

# Elemental Psychedelics: Advanced Pathway Options

## Program Options

The psilocybin mushroom journey facilitator training program is open to individuals in clinical and non-clinical roles in the health, healing, and helping fields. All program options are designed to meet the learning objective requirements outlined in the State of Colorado's natural medicine facilitator licensing program.

Program options include:

- Full training program (150 hours)
- Advanced pathway for individuals with prior training and experience in psychedelic-assisted therapies (50 hours, including 25 hours on Ethics and Rules and 25 hours on psilocybin-specific advanced practice)

## Advanced pathway (50 hours)

The Advanced Pathway is for individuals who have completed prior formal training in a psychedelic-assisted therapy or facilitation, have substantially equivalent educational coursework, and/or have ample facilitation experience with psilocybin mushrooms. Individuals may have completed training in another psychedelic-assisted therapy modality (e.g., MDMA-assisted therapy), but have gaps in their training related to facilitating psilocybin mushroom sessions specifically.

The only experience that can be considered is experience with natural medicines. Natural medicines are defined as only psilocybin until the summer of 2026. Practice experience with other psychedelic substances, such as MDMA or ketamine, or with synthetic versions of natural medicine are not transferable as educational or practice hours for natural medicine facilitator training with Elemental.

If a prospective student has completed another training program or has substantial prior educational coursework that they believe may qualify them for Advanced status, they can request a review of their training and educational experience to Elemental's Program Director. Applicants with educational gaps requiring more than 50 hours of supplemental material will be directed to Elemental's full 150 hour program.

## Advanced Pathway Application and Admissions Process

Elemental values small cohort experiences and therefore maintains a highly selective admissions process. Elemental will admit those applicants that demonstrate a strong commitment to inner personal work, strong relationality with the natural medicines they work with, a strong commitment to ethics, and values-aligned practice.

The application and admissions process for individuals seeking advanced status based on prior formal training or natural medicine experience aims to provide a thorough vetting process to help ensure a high standard of ethics and safety. Elemental requires prospective advanced applicants to complete a three-stage application and admissions process. Prospective students will 1) submit a written application based on the information and questions below and an application fee, 2) complete, with a passing grade, an exam of essential knowledge and competencies for natural medicine facilitators, and 3) complete a 1-hour interview with a program member. Following a completed application, exam, and interview, offers of admission will be made on a rolling basis until the enrollment maximum is reached.

*Table 1. Application Dates for Advanced Pathway*

January 27 - March 7, 2025	Application and exam portal are open; Advanced applicants may submit their application and application fee and must pass competency exam
February - March, 2025	Interview period and offers of admission
April 4, 2025	Deadline for students to accept offers of admission; non-refundable deposits due

*Table 2. Spring/Summer 2025 Program Dates for Advanced Pathway*

May 5 - June 16, 2025 Every Monday, 12pm-2pm Except holiday: 5/26	Live Virtual Class over 6 weeks on Ethics & Rules (12.5 hours) Recorded lectures, readings, assignments (12.5 hours)
Total:	25 hours on Ethics & Rules only
June 23 - July 7, 2025 Every Monday, 12pm-2pm	Live Virtual Class over 3 weeks on Advanced Practice (6 hours) Recorded lectures, readings, discussion materials (7 hours)
May 15 and 16 <b>or</b> June 5 and 6*	In-person Advanced Practice (12 hours across two days)
Total:	50 hours on Ethics & Rules <b>and</b> Advanced Practice

\*Workshop time is scheduled for 10am-5pm on each day, no overnights required

## Advanced Applications Based on Prior Formal Training or Education

To apply for the Advanced pathway with transfer credits based on prior formal training (such as MAPS MDMA-assisted therapy training), applicants will be asked to submit the following information and a \$175 application fee:

- A resume or CV that includes information regarding
  - Active licenses you hold and the state you hold them in
  - Educational background, including graduate and post-graduate training and certificates
  - Number of years in clinical practice
  - All prior psychedelic therapy or support training completed, including listing the training organization, dates, and hours of training completed (Note: Course or training program syllabi are requested to confirm equivalency)
- Description and number of hours of all prior experience facilitating altered states work, including both psychedelic or non-psychedelic altered states.
- Description of applicant's current clinical or non-clinical practice, including details on applicant's experience working with persons having mental health diagnoses.
- A statement of interest in Elemental's training program that shares your intention and purpose for applying to this program at this time in your career.
- Brief description of your support system and what therapies, treatments, or healing paths you have engaged as part of your own journey.
- Essay question about how you have recognized privilege and/or oppression in your professional and/or personal life and describing your response.
- Confirmation of your ability to attend synchronous program sessions and to meet the program financial commitments and program agreements.
- Disclosure of any licenses, certificates and/or insurance withheld or revoked due to regulatory or ethical violations.

## Advanced Applications Based on Prior Experience and Informal Training or Mentorship

For advanced program status based on prior experience, experience should include facilitation with psilocybin mushrooms for at least 40 participants, with at least 200 hours of experience conducting psilocybin mushroom administration sessions, and occurring over a period of at least two years. To apply for the Advanced pathway with transfer credits based on prior informal training, educational background, and natural medicine facilitation experience, applicants will be asked to submit the following information and \$325 application fee:

- Resume or CV, including information regarding:
  - Active licenses the applicant holds and the state they hold them in

- Educational background, including graduate and post-graduate training and certificates
- Number of years in practice
- Any prior psychedelic therapy or support training completed, formal or informal, including listing the training organization, dates, and hours of training completed
  - Course or training program syllabi are requested to confirm equivalency

Written responses to each of the following items (about 1-page per bulleted item, double-spaced; use your discretion in answering some questions more concisely or more completely than others):

#### Your Practice as a Facilitator

- Describe your current practice and how you view your role as a facilitator. What do you consider to be within your scope of practice and what is outside your scope of practice?
- Tell us about your screening procedures and the physical, mental health, and social risks you screen for. Describe how you assess participant readiness.
- Describe the environment that you typically curate for a medicine session, being sure to list the important elements of set and setting that help create a supportive environment for your participants.
- Reflect on your own relationship with inner guidance, and describe how you demonstrate and support trust in your clients' inner healing intelligence.
- How did you learn about creating a supportive integration session and what are the key components of integration in your practice?
- Describe your personal philosophy in regards to the ongoing use of psilocybin for a participant, such as timing, frequency, intervals between sessions, and how clients know when it's time to sit with medicine again.

#### Responding to Distress

- Describe your training or background with trauma. If you have no formal training in trauma, what is your understanding of the definition of trauma-informed care?
- Give an example of a client who you have witnessed display a trauma response, such as dissociation, during a medicine session. What did you observe and how did you help the person regulate?
- Have you witnessed someone become suicidal after a mushroom session? What did you learn and how do you assess someone's potential for suicidality before going into a mushroom session?
- Tell us about your practical training and experience in regards to appropriate use of touch during facilitation. How do you maintain physical, emotional, and sexual boundaries during facilitation?
- What types of interventions do you use to support clients exhibiting mental or physical health distress during a mushroom session? To answer this question, respond to both the case studies below, being sure to describe the skills and competencies you embody in regards to holding therapeutic presence, creating safety, and responding appropriately to situations of distress.

- Scenario 1: You are two hours into a psilocybin mushroom session when the participant jumps up and says “I’m going to lose my mind! I think I’m going crazy. I don’t know who I am anymore. Who am I, who are you?...” How would you respond to a situation like this?
- Scenario 2: Your participant is in the first hour of their mushroom session and they haven’t had any secondary doses. All of sudden you notice they are breathing incredibly quickly and shallow. They put their hand over their chest and say, “I can’t breathe. I think something is really wrong. I need to go to the emergency room.” How do you respond?

#### Group Facilitation Experience

- Describe your experience, training, and background in running or supporting group journey sessions.
  - If you have group facilitation experience, describe how your preparation and integration sessions differ for group participants relative to individual sessions. (If no group facilitation experience, put not applicable)

#### Facilitator Development and Self-Care

- How do you take care of yourself? Describe at least two ways you either decompress or energetically cleanse after a medicine session.
- How do you know when you’re not in a place to facilitate? If this is your primary form of income, how do you balance your need for financial security while also honoring your personal needs and limitations as a facilitator?
- Describe at least two ways that you keep yourself safe while facilitating. You may consider things such as, boundaries established during preparation sessions, knowing your own limitations when it comes to physically supporting or constraining clients for safety, use of video recordings, clarity on financial agreements, or so on.

#### Social Positioning

- Tell us about how you have worked with people holding identities different from yours.
- How do you position your practice or sense of purpose within larger social justice movements, such as racial justice movements, health equity movements, or other systemic disparities in health or mental health care?

#### Advanced Applicant Interviews

Interested applicants should first submit their written application and pass the competency exam. Elemental’s program staff will then complete a one hour virtual interview with applicants who appear to meet Advanced status qualifications. Program staff will ask applicants to further elaborate on training and practice-related topics, including but not limited to:

- Their motives for doing natural medicine work, including self-awareness of issues around transference and countertransference with participants.

- Practices for supporting accurate and realistic expectations of outcomes with prospective participants
- Applicant’s familiarity with instances of sexual assaults and abuses of power that have happened in the aboveground and underground psychedelic-assisted therapy fields
- Self-awareness regarding ethical missteps, adverse client experiences, and/or challenging facilitation-related experiences
- Applicant’s understanding of cultural appropriation, cultural appreciation, and cultural syncretism
- Spiritual lineage and/or practices related to guardianship in natural medicine altered states work
- Applicant’s understanding of trauma-informed care and how to appropriately respond to participants who re-experience traumatic material in a natural medicine session
- Applicant’s experience and training with group administration sessions
- Frequency and type of consultation, mentorship, and ongoing training received

### Advanced Pathway Applicant Assessment

Advanced applicants will be scored by a program member on their written applications and interviews according to the nine core competencies below. Core competencies reflect required learning objectives from the full 150 hour facilitator training program. For acceptance in the Advanced Pathway, applicants must score “proficient” or better on the competencies of: trauma-informed care, research knowledge, cultural humility, facilitator self-care, therapeutic presence, and facilitator self-care. Advanced applicants must score “advanced” or better on the competencies of: relational boundaries, and safety. Applicants must score “developing” or better on the competency of group administration, in which case supplementary training material will be provided to advanced applicants not meeting proficiency in group administration. Advanced applicants must also score a passing grade on the multiple-choice competency exam.

Each competency is defined and assessed on a scale of 1 (Some Concerns) to 5 (Mastery). This rubric serves as a guide for program staff to identify areas of demonstrated competency as well as areas for growth as part of applying for advanced status in Elemental’s training program.

#### Scoring Scale:

1	Some Concerns	Struggles to demonstrate competency; May exhibit questionable responses or concerning responses
2	Developing	Demonstrates basic awareness or developing skill set but needs more guidance and supervision around best practices, skills, boundaries, or appropriate intervention
3	Proficient	Demonstrates consistent application of accurate knowledge, strong skills, and sound judgment
4	Advanced	Proactively engages in critical reflection of knowledge and skills,

		models best practices, and demonstrates advanced skill in navigating complex issues
5	Mastery	Demonstrates exceptional awareness, seamlessly integrates skills into practice, demonstrates excellence in navigating complex issues, and embodies facilitator competencies to a very high degree

Core Competencies:

Score	Any Significant Concerns (Yes/No)	Competency	Definition
		Relational Boundaries	Maintains clear and appropriate boundaries with participants, recognizing and managing transference and countertransference dynamics. Demonstrates strong awareness of the appropriate use of touch and how to maintain physical, emotional, and sexual boundaries with participants.
		Safety	Prioritizes the physical and psychological safety of clients, including thorough screening, risk assessment, preparation, monitoring during sessions, and integration support. Demonstrates awareness of how to respond appropriately to scenarios of participant physical or mental health distress during an administration session.
		Trauma Informed Care	Strong training, background, or experience in trauma-informed care. Demonstrates awareness of how to recognize and respond to a potential trauma response during a natural medicine session.
		Research Knowledge	Demonstrates an accurate understanding of the current research landscape in psychedelic therapy and natural medicine facilitation, including an ability to accurately discuss the benefits and risks of natural medicine and set accurate and realistic expectations with participants.

		Cultural Humility	Demonstrates a deep respect for and understanding of diverse cultural backgrounds, values, beliefs, and historical traditions, and integrates this awareness into facilitation practice.
		Facilitator Self-Care	Engages in ongoing self-reflection and personal growth, recognizing and managing personal biases, triggers, and emotional reactions that may impact facilitation work. Engages in ongoing mentorship, consultation, and learning opportunities for facilitator self-development.
		Therapeutic Presence	Cultivates a compassionate, non-judgmental, and supportive presence that fosters trust and connection. Demonstrates awareness of how to support and foster participants' inner healing intelligence as part of facilitation.
		Facilitator Scope of Practice	Understands and adheres to the boundaries of the facilitator role within their licensure, recognizing the importance of collaboration with other healthcare professionals and referring participants for additional support or evaluation when needed or required.
		Group Administration	Strong experience or training in group administration sessions, including the unique dynamics and considerations related to preparation, administration, and integration with groups.

**Advanced Pathway Program Fees**

The program fee for students in the Advanced Pathway is estimated at \$3,200. Program fees include 50 hours of educational content delivered virtually and in-person. Please note that students must have at least 100 hours of prior completed training or education that meets equivalency for State of Colorado required learning objectives.

In some instances, prospective students may have enough transfer credits to need only complete the 25 hours module on Ethics & Rules. The program fee for students completing the Ethics & Rules module alone is \$1,250.



Trainees who have completed 150 educational hours (or equivalent) are then eligible to participate in practicum / supervised practice. Please note that practicum schedules, dates, and fees are separate from the 50 hours Advanced Pathway program. Practicum details will be released in early 2025.