



EOLPC

Psychedelic Care Core Course Curriculum

The EOLPC Core Course Program was designed to provide all the basics a person would need to understand why and how psychedelic care can help a client or loved one ease existential or psychological distress when faced with a terminal illness. For two decades, prestigious universities such as Johns Hopkins, New York University and the University of California Los Angeles have consistently shown that the use of psilocybin-assisted therapy reduces anxiety and depression in participants with advanced-stage cancer. Not only that, but participants also confronted their fear of dying, found meaning in their lives and felt at peace with their death and dying.

But psychedelics are merely the catalyst to this transformation: psycho-social and spiritual factors play a major role in the healing process. EOLPC was established to educate those individuals and their families, plus anyone interested in serving them at this challenging time of life. To that end, the Core Course Program is designed for professionals, such as end-of-life doulas, hospice chaplains or volunteers, palliative/hospice care workers, mind-body-spirit practitioners, and anyone who wants to learn how psychedelic care can especially benefit someone with a terminal illness.

There are six modules in the course, taught online and in an interactive format, over a 6-week period of time. Courses are held on Thursdays from 12:00-1:30pm ET/9:00-10:30am PT. Students are expected to attend the six sessions to maximize learning and to be able to interact live with the instructor and other students. We understand that life can get in the way and the courses are recorded but you will need to notify the instructor if you intend to miss a session.

Upon completion, students will receive a certificate of completion and digital badge. EOLPC is in process of providing Continuing Education Credits and will post that information once it is finalized.

Course Program Overview

Introduction to Psilocybin for End of Life Care. Instructor: Deb Servetnick, MEd

Psilocybin care has shown great promise in the ability to reduce the fear of dying, and reduce anxiety and depression for those with an end of life diagnosis, offering mystical experience and connection with Universal consciousness. A psilocybin experience enables people to come to terms with the death and dying process by showing them the “bigger picture” and Oneness with the Universe. This course will provide an introduction to psilocybin and explain the many ways psychedelic mushrooms can benefit those with an end of life diagnosis, and the loved ones and caregivers surrounding them.

Instructor Bio: Grateful Deb Servetnick, MEd, is a Certified Transformational Coach, providing psychedelic preparation, facilitation, and integration. She is an international conference speaker and Founder and Director of ServeMedicine, a nonprofit providing a facilitated psychedelic journey for people with a life-threatening illness or an end-of-life-diagnosis. She was a 2012 participant in the Johns Hopkins University Psilocybin Cancer Study. Deborah is a graduate of the MAPS Naropa University Psychedelic Assisted Therapies Certificate Program and is a PRATI certified Ketamine facilitator. She has been a Death Doula since the 1980s AIDS epidemic. Additionally, Deb is an International Best-Selling Author: *Short, Sweet and Sacred*, 2021 and was a grant recipient of the Psychedelic Medicine Coalition for Essential Integration, serving first responders and medical professionals.

Introduction to Ketamine for End of Life Care. Instructor: Dr. Michelle Weiner

Ketamine, although not technically a psychedelic, has also been shown to reduce anxiety and depression in palliative care and, for many people in chronic pain at this time of life, ketamine therapy has proven especially efficacious. This course will provide an overview on ketamine care and how it can benefit people with terminal illnesses, considering their unique needs at this time of life. It will cover in-clinic care models as well as at-home models of care and the benefits loved ones can receive by jointly participating in ketamine care.

Instructor Bio: Dr. Michelle Weiner is Double board-certified in Interventional Pain Medicine and in Physical Medicine and Rehabilitation. She is the Director of Integrative Pain Management at Spine and Wellness Centers of America. Dr. Weiner completed her residency and fellowship training at the University of Miami. She is a Clinical Assistant Professor at Nova Southeastern University College of Osteopathic Medicine and was trained in ketamine-assisted psychotherapy by the Ketamine Training Center.

Dr. Weiner's unique approach to personalized integrative pain management allows her to treat the root cause of one's pain and suffering, both physical and emotional, providing comprehensive and durable relief. In her practice, she has served and helped many individuals faced with life-threatening illnesses using this approach treating both mental health and chronic pain issues.

Introduction to Screening and Assessment. Instructor: Ben Malcolm, PharmD, MPH

It is critical that individuals faced with a terminal illness are properly screened and assessed before participating in a psychedelic journey. They may have special health issues that need to be reviewed and approved by a licensed medical and/or mental health practitioner. This course is not intended to make you the expert in this process but to give you the fundamentals of what is reviewed.

Instructor Bio: Ben Malcolm, PharmD, MPH, received his bachelor's degree in pharmacology at the University of California at Santa Barbara, prior to completing a Doctorate of Pharmacy and a Masters in Public Health at Touro University California. He completed two years of post-graduate residency training; the first in General Pharmacy Practice at Scripps Mercy Hospital and one in Psychiatric Pharmacy at University of California at San Diego Health. Ben is also on the faculty at Western University of Health Sciences, College of Pharmacy and is Board Certified in Psychiatric Pharmacy.

He envisions a society in which access to psychedelic drugs in a variety of safe and supported settings is available for purposes of psychospiritual well-being, personal development, ceremonial sacraments, and treatment of mental illness. To serve this vision, he is the founder of Spiritpharmacist.com to help people understand the interaction potential and optimal clinical approaches to psychedelic therapies.

Introduction to Preparation for End of Life Care. Instructor: Christina Ingenito, LCSW

Preparation is an essential component of stepping into medicine work. It sets the stage for weaving new perspectives, insights, and healings into one's life. The (mind)set one enters the experience with, the setting of the physical and psychological environments, and intention setting are all foundational parts of the preparation process.

Participants are encouraged to trust, to let go, and to be open and welcoming to whatever comes in the medicine sessions. Setting clear intentions, turning towards whatever material arises, and trusting that it is all in service to one's healing and process will support a valuable experience for participants.

Instructor Bio: Christina Ingenito, LCSW, has been a licensed clinical social worker since 1986 and for 30 years worked as a hospice social worker accompanying thousands of people at the end of life, while also supporting their loved ones through the process of grief and loss. Christina has 40+ years of personal experiences and explorations with non-ordinary states of consciousness through medicine work, breath work, sexuality, nature-based healing traditions, and wilderness experiences, which have deeply informed and shaped her life.

She is a graduate of the Psychedelic Therapy and Research certificate program at the California Institute of Integral Studies in San Francisco, California; and is a founding partner of Temenos Center for Integrative Psychotherapy which offers ketamine-assisted psychotherapy.

Introduction to the Journey and Integration. Instructor: Christina Ingenito, LCSW

The integration process translates the messages and wisdom of the medicine sessions and crystallizes one's values and priorities at the end of life. This is an essential phase of the process which can effect changes in one's perspectives, shifts and acceptance of feelings and relationships, and assistance in decision-making at this time of life.

Using your inner healer and intelligence, begin the process to take the insights from your Medicine Session to heal and chart a path reflective of your true inner being. We do this in a group setting as each participant learns from others' experiences, recognizes the power potency, and learnings that are possible in the group consciousness field, and allows us to be seen and witnessed in one's individual experience and process.

Instructor Bio: See Above

Ethical and Legal Considerations. Instructor: Kathryn Tucker, JD

The program wraps up with a discussion of the legal and ethical considerations for psychedelic assisted therapy. This session will discuss the differences between medicinal use, the adult-supported model in legal environments, decriminalization and "underground" access.

Instructor Bio: Kathryn L. Tucker, JD, Special Advocacy Advisor, National Psychedelic Association, has served at a number of nonprofit organizations including the End of Life Liberty Project, the Disability Rights Legal Center, Compassion & Choices, and Compassion in Dying. Kathryn is a founding member of the Psychedelic Bar Association and Co-Chair of the Litigation and Advocacy Committee. She is also a Founding Member of the Initiative on Psychedelics and Healing of the Global Wellness Institute.

In periods of private practice Kathryn served as Special Counsel at Emerge Law Group, where she Co-Chaired the Psychedelic Practice Group and as a litigation attorney at Perkins Coie (Seattle Office). She also held faculty appointments as Associate Professor of Law at Loyola Law School, Los Angeles, and as Adjunct Professor of Law at the University of Washington, Seattle University and Lewis & Clark Schools of Law, teaching in the areas of law, medicine and ethics, with a focus on the end of life.