

2023 PROFESSIONAL DEVELOPMENT WORKSHOP

PSYCHEDELIC ASSISTED THERAPIES FOR SUBSTANCE USE DISORDERS AND OTHER MENTAL HEALTH DISORDERS

- PSYCHEDELICS AS MEDICINE
- KETAMINE ASSISTED THERAPY: CURRENT APPLICATIONS IN MENTAL HEALTH TREATMENT
- THE CANNABIS PRIMER: WHAT MENTAL HEALTH PROFESSIONALS NEED TO KNOW
- MDMA-ASSISTED THERAPY FOR PTSD
- CURRENT AND FUTURE OPPORTUNITIES IN PSYCHEDELIC-ASSISTED PSYCHOTHERAPY

MARCH 9 - 10, 2023

**VICTORIA INN HOTEL & CONVENTION CENTRE
WINNIPEG, MANITOBA, CANADA**

Sponsored by:



PRESENTED BY

W. ZARCHIKOFF & ASSOCIATES
LANGLEY, BRITISH COLUMBIA, CANADA

DAY 1 THURSDAY, MARCH 9, 2023

| TIME | ACTIVITY |
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| 0830 - 0900 | Registration - Lobby Area |
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| 0900 - 0915 | Welcome, Introductions and Opening Remarks |
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Convenor: Tara Brousseau Snider, MA Counselling Psychology, Executive Director/Directrice Generate, Winnipeg, Manitoba, Canada

Presenter: Zachary Walsh, Ph.D., R. Psych, Clinical Psychologist and Professor of Psychology, University of British Columbia, Kelowna, British Columbia

Territorial Acknowledgment

In Winnipeg, the land on which we gather is on Treaty 1 territory and we gather on the traditional territory of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene Peoples, and the homeland of the Metis Nation.

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| 0915 - 1200 | Psychedelics as Medicine |
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This presentation will address the following:

- Introduce classic psychedelics such as psilocybin and LSD and describe a range of current scientific investigations into psychedelic treatments for substance use disorders and other mental health issues
- Recognize some of the explanatory mechanisms (neuroscientific, psychological, spiritual) hypothesized to account for the potential therapeutic efficacy of psychedelic treatments for addiction
- Recognize the importance of psychotherapeutic foundations of psychedelic-assisted therapy including preparation before the integration after medication-assisted sessions
- Examine the challenges and opportunities in the advancement of psychedelic research and its potential contributions to health system policy change.

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| 1030 - 1045 | Tea and Coffee Service |
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| 1200 - 1330 | No-Host Lunch |
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| 1330 - 1600 | Ketamine Assisted Therapy: Current Applications in Mental Health Treatment |
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- Introduce the history of Ketamine as a treatment for mental health
- Discuss recent research outlining the effectiveness of ketamine for depression and other conditions
- Outline best practices in ketamine assisted psychotherapy

DAY 2 FRIDAY, MARCH 10, 2023

| TIME | ACTIVITY |
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| 0900 - 1200 | The Cannabis Primer: What Mental Health Professionals Need to Know |

Cannabis is already part of the lives of many Canadians, and all health professionals who work with individuals who use cannabis or are cannabis-curious.

What is THC? CBD ? Sativa? Indica? The many combinations? What's recreational? What's medical? Methods of delivery? When is it a problem? What's for sale at the dispensary, the clinic or on the street? What are the questions to ask clients? What are the risks and benefits for anxiety, depression, trauma & psychosis?... and a lot more.

Understanding the new cannabis landscape will help you to successfully engage with clients; to know how to question and explore cannabis use. This workshop will help you into leading edge research and lots of information you never learned in school.

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| 1200 - 1330 | No-Host Lunch |
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| 1330 - 1445 | MDMA-Assisted Therapy for PTSD |
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- Introduce the history of MDMA as a treatment for PTSD
- Discuss recent research outlining the safety and effectiveness of MDMA -assisted psychotherapy
- Outline best practices in MDMA-assisted psychotherapy

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| 1445 - 1545 | Current and Future Opportunities in Psychedelic-Assisted Psychotherapy |
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- Present overview of the current legal landscape for psychedelic-assisted psychotherapy
- A look ahead to potential developments in the psychedelic renaissance

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| 1545 - 1600 | CLOSING AND EVALUATION |
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Your comments and suggestions are very important to us. Please take a moment to complete the evaluation form located in your workshop folder. Thank you

ABOUT OUR SPEAKER

ZACH WALSH

Zach is a clinical researcher in the area of psychedelics, cannabis and harm reduction. He is a Professor in the UBC Department of Psychology, an alumni of the University of Winnipeg, Chicago Medical School and Brown University and is a registered clinical psychologist specializing in the treatment of problematic substance use. His research has been supported by the Canadian Institute of Health Research, the Social Sciences and Humanities Research Council, Health Canada.

ABOUT THE SPONSOR - SARA RIEL, INC.

Sara Riel is a non-profit organization that has been serving the Province of Manitoba for over 45 years, assisting individuals with mental health and substance use/addiction challenges, and offering a safe, inclusive and engaging environment where self-determined needs are valued, and all are assisted on their path to reaching their goal.

Sara Riel continues to offer Peer Support Services, Peer Respite, Mental Health Counselling/Case Management, Community Mentorship and Employment Services and Wrap Around Housing. We recently kicked off our 1-2-1 Peer Loneliness Project, which assists people who are overwhelmed with isolation and not having contact with others. With the unprecedented levels of stress and anxiety that have challenged the mental health of so many Manitobans, Sara Riel has also stayed focused on providing peer-led, self-help groups for individuals and offered many throughout the year, including: anxiety, bipolar, general, independent living, isolation and loneliness, LGBT2Q+ and living with schizophrenia.

MANAGEMENT INFORMATION

Contact: W.W. (Bill) Zarchikoff

President

W. Zarchikoff & Associates

#112 - 19899 55A Avenue

Langley, BC V3A 0C4

Tel.: Toll Free 1 - 888 - 683 - 7711 or (604) 970 - 3419 or Fax: (604) 530 - 3841

Email: wzarchikoff@gmail.com

<http://aboriginaltrainingandconsultingservices.com>

or Contact: Rebecca Marinos

Founder & Executive Director

Insight Education & Training Solutions

Certified Leadership Coach & Communications

Consultant

2781 Ridgeway Avenue

San Bruno, CA 94066

TEL.: (650) 888 - 2654

FAX: (780) 760 - 1776

rebecca@rebeccamarinos.com

www.rebeccamarinos.com

CANCELLATION POLICY

Registrations cancelled 5 or more days prior to the workshop are refundable, minus \$50.00 administrative fee. or you may receive a full credit to attend a future training. Cancellations less than 5 days prior to the workshop are non-refundable. If at any time you are unable to attend, you are welcome to transfer your registration to another individual at no extra cost. In this case, please notify us of the name of the alternate person who will be attending.

If you register and do not attend without prior notification, you will be charged for the full amount of the registration fee.

We reserve the right to cancel workshops due to unforeseen circumstances or under-enrolment. Liability is limited to a refund of workshop fees only. Please make travel arrangements with this in mind.

LIMITED SEATING

Register early! To better facilitate group interaction, seating is limited in most workshops. Children and unregistered guests are not permitted in the meeting rooms.

YOU WILL RECEIVE

All training material associated with this course, a workshop Certificate of Completion. The Certificate of Completion will allow you to apply for course credit at various credit issuing organizations.

REGISTRATION INFORMATION

If you do not have a registration form, you can download one from our website, www.aboriginaltrainingandconsultingservices.com or contact us by phone (See above contact numbers). We accept payment by Visa, Mastercard, check, purchase orders or cash. Onsite registration is allowed, providing there is space, but we encourage you to register in advance in order to be notified of any potential changes (See above Cancellation Policy).

ONSITE TRAINING OPTIONS

If you are interested in bringing this, or other training opportunities to your community, please contact W.W. (Bill) Zarchikoff to get more information (contact information above).