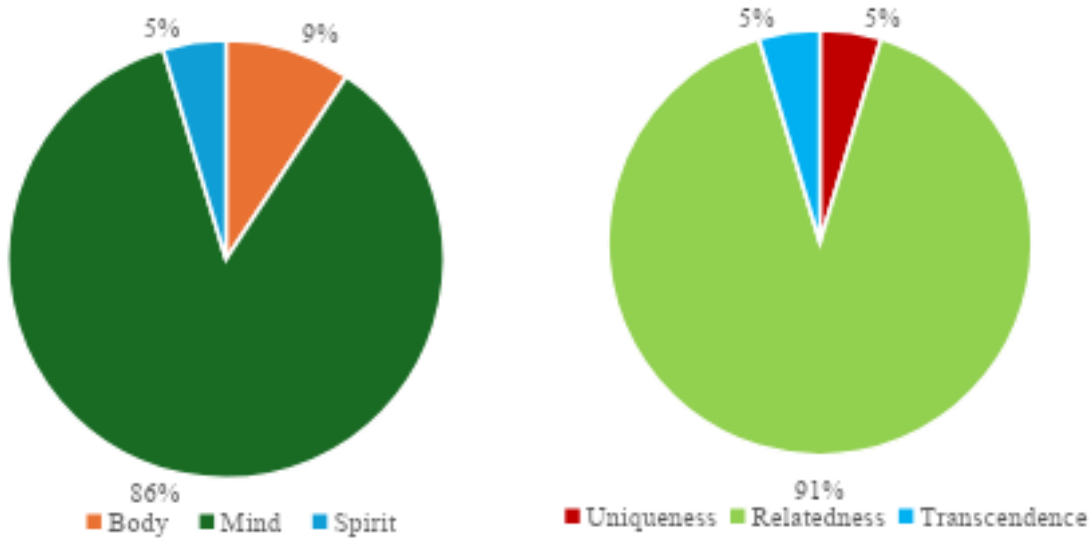




InnerTrek¹

Another good enough program. The eight core competencies are its way of describing what they think a program should include. Once more, it seems to focus on meeting Oregon's Measure 109 (now codified as ORS 475A) proposes. Psilocybin focus. 120 training hours + 40 practicum (I begin to suspect that, at least for Oregon, when programs are 160 hours long, it is to make sure it meets the required standard). Heavily Mind/Relatedness focused. Interesting UR-LL balance.

Inner Trek Distribution of Course Material



¹ Retrieved circa 5/2023

Inner Trek Course Outline

Course title	Coding
Foundational knowledge	
Historic, traditional, contemporary plant medicine in various wisdom traditions	1. M
Cultural impact of psychedelics in the West	2. M
Basic pharmacology and neuroscience of psilocybin	3. M
Milestones in science and clinical research of psilocybin as an adjunct to therapy	4. M
Theories of consciousness, transformation, and psychedelic experience	5. M
Core facilitation skills	
How to facilitate from an embodied, grounded, supportive presence	6. B 7. M
Core communication skills	8. M
Skills to strengthen rapport and alliance	9. M
Skills working with non-ordinary states of consciousness	10. M
Working with diverse populations	11. M
Physical, mental, relational, spiritual, and emotional self-care	12. B 13. M 14. S
Dispositions and interactions that can interfere with facilitator work	15. M
Intake and orientation	
Preparation: screening, scope of practice, safety, alliance, expectation setting	16. M
Readiness assessment	17. M
Preparation: orientation and expectations and the psilocybin experience	18. M
Facilitator's role, responsibilities, and authority	19. M
Dosing strategies	20. M
Psilocybin administration	
How to facilitate effective, safe, and smooth experiences	21. M
Skills to facilitate a safe experience	22. M
Varieties of experience	
How to identify and hold space for specific experiences	23. M
Working with difficult or challenging experiences and behaviors during sessions	24. M
Respond to psychological distress	25. M
Working with trauma	26. B 27. M
Integration	
Goals, importance, and guidelines for effective integration	28. M
Assess and support effective integration	29. M

Course title	Coding
Group facilitation	
Group considerations during intake process	30. M
Orient participants to work within a group	31. M
Skills involved in facilitating groups	32. M
How to facilitate group ceremonies	33. M
Group integration	34. M
Ethics and responsibilities	
Ethical issues and core values	35. M
Ethical dimensions working across diverse social locations and cultures	36. M
Professional development, leadership presence, and impact	37. M
Oregon psilocybin services act: rights and obligations of licensed facilitators	38. M
Being an active agent of transformation	39. M
Diversity, equity, and inclusion in relation to psilocybin services	40. M
Practicum	
Experiential “learning by doing” with expert supervision and feedback	41. B 42. M 43. S

Note. B = body; M = mind; S = spirit. Green shading represents relatedness/ interpersonal content; red shading represents uniqueness/interpersonal content; and blue indicates transcendence/transpersonal content.

AQAL Analysis for Inner Trek

<ol style="list-style-type: none"> 1. Theories of consciousness, transformation, and psychedelic experience 2. Physical, mental, relational, spiritual, and emotional self-care 3. Dispositions that can interfere with facilitator work 4. Working with trauma 5. Goals and importance of effective integration 6. Expert supervision and feedback 	<ol style="list-style-type: none"> 7. Basic pharmacology and neuroscience of psilocybin 8. Milestones in science and clinical research of psilocybin use as an adjunct to therapy 9. How to facilitate from an embodied, grounded, supportive presence 10. Skills working with non-ordinary states of consciousness 11. Dosing strategies 12. How to facilitate effective, safe, and smooth experiences 13. Skills to facilitate a safe experience 14. How to identify and hold space for specific experiences 15. Assess and support effective integration 16. Skills involved in facilitating groups 17. How to facilitate group ceremonies 18. Experiential “learning by doing”
<p>I It</p>	
<p style="text-align: center;">We</p> <ol style="list-style-type: none"> 19. Cultural impact of psychedelics in the west 20. Core communication skills 21. Skills to strengthen rapport and alliance 22. Working with diverse populations 23. Interactions that can interfere with facilitator work 24. Readiness assessment 25. Respond to psychological distress 26. Orient participants to work within a group 27. Group integration 28. Ethical issues and core values 29. Ethical dimensions working across diverse social locations and cultures 30. Being an active agent of transformation 31. Diversity, equity, and inclusion in relation to psilocybin services 	<p style="text-align: center;">Its</p> <ol style="list-style-type: none"> 32. Historical, traditional, & contemporary plant medicine in various wisdom traditions 33. Preparation: screening, scope of practice, safety, alliance, and expectation setting 34. Preparation: orientation and expectations and the psilocybin experience 35. Facilitator’s role, responsibilities, and authority 36. Working with difficult or challenging experiences and behaviors during sessions 37. Guidelines for effective integration 38. Group considerations during intake process 39. Professional development, leadership presence, and impact 40. Oregon psilocybin services act: rights and obligations of licensed facilitators

AQAL Configuration for Inner Trek

6	12
13	9