



## [Synthesis](#)<sup>1</sup>

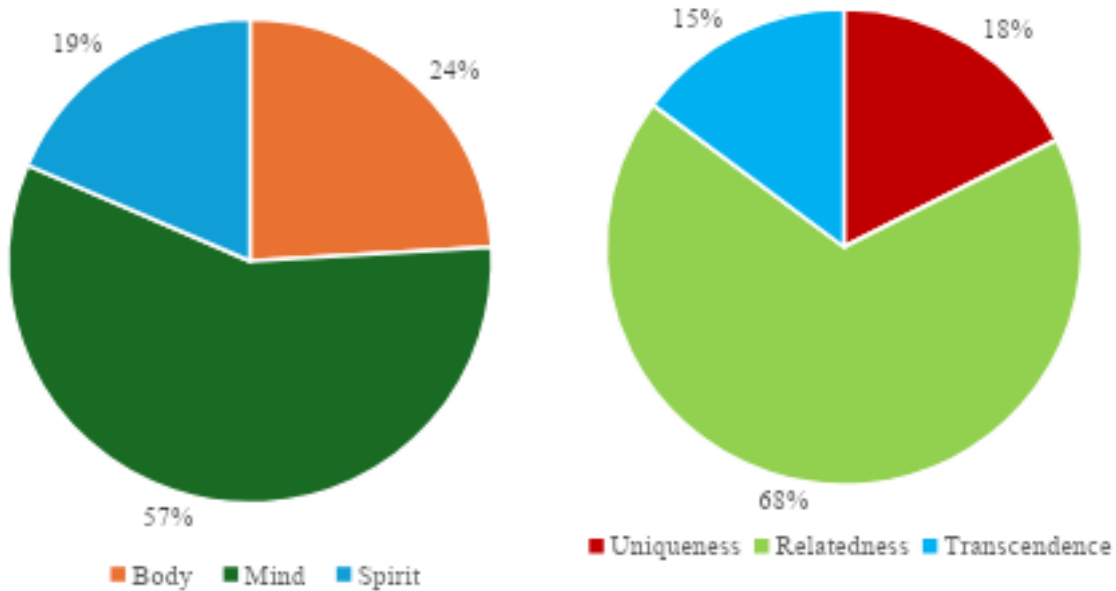
This one is interesting. From the beginning it comes across as a very solid and comprehensive program. It has been around since 2018 and started in Europe, probably giving it a different angle from US-based programs—psilocybin focus. What is more intriguing about it for our purposes is that each of the nine modules is explored from the four lenses of Wisdom: embodied, cognitive, sacred, and relational. This may have interesting implications from an integral perspective. If, as they suggest, every topic is truly explored through these four aspects, the program would be solid in Body and Mind and a bit weaker in Spirit. Although independent from its curricular value, the financial crisis in which it fell makes it hard to know what will be of it. The director's willingness to collaborate was reassuring. I've got access to their detailed list of topics and learning objectives. This appears to be one of the most robust programs reviewed so far (of course, I need to account for the fact that I've had the most information about it, too). The emphasis on the four lenses, each module focusing on those aspects, makes it the most balanced. I particularly like its emphasis on embodiment and wisdom, bringing to the table these aspects often neglected in other programs. NOTE: In my report, I include the *preparing the soil* pre-module, which is not usually included as part of the program. This part is mostly MIND and Intrapersonal. It is possible that without it, the charts would look more balanced. The program does not require psychedelic experiences. There is a practicum, which is not part of the program but an entirely separate (but related) program. Interestingly, the program states that *Our training does not provide everything required to practice as a psychedelic facilitator immediately upon*

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<sup>1</sup> Retrieved circa 6/2023

completion... after completing ... most students will need practice/apprenticeship and mentorship. The program has LL Dominance but is quite balanced, like UCB.

*Synthesis Institute Distribution of Course Material*



*Synthesis Course Outline*

Course title	Coding
<b>Preparing the soil: welcome and orientation</b>	
The Synthesis four lens approach	1. M
A brief history of psychedelics	2. M
Psychedelic lessons from Indigenous Mesoamerican cultures	3. M
Understanding career opportunities in the field	4. M
The power of story	5. M
Sacred technology: the power of ritual, ceremony, and storytelling	6. M
Psyche and nature: a field guide to the four directions	7. M 8. S
Harm reduction at festivals	9. M
What psychedelic facilitators can learn from philosophers	10. M
An introduction to ecotherapy and its application to psychedelic work	11. M
Nature, mysticism, and psychedelics	12. M 13. S

Course title	Coding	
The symbiosis between drug and therapy: scientific understanding of transformation	14. M	
Indigenous healing and the biomedical paradigm	15. M	
Embodying the journey	16. B	17. M
Trippin': tricksters, trauma, and tripistemologies	18. M	
The dosing dilemma	19. M	
The modern movement of psychedelic churches	20. M	
From curanderas to clinicians	21. M	
Justice, diversity and inclusion	22. M	
Know thyself: becoming aware of your perspective	23. M	24. M
Ethics and the psychedelic practitioner	25. M	
<b>Meet the mushroom</b>		
PP: centering	26. B	27. S
EW: embodiment as foundation for the healing process	28. B	29. M
CW: the queendom of fungi	30. M	
SW: our psychedelic ancestors	31. M	
RW: attunement as a relational conduit	32. B	33. M
<b>Ecology of ethics and the role of the shadow</b>		
PP: feeding your demons	34. B	35. S
EW: fearless compassion: transforming shadow into wisdom	36. B	37. S
CW: ethical integrity with Innerethics	38. M	
SW: ethics and shadow in the Shipibo healing tradition	39. M	40. S
RW: establishing and maintaining right relationship and peer consultation	41. M	
<b>Many ways of knowing</b>		
PP: interoception	42. B	
EW: embodying change: access somatic wisdom and blending practice	43. B	44. M
CW: elucidating the mystery: the science of psilocybin	45. M	
SW: ancient wisdom pathways	46. M	47. S
RW: holding space for many ways of knowing	48. M	
<b>Healing, trauma, and the body</b>		
PP: finding your back body	49. B	
EW: the embodied integration of trauma	50. B	51. M
CW: leveraging the nervous system for healing	52. B	53. M
SW: healing trauma the Bwiti way: ancestors, community, and lboga	54. M	55. S
RW: trauma-informed facilitation	56. M	
<b>Key elements of preparation</b>		

Course title	Coding
PP: self-massage for the vagus nerve	57. B
EW: tuning your instrument: preparing to guide. Breathwork as prep.	58. B 59. M
CW: emerging best practices for preparation	60. M
SW: becoming a hollow bone: preparing to enter a sacred space	61. B 62. M 63. S
RW: a relational approach to preparation	64. M
<b>Screening for readiness and safety</b>	
PP: somatic knowing	65. B
EW: compassionate non-inclusion. Setting boundaries for optimal outcomes	66. M
CW: intakes, interviews and assessments: best practices for screening	67. M
SW: discerning readiness in Indigenous traditions	68. M 69. S
RW: relational screening in the context of contemporary psychedelic care	70. M
<b>Navigating uncharted territory</b>	
PP: the resilience toolkit	71. B
EW: building resilience for becoming an anchor point	72. B 73. M
CW: psychedelic ceremony: the how and why	74. B 75. M 76. S
SW: creating spiritual safety in ceremony	77. M 78. S
RW: embodied touch for ceremony and psychedelic therapy	79. B 80. M
<b>Key elements of integration</b>	
PP: nature reflection practice	81. B 82. S
EW: setting the stage for embodied integration	83. B 84. M 85. S
CW: seven key dimensions of integration	86. M
SW: opening the gift: incorporating and understanding the psychedelic experience	87. B 88. M 89. S
RW: coming home: psychedelic integration in relationship	90. M
<b>A life of service</b>	
PP: using your voice as a tool	91. B 92. S
EW: a life of service	93. B 94. M 95. S
CW: a life of service	96. B 97. M 98. S
SW: failing, together	99. B 100. M 101. S
RW: on endings, beginnings and a life of service	102. M
<b>Oregon specific modules:</b>	
Ethical issues and professional standards (referrals, scope of practice, record-keeping, ethics, boundaries, consent and touch, unexpected client disclosures)	103. M
Substances use, addiction and recovery (mitigate risk, harm reduction and safety)	104. M
Understanding the impact of drug policy and laws	105. M

Course title	Coding			
Health/psychological/socio-cultural considerations (specific to terminal illness, heritage and spiritual practices)	106.	M	107.	S
Working with groups (skills: assessing compatibility, communication dynamics, agreements, confidentiality, safety; preparation and integration of sessions)	108.	M		

*Note.* PP = Personal Practice; EW = Embodied Wisdom; CW = Cognitive Wisdom; RW = Relational Wisdom; SW = Somatic Wisdom. 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 Synthesis*

<ol style="list-style-type: none"> <li>1. Psyche &amp; nature: a field guide to the four directions</li> <li>2. Nature, mysticism, and psychedelics</li> <li>3. Embodying the journey</li> <li>4. Know thyself: becoming aware of your perspective</li> <li>5. Embodiment as foundation for the healing process</li> <li>6. Centering</li> <li>7. Feeding your demons</li> <li>8. Fearless compassion: transforming shadow into wisdom</li> <li>9. Interoception</li> <li>10. Embodying change: how to access somatic wisdom and blending practice</li> <li>11. Finding your back body</li> <li>12. Tuning your instrument: preparing to guide. Breathwork as prep. For facilitation</li> <li>13. Somatic knowing</li> <li>14. Building resilience for becoming an anchor point</li> <li>15. Nature reflection practice</li> </ol>	<ol style="list-style-type: none"> <li>16. The symbiosis between drug &amp; therapy: scientific understanding of transformation</li> <li>17. Indigenous healing and the biomedical paradigm</li> <li>18. The dosing dilemma</li> <li>19. The queendom of fungi</li> <li>20. Elucidating the mystery: the science of psilocybin</li> <li>21. The embodied integration of trauma</li> <li>22. Leveraging the nervous system for healing</li> <li>23. Emerging best practices for preparation</li> <li>24. Intakes, interviews and assessments: best practices for screening</li> <li>25. Psychedelic ceremony: the how and why</li> <li>26. Creating spiritual safety in ceremony</li> <li>27. Embodied touch for ceremony and psychedelic therapy</li> <li>28. Seven key dimensions of integration</li> <li>29. Incorporating and understanding the psychedelic experience</li> <li>30. Using your voice as a tool</li> </ol>
<b>I</b>	<b>It</b>
<b>We</b>	<b>Its</b>
<ol style="list-style-type: none"> <li>31. Psychedelic lessons from Indigenous Mesoamerican cultures</li> <li>32. The power of story</li> <li>33. Sacred technology: the power of ritual, ceremony, and storytelling</li> <li>34. What psychedelic facilitators can learn from philosophers</li> <li>35. Trippin': tricksters, trauma, and tripistemologies</li> </ol>	<ol style="list-style-type: none"> <li>57. A brief history of psychedelics</li> <li>58. Understanding career opportunities in the field</li> <li>59. Harm reduction at festivals</li> <li>60. Ecotherapy and its application to psychedelic work</li> <li>61. Holding space for many ways of knowing</li> <li>62. Trauma-informed facilitation</li> </ol>

36. The modern movement of psychedelic churches	63. The resilience toolkit
37. From curanderas to clinicians	64. Setting the stage for embodied integration
38. Justice, diversity and inclusion	65. Substances use ,addiction & recovery (mitigate risk, harm reduction and, safety)
39. Ethics and the psychedelic practitioner	66. Understanding the impact of drug policy and laws
40. Our psychedelic ancestors	67. Working with groups
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49. Compassionate non-inclusion. Setting boundaries for optimal outcomes	
50. Discerning readiness in Indigenous traditions	
51. Relational screening in the context of contemporary psychedelic care	
52. Psychedelic integration in relationship	
53. A life of service	
54. Failing, together	
55. Ethical issues and professional standards	
56. Health/psychological/socio-cultural aspects (terminal illness, heritage & spiritual practices)	

*AQAL Configuration for Synthesis*

15 | 15

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26 | 11