



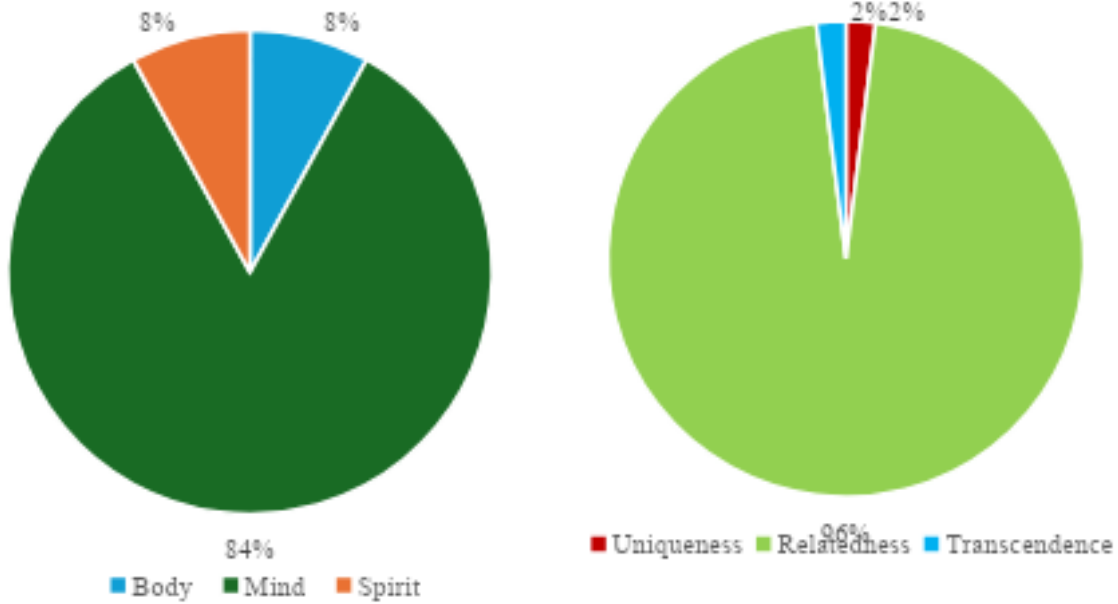
## Vital<sup>1</sup>

Vital introduces its program in terms of Air, Fire, Water, Earth, and Ether metaphor, although it is unclear if the choice is purely for marketing purposes: *...jump into the fires of transformation, learn to navigate the deep waters of the unconscious, ground your journey...* I had high hopes since it markets itself as one of the most comprehensive programs in the market, yet its detailed analysis was underwhelming. It is a solid enough program but weak in Intrapersonal and Transpersonal (the latter was particularly surprising since their language would suggest otherwise). They are pretty comprehensive in what they cover. It goes beyond basics, covering different circumstances, applications, medicines, and approaches. Interestingly, neuroscience is optional. It seems a very practical program, focused more on teaching than transforming or transcending. It appears that the use of psychedelics is not required. Very relational. Significant UR dominance.

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<sup>1</sup> Retrieved circa 5/2023

*Vital/Psychedelics Today Distribution of Course Material*



*Vital Course Outline*

Course title	Coding
<b>Psychedelic foundations: historical / current approaches – air</b>	
Psychedelic history: overview of bicycle day	1. M
Exploring Indigenous traditions and wisdom	2. M
The early psychedelic years	3. M
Transpersonal psychology and research	4. M 5. S
The resurgence of psychedelic research	6. M
Global psychedelic landscapes and emerging fields	7. M
Foundations of psychedelic therapy and practices	8. M
<b>Preparation, harm reduction, clinical evaluation and assessment – fire</b>	
Harm reduction practices	9. M
Psychedelic psychopharmacology	10. M
Psychedelic preparation	11. M
Medical assessment	12. M
Psychological assessment	13. M
Clinical intake and assessment: clinical harm reduction	14. M
Retreat (holotropic breathwork)	15. B 16. M 17. S
<b>Space holding. Navigating the psychedelic experience – water</b>	
Preparation: set and setting	18. M

Course title	Coding
Pillars of psychedelic therapy	19. M
Trauma-informed space holding and transpersonal considerations	20. M 21. S
Working with challenging experiences	22. M
Ethics of space holding	23. M
Bodywork and therapeutic touch	24. B 25. M
Music theory and playlist curation	26. M
Clinical skills for psychedelic therapy	27. M
<b>Clinical research in psychedelics – earth</b>	
MDMA-assisted psychotherapy for PTSD	28. M
Psychedelic therapy for addiction	29. M
Psilocybin for depression	30. M
Microdosing psychedelics	31. M
Pain and psychedelics	32. M
Ketamine-assisted psychotherapy	33. M
Psychedelics and death and dying	34. M
<b>Psychedelic integration and therapy – ether</b>	
Integration treatment planning and meaning making	35. M
Jungian approach: working with archetypes and symbols	36. M
Somatic and breathwork practices for integration	37. B 38. M
Emotion-focused therapy and psychedelics	39. M
Internal family system and integration	40. M
Working with challenging integration experiences	41. M
Spiritual emergencies and existential crisis	42. M 43. S
Embodiment: moving it forward	44. B 45. M
<b>Elective options (requires two)</b>	
Psychedelic neuroscience	46. M
Microdosing psychedelics	47. M
Building your psychedelic career	48. M
Ketamine and trauma treatment	49. M
Ecopsychology and psychedelics	50. M

*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 Vital*

1. Retreat (holotropic breathwork)

8. Transpersonal psychology and research

<ul style="list-style-type: none"> <li>2. Trauma-informed space holding and transpersonal considerations</li> <li>3. Psychedelic therapy for addiction</li> <li>4. Psilocybin for depression</li> <li>5. Ketamine-assisted psychotherapy</li> <li>6. Integration meaning making</li> <li>7. Somatic &amp; breathwork practices for integration</li> </ul>	<ul style="list-style-type: none"> <li>9. Foundations of psychedelic therapy and practices</li> <li>10. Psychedelic psychopharmacology</li> <li>11. Psychedelic preparation</li> <li>12. Medical assessment</li> <li>13. Psychological assessment</li> <li>14. Clinical intake and assessment: clinical harm reduction</li> <li>15. Working with challenging experiences</li> <li>16. Clinical skills for psychedelic therapy</li> <li>17. MDMA-assisted psychotherapy for PTSD</li> <li>18. Microdosing psychedelics</li> <li>19. Pain and psychedelics</li> <li>20. Integration treatment planning</li> <li>21. Working with challenging integration experiences</li> <li>22. Psychedelic neuroscience</li> <li>23. Microdosing psychedelics</li> <li>24. Ketamine &amp; trauma treatment</li> </ul>
<p style="text-align: right;"><b>I</b></p> <p style="text-align: right;"><b>We</b></p> <ul style="list-style-type: none"> <li>25. Exploring Indigenous traditions and wisdom</li> <li>26. Bodywork and therapeutic touch</li> <li>27. Psychedelics and death &amp; dying</li> <li>28. Jungian approach: working with archetypes and symbols</li> <li>29. Emotion-focused therapy and psychedelics</li> <li>30. Internal family system &amp; integration</li> <li>31. Spiritual emergencies &amp; existential crisis</li> <li>32. Embodiment: moving it forward</li> </ul>	<p style="text-align: right;"><b>It</b></p> <p style="text-align: right;"><b>Its</b></p> <ul style="list-style-type: none"> <li>33. Psychedelic history: overview of bicycle day</li> <li>34. The early psychedelic years</li> <li>35. Global psychedelic landscapes &amp; emerging fields</li> <li>36. Harm reduction practices</li> <li>37. Pillars of psychedelic therapy</li> <li>38. Music theory &amp; playlist curation</li> <li>39. Building your psychedelic career</li> <li>40. Ecopsychology &amp; psychedelics</li> </ul>

*AQAL Configuration for Vital*

