Indigenous, Social & Cultural Considerations
PGT & NMHA Training Module
Medicinal Mindfulness Academy

Saturday Seminar Syllabus & Schedule

Schedule (Mountain Time)

- **10am-1pm** - Social & Cultural Justice, Cultural Respect & Right Relationship to Mushroom Facilitation
- **1pm-2pm** - Lunch
- **2-5pm** - Historical, Indigenous, Current Mushroom Practice

Host Instructor: Daniel McQueen, MA

Guest Instructors:

- **Dr. Osiris García Cerqueda** is an Indigenous Mazatec historian and sociologist from Huautla de Jiménez, Oaxaca, Mexico. From a very young age, he has dedicated himself to the study of the history of his community and the practice of the ancestral ritual with psilocybin mushrooms, of which Maria Sabina was renowned. In recent years, reciprocity and restorative justice are the basis of his work of conducting a needs assessment in his community and developing activities to strengthen the Mazatec bioculture. He is the author of the book Huautla tierra de magia, de hongos y hippies [Huautla land of magic, mushrooms, and hippies] (2014) and the independent magazine, Mirador Mazateco (2010–2015). Osiris seeks to raise awareness about the impact of the Global North on the Mazatec people in this new wave of the psychedelic renaissance. He is Program Coordinator of Chacruna's Indigenous Reciprocity Initiative of the Americas (IRI).

- **Kyle Sullivan, PhDc** Kyle is a development practitioner, educator, and Ph.D. candidate in Education and Human Development whose life's work centers on the transformational potential of compassion. With over 15 years of experience across higher education, healthcare, and spiritual care, Kyle supports people in navigating the complexities of healing, growth, and identity with deep presence, relational integrity, and creative clarity.Trained in trauma-informed care, somatic therapy, and psychedelic-assisted healing, Kyle brings a rare combination of academic rigor and embodied wisdom. His research explores how compassion, moral development, and liberation intersect in systems of care and how we can create conditions for all beings to move beyond simply survival and into lives of flourishing. As a credentialed psychedelic guide, ERYT-500 yoga teacher, and certified mindfulness facilitator, he integrates science, spirituality, and justice in service of whole-person transformation.Born of lived experience and shaped by diverse communities, Kyle's work is guided by the belief that each of us carries the seeds of healing, courage, and connection. He partners with others to reclaim that wholeness through education, therapeutic support, and collective practice. His calling is clear: to cultivate spaces that restore dignity, agency, and belonging, and in doing so, help create a more compassionate world for all beings.

Course Description

This course explores the intersection of social justice, cultural respect, and the facilitation of sacred mushroom experiences. Students will develop a critical understanding of how racial, cultural, and

systemic dynamics shape facilitator-participant relationships, access to care, and outcomes in natural medicine work. Topics include the impact of the Controlled Substances Act, drug policy, systemic inequities in healthcare, and intergenerational trauma—particularly in under-resourced and marginalized communities. The course also provides a deep dive into the historical and living practices of Indigenous mushroom traditions, focusing on the Mazatec people and the global impact of María Sabina. Students will analyze the cultural appropriation and commodification of sacred medicines and explore ways to engage in ethical, reciprocal relationships with Indigenous communities. Through this course, future facilitators will be equipped to support healing practices grounded in cultural humility, equity, and historical awareness.

Learning objectives

1. Social & Cultural Justice, Cultural Respect & Right Relationship to Mushroom Facilitation
    - Understanding of how racial and cultural dynamics affect interactions between facilitator and participant;
    - The Controlled Substance Act and its effect on natural medicine services in indigenous and Western cultures and implications for facilitators;
    - Cultural equity, its relationship to health equity, and social determinants of health;
    - Racial justice, including the impact of race and privilege on health outcomes and the impact of systemic racism on individuals and communities;
    - The impact of drug policy on individuals and communities, especially underrepresented, marginalized, and under-resourced communities;
    - History of systemic inequity, including systemic inequity in the delivery of healthcare, mental health, and behavioral health services;
    - Intergenerational trauma;
2. Historical, Indigenous, Current Mushroom Practice
    - Students will understand the use of sacred mushrooms by living indigenous peoples: the Mazatec people.
    - Students will be introduced to the history of the Mazatec people and the use of sacred mushrooms.
    - Students will learn about the factors that brought about the worldwide revelation of Maria Sabina and sacred mushrooms
    - Students will analyze the current status of sacred mushrooms within the global psychedelic movement Students will propose ideas for fair and reciprocal relationships with indigenous peoples.

Mushrooms and End of Life Care Homework Assignment

- Students will be introduced to the use of psilocybin mushrooms during end-of-life care.

Reading Assignment - Mushrooms and End-of-Life Care - Minimum 30 minutes

Explore the use of psilocybin mushrooms in the field of end-of-life care by reviewing these articles. Many students interested in working with death and dying gain training as a volunteer in hospice, and research the newer professional identity of “death doula.”

- Psychedelics and Death: Transitioning from this World with Consciousness: https://chacruna.net/psychedelics-and-death-transitioning-from-this-world-with-consciousness/

- Whinkin, E., Opalka, M., Watters, C., Jaffe, A., & Aggarwal, S. (2023). Psilocybin in palliative care: an update. Current Geriatrics Reports, 12(2), 50-59.

    - A comprehensive review summarizing recent developments in using psilocybin for palliative care, discussing its anxiolytic, antidepressant, and anti-inflammatory effects

- Wang, J. R., Mendez Araque, S. J., Micciche, G., McMillan, A., Coughlin, E., Mattiola, R., ... & Kaliebe, K. (2024). Palliative care patients' attitudes and openness towards psilocybin-assisted psychotherapy for existential distress. Frontiers in Psychiatry, 15, 1301960.
    - A pilot survey study to investigate palliative care patients' attitudes towards psilocybin-assisted psychotherapy (PAT) for existential distress.

- Sweeney, M. M., Nayak, S., Hurwitz, E. S., Mitchell, L. N., Swift, T. C., & Griffiths, R. R. (2022). Comparison of psychedelic and near-death or other non-ordinary experiences in changing attitudes about death and dying. Plos one, 17(8), e0271926.
    - A comprehensive study comparing the effects of psychedelic experiences and near-death experiences (NDEs) on attitudes towards death and dying

Webinar Assignment - Minimum 2.5 hours (full series can be watched over time, not due prior to class)

Explore the 7+hr Psychedelic Mystery School webinar series with Ron Camanco and Daniel McQueen. A minimum of 2.5 hours of independent study is required for NMHA (Module H2) licensing.

This content is provided for free as optional bonus content to students interested in a dynamic and respectful conversation between two practitioners - one Indigenous (Ron Camacho), and one from a Western Mysticism perspective (Daniel McQueen). Ron and Daniel discuss the overlap and differences in these paths and how to respectfully work as a spiritually informed practitioner without culturally appropriating.

An alternative assignment to these webinars is an exploration of the reading assignments below.

Recommended Reading by Dr. Osiris Garcia

- Magic Mushrooms, Memory and Resistance in the Sierra Mazateca https://chacruna.net/mushrooms-resistance-sierra-mazateca/
- Psychedelics in the Global South: Relevance and Consequences of the Countercultural Movement in Mexico https://chacruna.net/psychedelics-in-the-global-south-relevance-and-consequences-of-the-counter cultural-movement-in-mexico/

Additional Resources & Reading Assignments (documents in online platform)

- Community, Diversity & Governance Statement of Medicinal Mindfulness - https://medicinalmindfulness.academy/community-diversity-and-governance/
- Natural Medicine & Traditional Wisdom Keepers - Presentation Slides by Vanessa Cruz, Jicarilla Apache, for Medicinal Mindfulness Academy. Overview of historical practices.
- Indigenous psilocybin mushroom practices: An annotated bibliography
- Ethical Principles of traditional Indigenous medicine to guide western psychedelic research and practices Indigenous Philosophies and the “Psychedelic Renaissance”
- Navigating the mainstreaming of psychedelics
- Right-Wing Psychedelia: Case Studies in Cultural Plasticity and Political Pluripotency

Psychedelic Mystery School Handouts (online platform)

- 4 Directions Worksheet

- 7 Directions Definition Handouts
- 7 Direction Qualities Worksheet
- 7 Directions Worksheet
- Above Below Within Worksheet
- Seven Stages of Alchemy

Breakdown of NMHA Licensing Requirements and Course Fulfillment

Indigenous, Social & Cultural Considerations	Homework Assignments	Live Class Hours NMHA	NMHA Module & Bullet Line Code	Module Section NMHA or Brief Description	NMHA Module Title/Topic Group	Trainer
Historical, Indigenous, Current Mushroom Practice	2.5 hour minimum of Webinars below	2.50	**H2**	Current and historical use of plant and fungal medicines in indigenous and Western cultures;	H - Indigenous, Social, and Cultural Considerations (10 hours)	Dr. Osiris Garcia Cerqueda
	1 hour Homework Reading & Journaling Assignment		**H3**	Information about the practice of Curanderismo and traditional training for the use of natural medicines;		
			H1	Historical and indigenous modalities of preparation of natural medicines;		
Social & Cultural Justice, Cultural Respect & Right Relationship to Mushroom Facilitation	1 hour Homework Reading & Journaling Assignment	2.50	**H9**	Understanding of how racial and cultural dynamics affect interactions between facilitator and participant; and	H - Indigenous, Social, and Cultural Considerations (10 hours)	Kyle Sullivan
			H4	The Controlled Substance Act and its effect on natural medicine services in indigenous and Western cultures and implications for facilitators;		
			H5	Cultural equity, its relationship to health equity, and social determinants of health;		
			H6	Racial justice, including the impact of race and privilege on health outcomes and the impact of systemic racism on individuals and communities;		
			H7	The impact of drug policy on individuals and communities, especially underrepresented, marginalized, and under-resourced communities;		
			H8	History of systemic inequity, including systemic inequity in the delivery of healthcare, mental health, and behavioral health services;		
			H8.5	Intergenerational trauma;		
Mushrooms and End of Life Care	.5 hour Homework Reading & Journaling Assignment		**H10**	Identification of the unique psychological, physical, and socio-cultural needs presented by persons with terminal illness and awareness of the appropriate knowledge, skills, and approach needed to provide safe facilitation to such persons in a manner consistent with client goals, values, heritage, and spiritual practices.	H - Indigenous, Social, and Cultural Considerations (10 hours)	Homework Assignment
	5	**5**		**Indigenous, Social, and Cultural Considerations (10 hours)**		

PGT-8 Webinar Series	Psychedelic Mystery School with Ron Camacho and Daniel McQueen	Advanced Practice Webinars	NMHA Required	NMHA Module & Bullet Line Code	Module Section NMHA or Brief Description	NMHA Module Title/ Topic Group	Trainer
W8-1	Introduction and Welcome	0.57	At least 2.5 hrs of these webinars or independent reading required for NMHA-H	**H2**	Current and historical use of plant and fungal medicines in indigenous and Western cultures;	H -Indigenous, Social, and Cultural Considerations (10 hours)	Ron Camacho & Daniel McQueen
W8-2	Ceremonial Tools	1.33					
W8-3	Shamanic Journeying	1.43					
W8-4	Spirits, Deities & Archetypes	1.67					
W8-5	The Medicine Wheel - The Seven Directions & Cannabis Journeywork	1.32					
W8-6	Seven Stages of Alchemy and Ritual Magick	0.90					
	Total Hours of Webinar Section	**7.22**	**2.50**				