Therapeutic Presence & Trauma-Informed Care Syllabus
Medicinal Mindfulness Academy
Taught by Alison McQueen, MA, LPC, ATR-BC, ACS

Course Description:

Therapeutic Presence & Trauma-Informed Care is a virtual 6-Class Series led by Alison McQueen. The State of Colorado has specific curriculum and regulatory requirements related to Natural Medicine Facilitation, and this skill-development course meets those requirements while also enriching student learning through our mindfulness-based and arts-integrated approach to psychedelic education. It focuses on cultivating therapeutic presence, emphasizing compassionate communication, empathy, self-awareness, and grounding. Classes also cover trauma-informed care through the lens of somatic psychotherapy, including how to recognize trauma responses (including dissociation), manage psychological distress, and how to support participants through difficult and breakthrough emotional experiences. Other key components include cultural attunement, risk management, self-care for facilitators, scenario-based training, and handling challenging situations. The series integrates directive and non-directive facilitation approaches and addresses the physiological and emotional impacts of trauma. In addition to this course meeting the state curriculum requirements, it introduces foundational somatic trauma theory, especially resourcing, as essential skillsets for ethical and trauma-informed psychedelic facilitation.

Each class is offered twice a week, one morning and one early evening option, to reduce the size of the classes and to increase accessibility for working professionals and our international students in different time zones. Students can join either the Tuesday or the Wednesday cohort (and if there's a week where your schedule doesn't allow you to attend at your usual time, feel free to join the other).

Students can expect a dynamic and engaging course that integrates trauma-informed somatic awareness practices, mindfulness, art experientials, and partner practice sessions.

Homework:

Webinars are a required component of this course, and must be viewed on schedule in order to keep the entire class on track. Your instructor will be tracking your webinar progress through the student portal so please block time in your calendar accordingly.

This syllabus describes the number of minutes needed to complete the homework each week so you will know what to expect. *Note that the first few weeks of webinars are the most dense - homework gets lighter after that.

Note that some of our core educational curriculum was developed before the passing of the Natural Medicine Health Act and therefore a few of the webinars are cannabis-oriented. We will be bridging that content to include psilocybin mushrooms.

Guest Educators:

Michael Franklin, PhD, ATR-BC is a Distinguished Educator and Board Certified Art Therapist who will be a guest speaker.

Katie Asmus, MA, LPC, BMP is a Licensed Counselor and Somatic Psychotherapy Educator who created some of the core webinar content for this course.

Art Materials Needed:

- Unlined sketchbook or drawing paper (9x12 or larger is ideal)
- Variety of drawing materials such colored pencils, markers, chalk pastels, oil pastels, etc.

Course Schedule:

Class 1

- Introduction to state requirements for Therapeutic Presence & Trauma-Informed Care
- Somatic awareness as a primary tool for ethical psychedelic facilitators
- Understanding of the neurophysiology of trauma and trauma healing

Homework: Review these webinars before class 2

*W7-6: Introduction to Trauma Resolution with Psychedelic Medicines, Part 1 (41 minutes)

*W7-7: Introduction to Trauma Resolution with Psychedelic Medicines, Part 2 (51 minutes)

*Resourcing Meditation and Guiding Demonstration with Alison McQueen (1 hr 9 min)

Class 2

- Resourcing as the bedrock of all trauma healing (don't do medicine work without it!)
- Facilitator resourcing & client resourcing before/during/after medicine sessions

- Partner practice of identifying and deepening with resource

  Homework: Review this webinar before class 3

  *Psychedelic Resourcing with Katie Asmus & Alison McQueen (1 hr 48 min.)

Class 3

- Guest Presenter: Michael Franklin, PhD, ATR-BC
  Presentation: *Understanding Empathy: Theory and Applied Action*
- In-Class Art Experiential (have your supplies handy)

  Homework: Complete before class 4
  *Art Experiential #1: Homework for Therapeutic Presence & Trauma Informed Care (30-45 min)
  *Webinar: Right Use of Power with Katie Asmus (25 min)

Class 4

- Directive and non-directive approaches to psychedelic therapy
- Regulating clients & ourselves through traumatic stress responses
- Mental health interventions & assessing when a client needs a higher level of care
- Empathic stress, compassion fatigue & supportive antidotes

  Homework: Complete before class 5

  *Art Experiential # 2 : Homework for Therapeutic Presence & Trauma Informed Care (30-45 min)
  *Webinar: Intergenerational Trauma & Healing with Katie Asmus and Alison McQueen (35 min)
  *Webinar: *Working with Difficult Stories* with Daniel McQueen (90 min)

Class 5

- Check-in about art homework # 1 & 2
- Theory and practice of pendulation in trauma healing
- Demonstration and partner practice

  Homework: Complete before class 6
  *Deepening and Pendulating with a Resource #1 with Katie Asmus (24 min)
  *Deepening and Pendulating with a Resource #2 with Katie Asmus (16 min)

*W7-8: Trauma Resolution with Psychedelic Medicines Part 3 (important note: you are only required to watch the section from the 29:25 minute mark to the 44 minute mark which introduces the concept of completing the incomplete defensive responses. You can skip the first 29 min + 25 seconds of this recording since we are covering it in the live classes). (15 min)

Class 6

- Semester review, Q&A
- Circuitboarding experiential
- Circuitboarding with partners
- Closing circle

Homework:
*Art Experiential #3 (Circuitboarding Integration: Homework for Therapeutic Presence & Trauma Informed Care (30-45 min)

Post Course Webinar Material:

Webinars

- W7-1 Overview of Psychedelic Guide Training, Therapy & Practice Part 1
- W7-2 Overview of Psychedelic Guide Training, Therapy & Practice Part 2
- W7-4 Mental Health Contraindications & Clinical Protocols
- W7-10 Online Guiding Demonstration 1 - Daniel
- W7-11 PGT Spring 2024 Guiding Demonstration with Alison McQueen
- W7-12 PGT Spring 2024 Guiding Demonstration with Daniel McQueen

Learning Objectives

What Does Success in this Course look like? As your instructor, my goal for you in this course is that you come out on the other side with:

- Refined skillsets related to nonjudgmental and empathic communication, cultural attunement, and compassionate presence
- A foundational understanding of trauma and the nervous system- and a deeper understanding of what healing looks like
- An embodied and growing professional identity as a psychedelic facilitator
- Expansive confidence related to your guiding skills, resilience, capacities and resources related to client work

- An even deeper connection to your own body knowing- as a primary resource and tool for effective sessions with clients
- Trust in your own creative process as a primary tool and resource for personal and professional development

Participation & Engagement

This course is highly interactive and experiential. Full participation in both pre-course homework and in-person sessions is expected. Participants should be prepared to engage with vulnerable topics, reflect on their own practice, and contribute thoughtfully to discussions.

Policies

Attendance & Classroom Etiquette Policy

Attendance & Punctuality:

- Students must arrive on time.
- Entry is allowed up to 10 minutes after class start time.
- Entry beyond 10 minutes will only be permitted in cases of emergency or with prior communication.
- Repeated tardiness may impact participation records and program standing.

Absence Policy

Students are permitted to miss one Psychedelic Guide Training class and one Therapeutic Presence and Trauma Informed Care class during the program without penalty. However, they are still required to review the class recording and complete a makeup assignment to receive credit for the missed session.

Saturday live seminars are mandatory and cannot be missed, as they are required to fulfill the live instruction hours mandated by the state for those pursuing licensure under the Natural Medicine Health Act (NMHA).

Presence & Professionalism

Camera Use

- Students must remain on camera for the entire class, unless prior arrangements have been made.
- This supports presence, connection, and accountability.

Chat Etiquette

- Chat should be used mindfully.
- Avoid side conversations or excessive messaging.
- Contributions should enhance collective learning (insights, questions, support).

Professionalism

- Students must be in a **private, confidential space** during class.
- Students are expected to arrive prepared and grounded.
- Respectful engagement with peers and facilitators is required.
- If stepping away briefly, students should notify a facilitator or leave a private message in chat.

Identification

- Students must list their **full first and last name** on Zoom for attendance.
- **Pronouns** are welcome and encouraged.

Therapeutic Presence & Trauma Informed Care

NMHA Live Class Didactic Requirements Summary

Class title	Live Class Hours NMHA	NMHA Module & Bullet Line Code	Module Section NMHA or Brief Description	NMHA Module	NMHA Module Title/Topic Group
Therapeutic Presence	4.5	**D1**	Training in therapeutic presence, including compassionate presence, client communication, openness, receptivity, groundedness, self-awareness, empathy, and rapport, including a non-directive facilitation approach, cultural attunement, and a nonjudgmental disposition;	D	Physical and Mental Health and State (25 hours)
Therapeutic Self Care	0.5	**D3**	Training on how facilitators manage self-care;	D	Physical and Mental Health and State (25 hours)
Therapeutic Risk Management	1.00	**D5**	Appropriate modes of intervention for mental health concerns, understanding when intervention is necessary, and when a client may need a higher level of care;	D	Physical and Mental Health and State (25 hours)
Trauma Informed Care	1.0	**F1**	Trauma-informed care, including the physiology of trauma, vicarious trauma, empathic stress, and compassion fatigue;	F	Introduction to Trauma Informed Care (10 hours)
Trauma Informed Care	0.50	**F2**	Trauma-informed communication skills;	F	Introduction to Trauma Informed Care (10 hours)
Trauma Informed Care	0.5	**F3**	Training in how to recognize when someone may be dissociation or going into a trauma response;	F	Introduction to Trauma Informed Care (10 hours)
Trauma Informed Care	1.00	**F4**	Training in understanding sympathetic and parasympathetic nervous system response; and	F	Introduction to Trauma Informed Care (10 hours)
Trauma Informed Care	2.0	**F5**	Role play scenarios focused on helping regulate when participants are in a traumatic stress response.	F	Introduction to Trauma Informed Care (10 hours)
Total NMHA Hours	**11.00**				

Homework Webinars & NMHA Didactic Requirements Pg 1

Homework Week	Code	TP&TIC Related Webinars Homework	TPTIC / NMHA Webinar Hrs	NMHA Module & Bullet Line Code	Module Section NMHA or Brief Description		NMHA Module Title/Topic Group
Class 1	**W7-6**	Trauma Resolution with Psychedelic Medicines Part 1	0.67	**F1**	Trauma-informed care, including the physiology of trauma, vicarious trauma, empathic stress, and compassion fatigue;	F	Introduction to Trauma Informed Care (10 hours)
Class 1	**W7-7**	Trauma Resolution with Psychedelic Medicines Part 2	0.80	**F1**	Trauma-informed care, including the physiology of trauma, vicarious trauma, empathic stress, and compassion fatigue;	F	Introduction to Trauma Informed Care (10 hours)
Class 1		Resourcing Meditation and Guiding Demonstration with Alison McQueen	1.15	**K4a-d**	Traumatic stress and its manifestation during natural medicine experiences and appropriate facilitator response, including the following: Trauma's relationship to the body; Repressed trauma emerging during natural medicine experience; Trauma and traumatic stress resulting from systemic oppression; Safety for trauma resolution and risks associated with re-traumatization	K	Administration (10 hours)
Class 2	**W5-5**	Psychedelic Resourcing with Katie Asmus and Alison McQueen	1.82	**K4a-d**	Traumatic stress and its manifestation during natural medicine experiences and appropriate facilitator response, including the following: Trauma's relationship to the body; Repressed trauma emerging during natural medicine experience; Trauma and traumatic stress resulting from systemic oppression; Safety for trauma resolution and risks associated with re-traumatization	K	Administration (10 hours)
Class 3	**W7-5**	Working with Difficult Stories	1.45	**F2**	Trauma-informed communication skills;	F	Introduction to Trauma Informed Care (10 hours)
Class 3		Intergenerational Trauma & Healing with Katie Asmus and Alison McQueen	0.58	**H9**	Intergeneration Trauma: (9) Understanding how racial and cultural dynamics affect interactions between facilitators and participants	h	Indigenous, Social and Cultural Considerations (10hrs)
Class 4		Right Use of Power with Katie Asmus	0.42				

Homework Webinars & NMHA Didactic Requirements Pg 2

Homework Week	Code	TP&TIC Related Webinars Homework	TPTIC / NMHA Webinar Hrs	NMHA Module & Bullet Line Code	Module Section NMHA or Brief Description		NMHA Module Title/Topic Group
Class 5	**W7-8**	Trauma Resolution with Psychedelic Medicines Part 3 **(Only watch from 29min-44min)**	0.97	**F1**	Trauma-informed care, including the physiology of trauma, vicarious trauma, empathic stress, and compassion fatigue;	F	Introduction to Trauma Informed Care (10 hours)
Class 5		Deepening and Pendulating with a Resource #1 with Katie Asmus	0.4				
Class 5		Deepening and Pendulating with a Resource #2 with Katie Asmus	0.26				
Post Course	**W7-1**	Overview of Psychedelic Guide Training, Therapy & Practice Part 1	1.18				
Post Course	**W7-2**	Overview of Psychedelic Guide Training, Therapy & Practice Part 2	1.02				
Post Course	**W7-4**	Mental Health Contraindications & Clinical Protocol	0.78	**E6**	Awareness of medical, mental health, and pharmaceutical contraindications for natural medicine services.	E	Drug Effects, Contraindications, and Interactions (5 hours)
Post Course	**W7-10**	Online Guiding Demonstration 1 - Daniel	1.92				
Post Course	**W7-11**	PGT Spring 2024 Guiding Demonstration with Alison McQueen	0.57	**D1**	Training in therapeutic presence, including compassionate presence, client communication, openness, receptivity, groundedness, self-awareness, empathy, and rapport, including a non-directive facilitation approach, cultural attunement, and a nonjudgmental disposition;	D	Physical and Mental Health and State (25 hours)
Post Course	**W7-12**	PGT Spring 2024 Guiding Demonstration with Daniel McQueen	0.63	**D1**			
		Total Hours Webinar Material	**13.95 hours**				