

## Frequently Asked Questions

### About the Certificate in Psychedelic-Assisted Therapies

#### **What is Mind Medicine Australia's Certificate in Psychedelic-Assisted Therapies?**

The Certificate in Psychedelic-Assisted Therapies (CPAT) has been developed primarily to meet the anticipated demand for trained therapists to provide regulatory-approved and research-backed psychedelic-assisted therapies for the treatment of mental ill-health in Australia. It is also expected that trained clinicians will be needed to work in research trials as they expand in Australia.

The Mind Medicine Australia CPAT will give qualified clinicians the additional skills and awareness they need in order to safely and successfully facilitate medicine-assisted psychotherapies. Instruction will focus on a standardized approach to medicine-assisted psychotherapies that can be integrated with clinicians' existing psychotherapeutic experience and training. The CPAT will include a mix of face-to-face and online learning components.

#### **What qualifications and experience are required to be accepted into the course?**

Applicants must have as a minimum a Bachelor level degree in a field relevant to mental health, plus at least 3 years of documented supervised practice in a mental health field.

On this basis, people with the following qualifications may apply:

- General, Counselling and Clinical Psychologists
- Psychiatrist and Medical Practitioners
- Occupational Therapists
- Social Workers
- Mental Health Nurses
- Registered Psychotherapists and Counsellors

Acceptance onto the course will rest on three main factors:

- Basic qualification
- Documented supervision (as above)
- Interview selection process

#### **I don't meet the eligibility requirements, what courses should I undertake to qualify for CPAT in the future?**

Courses at a bachelors level or above specific to counselling, mental illness, psychotherapy, with some experience of doing therapy under supervision.

#### **How long is the course? Can I participate in the course alongside my professional work?**

The course is part-time and will take place over a period of 4 months. The timetable provided will allow you to plan around the online classes (1 per week) and organise your time for self-learning / readings.



**Is this an accredited course?**

While not providing a qualification of any kind, attendees can obtain non-accredited Continuing Professional Development (CPD) certificates (related to your professional registration) for attending. The course is endorsed by the College of Mental Health Nurses if you are a member. They provide 1 CPD point per hour.

**How will the course be delivered?**

The course will be delivered both online and face to face. A welcome pack with logins, course content will be issued end of November 2020 via the online portal- Neutopia. There are 3 intensives taking place in Melbourne (2 weekends and 1 full week). For the interim weeks there will be 4 sessions of self-study online. The final evaluation is a written task, plus evaluation of performance throughout the course.

**What hourly commitment per week is the course? Is there a timetable?**

A timetable will be provided in your welcome pack.

The weekly online classes over the four months is equivalent to 90 hours of presentations, breakout sessions and Q&A (around 5-6 hours a week). Materials provided for each week are to be pre-read are prior to the class, so this self-learning time is additional to the 5-6hrs a week.

There are four online webinars which have all been planned for Saturdays, except for during the Easter weekend when the webinar will take place on the Tuesday evening following the weekend. This has been planned so that there is minimal disruption to the working week for most people and so that the Easter weekend is free. (Please note that times will vary on the Saturdays because of needing to accommodate international speakers).

Webinars and intensive face to face meetings are generally separated by reading weeks on either side, so that effectively there is approximately a two week gap in which to do any preparatory reading or for watching videos. The number of items per week (papers, videos) averages to about 3 per week with some weeks having more content than others. Ideally all required items should be prepared in advance of the meetings, but if for any reason you have been unable to complete all the readings, they may be carried over to the next week. We are recommending some books, but they will all appear in the pre-course information so that if you wish to purchase them in advance and begin reading, you are free to do this. We have tried to keep this to a minimum and hope you will find that the recommended books are worth having.

**What happens if I am unable to attend the intensives?**

Attendance is compulsory for both the intensives and the online classes. They will not be available outside of the set class times for later viewing.

**What times are the intensives and for how long? Is there a timetable?**

- A weekend in Melbourne (Friday night to Sunday afternoon) to consolidate the basic learning and help relate this to your own practice.
- A weekend of Holotropic Breathwork (Friday night to Sunday afternoon, providing the potential opportunity to experience an altered state without psychedelics, to care for someone else and to experience being taken care of.



- One full week Intensive, (Sunday afternoon to Friday afternoon) with primary focus on practical learning and consolidating of therapeutic skills, working with videos of real sessions, role play, feedback on skills learning and further development guidance

**What happens if I can't continue the course halfway through?**

The course would need to be repeated in another intake. At least 80% attendance is required for certificate on completion.

**What is the practical assessment and what will I be required to do?**

An online presentation, supervised and mentored sessions online & a written assessment.

**Do I need to have taken psychedelics to do the course?**

No.

**What is involved in the supervised practice following the course?**

3 supervised recordings of 3 sessions completed outside after the course.

**As a therapist, when am I likely to be able to use this qualification and start seeing a return on my investment?**

There are two possibilities in the near term.

Firstly, if our rescheduling application is approved by the TGA, psychiatrists and specialist addiction physicians should be able to obtain approvals from the State or Territory Government's where they reside to be able to prescribe these medicines (MDMA and psilocybin) to be used as part of therapy. The TGA is already giving approvals at the Federal level under the Special Access Scheme. This will mean that trained therapists will be needed and prescribing doctors will be looking to graduates of our course to do the therapy work. We already have a lot of interest in this from clinical groups.

Secondly, there will be increasing demand for trained therapists for trial work. The Federal Government will shortly be announcing \$15 million of research grants and we know that a number of clinical groups are seeking ethics approvals for individual trials. Trained therapists will be needed for this work.