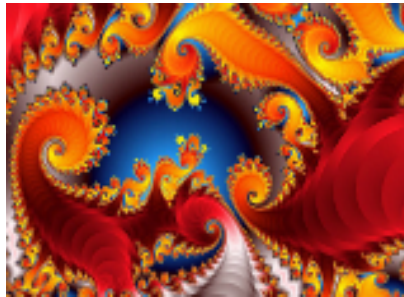
### **Fees**

Registration Deposit: \$500

Cost: \$5,000 (with additional cost of \$545 for room and board (payment due in May) for the June 2016 Certificate Retreat at Marconi Conference Center with the Michael & Annie Mithoefer)

### **Continuing Education Credits**

Up to 48 Continuing Education Units and hours are available (MFT, LPCC, LCSW, RN, NP and Ph.D./PsyD). Pending: CMEs up to 24 hours are being applied for (Naturopath, PA and MD)



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### **Payment and Cancellation Fees**

A deposit of \$500 is due at the time of application. If you are not accepted, this fee will be refunded minus a \$100 processing fee. Should you wish to cancel after the payment of the initial deposit, an amount of \$250 will be deducted from your refund. This cancellation fee will apply whether or not you have been accepted to the program. After payment of the initial deposit of \$500, payment of the remaining balance of \$4,500 must be received by **Thursday, March 31, 2016**, to secure your space in the program. An installment payment schedule is available on a limited basis for those who can show financial need. Please contact our office at 415.575.6175 for details.

If a student withdraws before **Thursday, April 7, 2016**, twenty-five percent of the full fee (\$1,250) will be due. If a student withdraws before **Thursday, May 5, 2016**, fifty percent of the full fee (\$2,500) will be due. **The full fee of \$5,000 is due if a student withdraws after Thursday, May 5, 2016.**

## Refunds Granted after Refund Deadlines-Financial Petition Process

Students who believe they have extenuating circumstances warranting a credit, refund, or adjustment of the program cost may present a petition to Alexandra Toledo, Sr. Program Manager of Public Programs & Performances. The petition must include an explanation of this circumstance along with supporting documentation. Please note, this documentation becomes property of CIIS and will not be returned. The petition must be submitted within 90 calendar days of the last day of the program.

## Scholarships

A limited number of scholarship awards are available. To apply, please send a 1-2 page statement indicating what your financial situation is and why you need assistance. The statement is due by **Monday, February 15, 2016**. Recipients will be notified by **Monday, March 7, 2016**. Please submit your statement along with your application materials.

## Need to contact us?

CIIS Public Programs & Performances

1453 Mission Street

San Francisco, CA 94103

[publicprograms@ciis.edu](mailto:publicprograms@ciis.edu) (for applications)

[adminCPTR@ciis.edu](mailto:adminCPTR@ciis.edu) (for questions about the certificate training)

Ph: (415) 575-6175



## Curriculum of the Certificate

### Certificate Learning Objectives

*Goal 1:* To have a solid skill base for the assessment and development of research design strategies in light of contemporary psychedelic research priorities.

*Goal 2:* To understand the science and cross-cultural underpinnings behind the potential clinical efficacy of the use of psychedelics for the treatment of medical conditions, as well as for the enhancement of creativity and for personal development.

*Goal 3:* To develop specialized clinical knowledge and skill in guiding others through alternate states of consciousness in a clinical research setting.

*Goal 4:* To attain competence as a clinician with understanding and skills in the creation of healing set and settings for psychedelic-assisted psychotherapy research.

## Supervision and Learning Assessments

Students will work with a clinical mentor who has experience in psychedelic-assisted and/or entactogen-assisted psychotherapy research or in related areas of clinical expertise. The mentor-supervisor will meet with the student once per month for supervision. Students will also be supervised in their experiential practice sessions in guiding one another. Certificate students will also be supervised and trained during role-play sessions in dyadic training.

Students will write a journal that reflects their personal and professional learning during the process of the certificate program. They will be encouraged to hold the process of engagement with the curriculum as a time of personal transformation. Students will write monthly reaction papers as a method of making meaning of their experience. Students will write a final process paper that highlights their most significant learning in the certification process.

## Curricular Modules of Study

### Module 1 – Research Foundations (25 hours)

#### Renaissance in Research: Psychedelic-Assisted and Entactogen-Assisted Therapy (5 hours)

- Definitions of entactogens, psychedelics, hallucinogens, entheogens and empathogens
- Confluence of psychedelic exploration, Eastern & Western spirituality during the 1950s and 1960s
- Re-emergence of research in mid-80s & resurgence in 1990s
- Brief history of psilocybin, MDMA, LSD, ibogaine, ketamine & ayahuasca research
- Research on enhancement of creativity, meaning in life, and spiritual & mystical experiences

#### Anthropology of Shamanism (3 hours)

- Overview of shamanic uses of ayahuasca, ibogaine, peyote, San Pedro, salvia divinorum, mushrooms & other healing plants
- Ethnobotany and ecological insights
- Uses for betterment of community, renewal and connection to nature

#### Pharmacology & Neuroscience (8 hours)

- Neuroscience, brain structures and brain imagery
- Basic science of pharmacology & behavioral pharmacology
- Cell biology and biochemistry, as related to these medicines



#### Legal Issues and Regulatory Processes (3 hours)

- Brief history of the scheduling of these medicines
- Legal status of psychedelics & entactogens
- Regulatory processes: FDA, DEA, State Research Advisory Panels & Institutional Review Boards

#### Contemporary Clinical Research of Heffter Research Institute & MAPS (3 hours)

- MDMA clinical outcomes for chronic PTSD & social anxiety in autistic adults
- Psilocybin outcome research on addictions, OCD & end-of-life anxiety
- LSD research in past 15 years and future prospects
- Plans for Phase 3 research

#### Ethical Values for Therapist Guides & Researchers (3 hours)

- Ethics guidelines for therapists in research protocols
- I-Thou relationship with research volunteers and co-therapists
- Creation and maintenance of healthy boundaries; dual relationships in this type of work

### **Module 2 – Practices for Transformation of Consciousness (15 hours)**

#### Sacraments, Wisdom Traditions & Mystical Experiences (10 hours)

- Traditions for expansion of consciousness: meditation, yoga, dance, ceremony and ritual, fasting, solo wilderness journeys, etc.
- Cross-cultural ceremonial use of psychedelics & plant medicines
- Sacraments, spiritual usage and mystical experiences
- Religious studies, entactogens and psychedelics
- Ego strength, ego transcendence & transformational processes

#### Psychedelics & Entactogens: Community, Spirituality & Wellness (5 hours)

- Reparation, harm reduction & benefit enhancement: education & socio-cultural controversies
- Ecopsychology & plant medicine: traditional uses for individual & planetary health
- Quality of life enhancement: vibrant community & the betterment of well people
- Complementary medicine issues: nutrition & integrative approaches

### **Module 3 - Therapist Competencies and Therapeutic Processes (35 hours)**

#### Core Competencies & Healing Presence of Therapist Guide (8 hours)

- Primary therapeutic competencies for this work
- Presence, empathy & non-directive support
- Methods & insights from psycholytic treatments
- Psychedelic therapeutic methods vs. traditional verbal or somatic therapies
- Chaplaincy & spiritual guidance insights
- Skills of an effective co-therapist guide; on-site clinical research training strategies

#### Meaning Making: Preparation (8 hours)

- Role of preparation for optimal sessions
- Medical and psychological pre-assessments & contraindications



- Traditions of preparation: journaling, fasting, body work, & intention setting
- Therapeutic skills for the preparation process
- How personalities of the therapist guide & participant impact the process

#### Safety Issues and Support Skills (5 hours)

- Risk and protective factors
- Contraindications for being a therapist guide and researcher
- Set and setting of sessions: safety, agreements, intentions & comfort
- Role of touch & non-verbal expression
- Handling of music & sound healing in sessions

#### Acute Distress: Challenging Processes & Adverse Effects (6 hours)

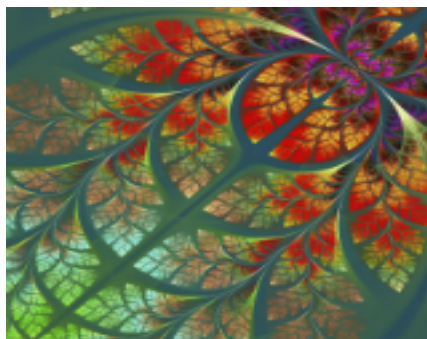
- Documented in-session acute distress & challenging shifts of consciousness
- Medical & psychological emergency response protocols
- Interventions for distress & adverse effects of MDMA, psilocybin, LSD, etc.

#### Integration: Practices & Goals (8 hours)

- Integration sessions: purpose & optimal outcomes
- Steps of integration as practiced by various therapists & researchers
- Integration skills: nuanced facilitating of the inner healer vs. orchestrating or imposing theoretical models
- Multicultural traditions for the integration of entactogen & psychedelic transformations into daily life
- Use of plant medicines for staying connected and responsive to the earth
- Relationship of self & community in mystical & spiritual meaning making

### **Module 4 - Experience of Guiding & Being Guided in Expanded States of Consciousness** (25 hours)

- Two Holotropic Breathwork weekends (with Stan Grof and Diane Haug)
- Guided imagery, expressive artwork & self-hypnosis
- Drumming & rattling inductions
- Optional experiences: Solo wilderness experience and/or sweat lodge  
Flotation tank or dance improvisation  
3-10 day meditation retreat or yoga retreat intensives  
Hakomi or other somatic-based intensives



## Module 5 – En Vivo & Archival Instruction

(40 hours)

- Observation and discussion of specific MAPS and HRI session videos (30 hours)
- Role-play practice in dyadic clinical scenarios (10 hours)

## Module 6 – Mentoring, Individual Supervision & Professional Development

(40 hours)

### Life-Style Values for Therapists as Guides (5 hours)

- Self-care for guides: transference, secondary trauma, exercise & counter-transference
- Living within opportunities & limits set by protocols and traditions
- Learning from mistakes & utilizing supervision well
- Personal journaling during certificate coursework

### Mentoring and Individual Supervision (10 hours)

- Each student will work with a mentor-supervisor from the list of clinically oriented or clergy members on the Council of Advisors or the Bay Area certificate teachers. These mentors will be advanced practitioners in their area of expertise.
- The mentor-supervisor and supervisee will use Skype or meet in person for 7-8 hours during the certificate program.
- This mentoring meeting will occur approximately once per month. Professional development discussions, assessments & confidential integration of learning will occur in supervision.
- Personal therapy or spiritual guidance is encouraged for integrating the learning during the certificate work. The mentor may ask the student to do so, if it is indicated for the student's continued personal and professional development.



### Applications of Learning (25 hours)

- Students will volunteer for 25 hours or more in a setting with special populations, such as: hospice, suicide hotline, rehabilitation center, the hotline for the Spiritual Emergence Network, a Crisis Response Team or the ER, the Zendo or Full Circle Tea House at festivals, and/or serve as an adherence or fidelity rater for HRI or MAPS.
- Students may petition to replace some, but not at all, of their volunteer work with optional Module 4 experiences, if they have had ample experience in working with people in clinically difficult states of consciousness. This will be determined in dialogue with their mentor and Janis Phelps.
- The goal of this requirement is to enhance students' appreciation for being of service and to experience a practice of their learning while in the certificate. This application of learning can be started during the summer break.

### Policy for Missed Classes

Please note that students must complete the entire curriculum in order to receive the certificate. We will meet at predetermined times for 8 months. Should a student miss 1 or 2 classes of an instructor, he or she will have the option of attending a 1-unit course at CIIS or presentation on this topic offered by the Center for Psychedelic Therapies and Research & Public Programs and Performances. (The presentation options can be taken at a 15-25% discount; the 1-unit classes will be at full additional cost). Or a student may be able to opt to do a special project at additional cost with their mentor-supervisor. In certain cases, the student may find a class elsewhere to fulfill the requirement. All make-up classes must be approved by Janis Phelps and the student's supervisor.

It is not possible to earn the certificate online, so students must attend these courses in the classroom. We will do everything we can to create solutions for unavoidable schedule conflicts. If a student needs to make-up more than 25 hours of the 180-hour Certificate, she or he will likely be asked to take a portion of the certificate hours with the 2017 cohort. In this case, the Certificate will then be conferred sometime in 2017, rather than in 2016. If you live outside the Bay Area, please contact the Public Programs & Performances office at 415-575-6175 to address the details of your particular situation.



### **The Center for Psychedelic Therapies and Research Psychedelic-Assisted Therapies & Research Certificate Program**

- Contact Public Programs at [publicprograms@ciis.edu](mailto:publicprograms@ciis.edu)
- Contact Dr. Janis Phelps, Director of the Center for Psychedelic Therapies and Research, at [adminCPTR@ciis.edu](mailto:adminCPTR@ciis.edu)



# California Institute of Integral Studies

Public Programs & Performances

## CERTIFICATE PROGRAMS APPLICATION

Certificate students are students taking Public Program & Performances Certificates at California Institute of Integral Studies (CIIS) without being enrolled in a degree program. Use this form to apply for CIIS Public Programs & Performances Certificate Programs.

### The following policies apply to all Certificate Program students:

1. Certificate Program student registration does not constitute admission to a CIIS academic program. Students registered in Certificate Programs are not eligible to earn a degree. Those seeking a degree must submit an *Application for Admission* to their program of interest.
2. Should a Certificate Program student later apply for and be admitted to a CIIS degree program, no credit hours taken as a Certificate Program student may apply toward the degree's program.
3. Students registered in Certificate Program are not eligible for federal financial aid, CIIS Institute scholarships or CIIS student employment positions.

### Enrollment Information

☐ Sound Healing ☐ Psychedelic-Assisted Therapies & Research: \_\_\_\_\_  
(check one) start date

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr. \_\_\_\_\_  
(check one) last (family/legal) name first (given name)

E-mail Address: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
street city state zip country

### Application Requirements

In addition to your application form and deposit, an admission essay of 2-3 double spaced pages stating your intent to register for a certificate program is required with your application. For Psychedelic-Assisted Therapies & Research, credentialing documents and letters of recommendation are also required. Please check the CIIS Public Programs & Performances website at [www.ciis.edu/publicprograms](http://www.ciis.edu/publicprograms) for more information.

### Student Statements, Payment, and Signature

Please initial each statement below to indicate that it is true and accurate:

\_\_\_\_\_ I am a U.S. citizen or permanent resident.

\_\_\_\_\_ I am an international student already in the U.S. on a J-1 or F-1 visa from another institution and am eligible to take courses at CIIS.

\_\_\_\_\_ The information I have provided is correct in all respects.

\_\_\_\_\_ I understand and agree to comply with all of the policies governing Certificate Program Students listed on this application.

### Payment Method:

Please include a deposit of \$500 (USD) for the Sound Certificate or Psychedelic-Assisted Therapies & Research Certificate. The deposit alone does not constitute acceptance. Should the program be full or you are not accepted, your deposit will be refunded minus a \$100 processing fee. You may also include payment in full at this time if you wish.

☐ Check or Money Order (made out to "CIIS Public Programs & Performances")

☐ Visa ☐ MasterCard Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Security Code: \_\_\_\_\_ Authorized amount: \_\_\_\_\_

Please submit this completed application form and documents to: [publicprograms@ciis.edu](mailto:publicprograms@ciis.edu) or fax to 415.593.9042. Please check the CIIS Public Programs & Performances website at [www.ciis.edu/publicprograms](http://www.ciis.edu/publicprograms) for final payment deadlines, financial assistance options, and cancellation policies. If you have any questions, please contact our office at 415.575.6175.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Certificate for Psychedelic-Assisted Therapies & Research Contact Hours and Supervision Form**

*This form assists eligible applicants (from the list on page 9) in documenting the types of counseling, spiritual direction and clinical psychotherapy that have been done to date. Licensed and ordained/commissioned applicants need to complete Section I. For applicants who have completed their coursework, but have not finished the clinical training hours for licensure as a mental health or medical professional, please complete Section II.*

### **Section I: For Licensed, Ordained and Commissioned Applicants Only**

Please tell us the types and extent of your experience in counseling and pastoral care, mental status examinations, psychotherapy, assessment and receiving supervision. Fill in only Section I.

#### **FACE-TO-FACE CONTACT HOURS** (Intervention & Assessment Experience)

Aver. Hours/Months  
for How Many Years?

a. Individual Therapy and Spiritual Direction

1. Adults

\_\_\_\_\_

2. Adolescents

\_\_\_\_\_

b. Families and Couples: Therapy, Counseling and Intervention

\_\_\_\_\_

c. Other Psychological Interventions

1. Psychiatric In-Patient Psychotherapy

\_\_\_\_\_

2. Psychotherapy and Spiritual Direction in Palliative Care and Hospice

\_\_\_\_\_

3. Pastoral Care in Communities

\_\_\_\_\_

4. Substance Abuse Therapies

\_\_\_\_\_

5. Psychological Care and Treatment for PTSD and Trauma

\_\_\_\_\_

d. Psychiatric and Psychodiagnostic Testing

\_\_\_\_\_

e. Describe the sites where most of these above experiences occurred:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

f. Individual Supervision Experience (with licensed or ordained supervisors)

Please describe in brief:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Contact Hours and Supervision Form (Section II)

### **Section II: Only for Unlicensed Mental Health & Medical Professions Applicants**

*In addition to other required application materials, only professionals who are unlicensed LPCC, LCSW, LMFT, RN/NP, PhD/PsyD, PA, Naturopath, or MD students need to complete this form and submit the following credential training documentation:*

1. This Section II of the Contact Hours and Supervision Form
2. Your current degree transcript
3. A copy of your degree requirements from your university's catalog

*Please fill in the information in the box below about your main clinical training placements. Add additional sites and supervisors on a separate piece of paper. Please fill out these 2 pages of Section II. Unlicensed applicants need to have completed their coursework and 1,000 hours of supervised clinical contact time with patients/clients before the beginning of the certificate on March 25, 2016.*

<b>Name of Placement #1:</b> _____	<b>Dates Of Placement:</b> _____
Address: _____	
Name of Contact Supervisor at the Site: _____	
Contact Person's Title: _____	Phone: _____
<b>Name of Placement #2:</b> _____	<b>Dates Of Placement:</b> _____
Address: _____	
Name of Contact Supervisor at the Site: _____	
Contact Person's Title: _____	Phone: _____
<b>Name of Placement #3:</b> _____	<b>Dates Of Placement:</b> _____
Address: _____	
Name of Contact Supervisor at the Site: _____	
Contact Person's Title: _____	Phone: _____
<b>Name of Placement #4:</b> _____	<b>Dates Of Placement:</b> _____
Address: _____	
Name of Contact Supervisor at the Site: _____	
Contact Person's Title: _____	Phone: _____

### **I. FACE-TO-FACE CONTACT HOURS (Intervention & Assessment Experience)**

	<u>a) &amp; b) Hours</u>
a) Individual Therapy	[do not double count with c) & d) below]
1. Adults	_____
2. Adolescents	_____
b) Group, Family and Couples Psychotherapy	_____



## Section II: Contact Hours & Supervision Form - page 2 of 2

### Only for Unlicensed Applicants in Specific Mental Health & Medical Professions

c) & d) Hours  
[do not double count  
with a) & b) above]

#### c) Specific Psychological Interventions

1. Psychiatric In-Patient  
(include multiple modalities of therapy)
2. Intake Interview/Mental Status Exams
3. Substance Abuse Psychotherapies
4. Psychotherapy in Palliative Care and Hospices
5. PTSD and Trauma Psychotherapies
6. Other Interventions (specify)

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#### d) Psychiatric Psychodiagnostic Testing & Feedback

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Total Face-to-Face Hours:

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## II. INDIVIDUAL SUPERVISION

(with the licensed supervisors in the box on previous page)

Your Supervisors' Names and Number of Hours of Individual Supervision:

Name of Supervisor #1	Hours of Supervision
Name of Supervisor #2	Hours of Supervision
Name of Supervisor #3	Hours of Supervision
Name of Supervisor #4	Hours of Supervision

(Add more on a separate sheet if necessary)

Total Supervision Hours:

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\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date