



Bridging Worlds

Where Science Meets Spirit

AN INTEGRATIVE TRAINING IN
PSYCHEDELIC-ASSISTED PRACTICE | CEREMONIAL WORK |
TRAUMA-INFORMED GROUP FACILITATION



Co-facilitated by

Dr. Lauren Macdonald and Beáta Alföldi

With guest teachers, wisdom keepers, and
ceremonial leaders



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Overview

Bridging worlds is a six-month experiential training for practitioners who feel called to work at the intersection of modern therapy, earth-centred practices, psychedelic work, and sacred-medicine ceremonies.

It is designed for guides, space holders, clinicians, therapists, shamanic practitioners, and group facilitators who are supporting healing and transformation with plant medicines, whether in clinical, ceremonial, or community contexts.

Across the six months, we explore trauma-informed practice, ethical and culturally respectful facilitation, ceremonial awareness, and relational, embodied ways of holding space. The training brings together contemporary psychedelic-assisted therapy, somatic and relational frameworks, and earth-based ceremonial practices, supporting you to deepen your capacity, clarity, and responsibility as a facilitator.

Bridging Worlds is for those who feel called to walk between worlds. It invites the structure of therapeutic practice into relationship with the Sacred, reconnecting the clinical with the ceremonial, the personal with the collective, and human healing with the living wisdom of the Earth.

This Training Brings Together:

- Clinical psychedelic-assisted therapy, trauma-informed care, and psychotherapeutic presence
- Earth-centred practices, ceremonial frameworks, and ancestral wisdom
- Somatic practice, nervous system awareness, and embodied relational attunement
- Group dynamics, communitas, and collective field awareness
- Ethical awareness, intercultural integrity, and conscious reciprocity

Over six months, the training unfolds through live online teaching held fortnightly, alongside an in-person immersion in Peru's Sacred Valley. The immersion includes guided ceremonies with Wachuma and psilocybin, held by trained ceremonial facilitators, and is supported by preparation and integration.

Throughout the training programme, learning is supported through reflective supervision, embodied practice, and ongoing group dialogue, allowing insight to be integrated into both personal life and professional practice.



Cultural Integrity

This training is not a lineage-based apprenticeship and does not teach traditional Indigenous ceremony. It offers a contemporary, culturally respectful pathway for facilitators to deepen their capacity to support expanded states safely and ethically, without appropriating traditional forms. Participants are supported to strengthen the quality, integrity, and relational depth of the work already within their scope of practice, while cultivating a personal relationship with ceremony and spirituality grounded in their own body, land, ancestry, and lived experience.

Intended For

- Psychedelic-assisted therapy practitioners
- Therapists integrating somatic, relational, and trauma-focused approaches
- Clinicians, psychologists, counsellors, and spiritual or pastoral care practitioners
- Group facilitators and process guides
- Breathwork, movement, and earth-based practitioners
- Community and retreat leaders
- Shamanic practitioners, energetic healers, and ceremonial leaders



Format

Online Training & Peru Immersion

Participants will complete twelve live online modules, followed by a seven-day immersion in Peru's Sacred Valley, where they will experience carefully held, trauma-informed ceremonies with Wachuma and Psilocybin.

The immersion becomes a living classroom - a place where the land, the medicine, and the ceremonial container itself become teachers, offering a felt sense of the principles explored throughout the programme.

Throughout the immersion, there will be guided practices, opportunities for self-inquiry, and spacious time for reflection and integration.

The intention is for participants to experience well-held ceremonial containers so they may later draw upon these frameworks with humility and discernment, adapting them responsibly within their own scope and cultural context.

Ethos & Scope

We do not teach or recreate closed Indigenous practices. We honour Indigenous wisdom through respect, reciprocity, and clear boundaries.

Lauren Brings:

- Her celtic heritage
- Her background in medicine and psychiatry
- Research in psychedelic-assisted therapy
- Trauma-informed psychotherapeutic skills
- Years of ceremonial apprenticeship, facilitation, and leadership within the psilocybin retreat setting

Beáta Draws Upon:

- Her hungarian lineage and european, earth-based traditions
- Professional training in the shamanic arts, energetic healing, yoga & dance
- Many years of ceremonial apprenticeship across Central and South America
- Extensive experience in ceremonial leadership

Both facilitators commit to working in integrity, with transparency around their lineages, lineages, training, and the limits of what is theirs to teach.

We invite Indigenous wisdom keepers and ceremonial practitioners to contribute to the training, offering teachings on Indigenous cosmologies, relational and land-based worldviews, and pathways for cultivating the right relationship with land, lineage, and community.

This programme strengthens your existing clinical, therapeutic, or ceremonial practice with grounded tools, ethical awareness, and embodied facilitation skills.

Training Structure:

Duration: August 2026 – January 2027

Format: Online & peru immersion

Immersion: 25th October – 1st November 2026 (7 days)

Modules: 12 live online workshops (2 hours, fortnightly), held on alternate Sundays from 9:00–11:00am UK (GMT) time. Please note that due to daylight saving changes, the equivalent time in other countries may shift slightly over the course of the training.

Cohort Size: 20 participants

Please Note:

This training program will include two additional modules to frame the journey with with greater intention and integration.

The first will take place on 26 July 2026, two weeks before we open the main container, container, and will serve as our opening ceremony and introductions.

The second will be held on 31st January 2027, offering a closing ceremony and integration session to complete and anchor the work.

These two sessions bookend the training, creating a clear beginning and a powerful, grounded completion for the entire program.



Programme Flow – August 2026 – January 2027

Phase I — Foundations Of The Bridge (August 2026 – October 2026)

The first three months establish the foundations of relational and ceremonial facilitation. Participants explore safety, ethics, energetic boundaries, and embodied presence while developing the inner architecture required to hold others in transformation.

Six live online modules introduce relational field-building, trauma-informed facilitation, ceremonial work, preparation and the principles of ‘right relationship’.

Phase II — Peru Immersion: Embodied Practicum (25th Oct – 1st Nov 2026)

We will arrive in Peru on 25th October to acclimatise and spend one day in ceremony with the Q'ero elders of the High Andes, wisdom keepers of an unbroken earth-honouring lineage.

Live-In Retreat – 27th Oct-1st Nov:

Held amidst the majestic Andes in the Sacred Valley. This five-night, six-day practicum anchors the teachings through direct ceremonial and workshop experience.

Participants will engage in two ancestral plant-medicine ceremonies with Wachuma (San Pedro Cactus) and Psilocybin (Sacred Mushrooms).

You will learn the energetic and logistical protocols of ceremonial facilitation, guided by a shamanic and earth-centred perspective of energy, space, protection, and alignment.

Throughout this immersion, you will deepen your connection with the land, awaken your unique gifts, and develop trauma-informed sensitivity through direct, lived experience of working with the wisdom of sacred earth medicines.

This immersion is a lived initiation into the heart of facilitation: walking the bridge between the measurable and the mysterious.



Phase III — Integration & Applied Practice (November 2026 – January 2027)

The final three months focus on integration, mentorship, and applied practice.

Participants synthesise their experiences through reflective study, peer supervision, and embodied application, anchoring their learning into both personal and professional life.

Six live online learning modules emphasise ethical leadership, sustainability, integration, energetics and relational care — ensuring that transformation becomes lived wisdom.



BRIDGING WORLDS: OUTLINE



Modules 1-6
(pre-peru immersion)

Module 1

Building The Bridge: Clinical, Somatic, Relational & Ceremonial Perspectives

Date: 9th August 2026

Overview

This opening module establishes the foundations for expanded-state facilitation by integrating clinical science, somatic intelligence, relational presence, and earth-centred ceremonial understanding. It highlights that healing unfolds within a field far larger than the individual.

Participants explore how medical, psychological, somatic, earth-centred, energetic, and archetypal perspectives contribute to safe, ethical, and transformative work.

We examine the foundations of psychedelic-assisted therapy alongside the ceremonial principles that have guided healing for millennia; including the importance of intention, integrity, reciprocity, humility, and alignment with the unseen forces that shape the transpersonal field.

Participants also learn the core responsibilities of a facilitator: screening, preparation, risk assessment, container that honours body, and cultivating a regulated and attuned therapeutic psyche, spirit, and land.

This module invites deep self-inquiry, encouraging practitioners to clarify their motivations, values, and capacity. By grounding themselves in integrity, relational awareness, and presence from the outset, participants begin the programme anchored in clarity and responsibility.

This foundational module opens the programme with an embodied recognition of the privilege, power, and stewardship involved in supporting expanded states.



Themes

- Clinical, somatic, relational, and transpersonal awareness
- Foundations of psychedelic-assisted therapy
- Therapeutic presence and relational attunement
- Intention, integrity, and facilitator self-awareness
- Energetic and emotional safety in expanded-state work



Practices

- Facilitator motivation inquiry and values clarification
- Mapping personal edges, strengths, and limitations
- Reviewing evidence-based models for screening, preparation, dosing, and integration
- Establishing a safe, compassionate, regulated therapeutic container
- Exploring how clinical, somatic, relational, archetypal and ceremonial frameworks complement one another

Learning Outcomes

- Describe key models and frameworks underlying psychedelic-assisted therapy
- Articulate how scientific, somatic, relational, and ceremonial knowledge shape facilitation
- Recognise and identify psychological, medical, relational, and energetic risks and contraindications
- Apply trauma-informed and earth-centred principles that support safety, trust, and attunement
- Clarify personal motivations and engage in ethical self-reflection as an ongoing practice
- Establish the foundational awareness needed for the deeper ceremonial, somatic, and group-process that will be explored throughout the training programme



Module 2

Shamanic Principles Of Ceremony & The Living World

Date: 23rd August 2026

Overview

This module offers a deep immersion into the ceremonial architecture that underpins transformative work across earth-based and shamanic traditions. We explore the full ceremonial arc - from intention setting to invocation, energetic structuring, boundaries, and closure—and learn how these elements create the safety, depth, and coherence necessary for meaningful expanded-state experiences.

Participants will examine the role of the facilitator as a steward of the energetic container, understanding how intention shapes the field, how energy is directed or held, and how boundaries influence safety. The module also introduces earth-centred cosmologies: working with elements, seasons, cycles, the land as teacher, and the more-than-human world as an active participant in healing.

Rather than replicating any specific lineage, this module teaches the universal principles that honour the spirit of ceremony while remaining culturally respectful and adaptable to diverse contexts. We explore how to open and close space with clarity, how to invoke support ethically, and how to engage with nature in a way that is grounded, reciprocal, and relational.

By the end, participants gain a deeper understanding of the ceremony as a living, breathing container that holds, guides, and amplifies the healing process.

Practices

- Intention, invocation, and cultivating energetic safety
- Creating boundaries and skilfully opening and closing ceremonial space
- Attuning to land, elements, and the living world through nature-based practice
- Invocation practices that anchor the field, invite guidance, and orient the group
- Working with altar-building, sacred tools, and symbolic anchors

Learning Outcomes

- Understand and articulate the structure, purpose, and flow of the ceremonial arc
- Engage with earth-centred practices ethically and respectfully, demonstrating awareness of cultural context and avoiding appropriation
- Maintain clear energetic boundaries as a core element of safety
- Anchor intention in ways that stabilise, deepen, and orient the container
- Recognise and describe the role of nature, cycles, and the unseen in shaping the ceremonial field

Module 3

Trauma-Informed Facilitation & Somatic Awareness

Date: 6th September 2026

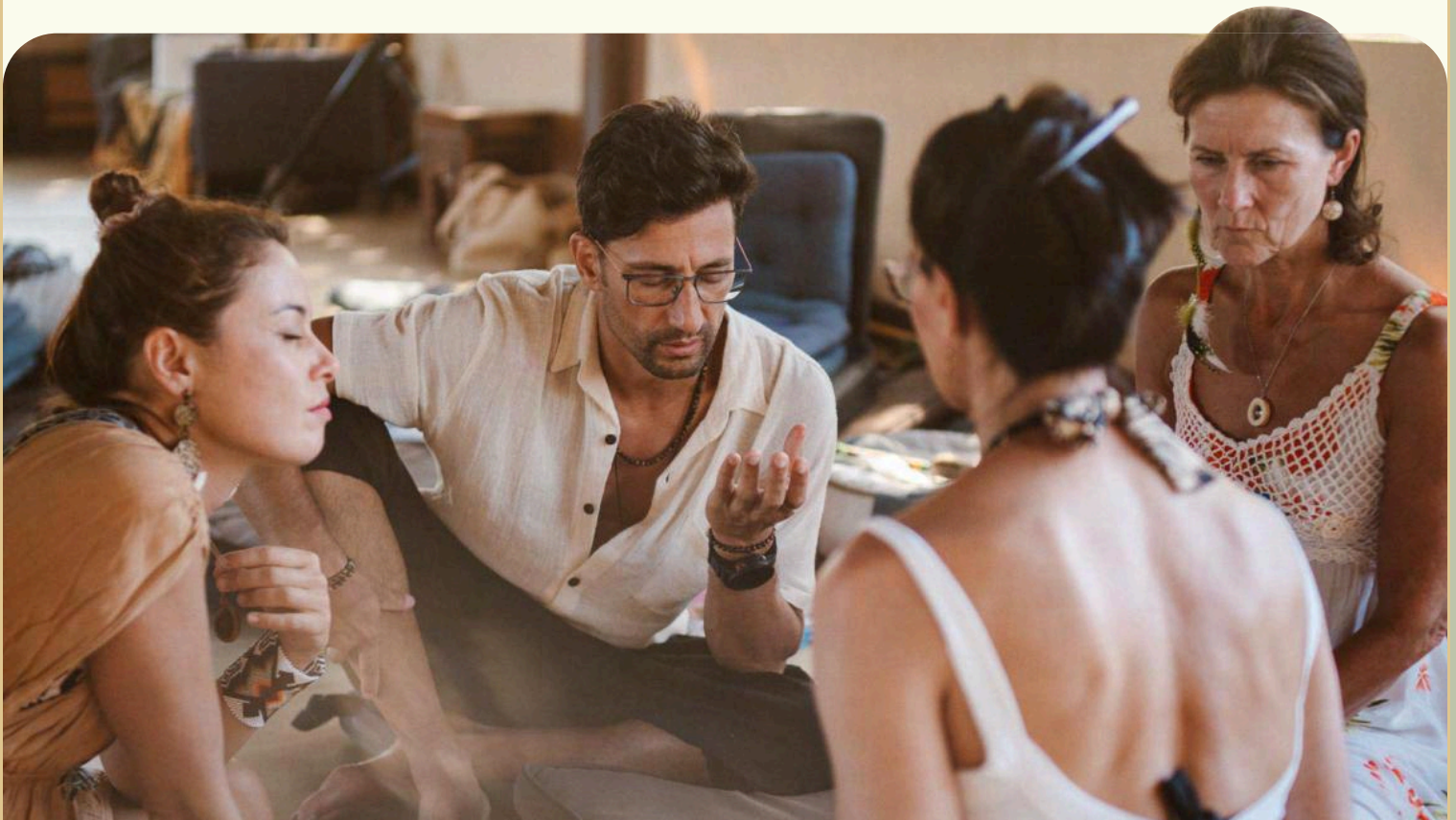
Overview

This module establishes the essential trauma-informed foundations required for safe and ethical psychedelic or ceremonial facilitation. We explore how trauma lives in the body, how the nervous system responds to expanded states, and how facilitators can recognise the difference between overwhelm, activation, dissociation, emotional release, and transpersonal emergence.

Participants develop literacy in pacing, titration, pendulation, and nervous-system regulation - the core skills that allow facilitators to hold intensity without destabilising the field. We examine how trauma histories shape the way people enter and move through altered states, and how the facilitator's presence, regulation, and attunement profoundly influence the safety and depth of the experience. We explore the ethics of touch within ceremonial and clinical contexts, highlighting the importance of ongoing consent, sensitivity, and the somatic nuance needed to ensure that any physical contact supports, rather than interrupts, a participant's process.

We also look at trauma through a relational and systemic lens: early attachment patterns, power dynamics, unprocessed emotion, and how the body communicates what words cannot. This module emphasises sensitivity, discernment, and the ability to track subtle cues with precision and compassion.

By the end of this module, participants gain the capacity to support strong processes safely, prevent retraumatisation, and help individuals access empowerment rather than overwhelm.



Practices

- Somatic tracking tools for reading breath, micro-movements, and autonomic shifts
- Co-regulation techniques using presence, tone, rhythm, and grounded contact
- Titration and pendulation exercises to support gentle release and prevent overload
- Mapping nervous-system states (ventral, sympathetic, dorsal) during altered states
- Facilitator regulation practices for staying grounded in intensity

Learning Outcomes

- Identify and differentiate trauma responses that may arise in altered and expanded states
- Support participants in maintaining regulation during psychedelic or ceremonial processes
- Demonstrate clear understanding of informed consent for touch and identify what forms of touch are and aren't appropriate
- Apply pacing, titration, and containment to maintain a safe, coherent ceremonial or therapeutic container
- Recognise early signs of dysregulation, shutdown, freeze, or overwhelm
- Maintain facilitator regulation as a primary stabilising force in the field
- Create trauma-informed, somatically attuned frameworks for preparation, facilitation, and integration



Module 4

Walking Between Worlds: Clinical, Ceremonial & Cultural Frameworks For Altered States

Date: 20th September 2026

Overview

This module brings together a multidisciplinary guest panel of clinicians, ceremonialists, researchers, and lineage holders to explore how different traditions understand, navigate, and support altered states of consciousness. From medical and psychotherapeutic perspectives to earth-based, ancestral, and ceremonial frameworks, we examine how each lineage approaches the territories that open in expanded states - emotionally, somatically, symbolically, and spiritually.

Participants gain a deeper understanding of the similarities, differences, and shared principles across traditions, learning how various cultures relate to healing, insight, crisis, emergence, and integration. This dialogue illuminates the strengths and limitations of each system, offering a broader and more nuanced understanding of what it truly means to “walk between worlds.”

This module invites humility, curiosity, and respect - highlighting that no single tradition holds all the answers, and that responsible facilitation emerges from ongoing learning, cultural awareness, and cross-disciplinary dialogue.



Practices

- Cross-lineage reflections with guest panelists
- Explorations of how different frameworks interpret and respond to the same altered-state phenomena
- Case discussion and comparative analysis through real examples
- Inquiry into personal biases and assumptions about consciousness and healing

Learning Outcomes

- Compare clinical, ceremonial, community-based, and ancestral approaches to altered states
- Understand diverse frameworks for supporting emotional, somatic, symbolic, and transpersonal experiences
- Recognise the strengths, risks, and ethical considerations of each model
- Integrate cross-traditional insights into safe, grounded, and culturally respectful facilitation
- Develop a more expanded worldview around consciousness, healing, and the role of the facilitator



Module 5

Screening, Preparation & Therapeutic Frameworks

Date: 4th October 2026

Overview

This module offers a comprehensive exploration of preparation as the foundation of all safe psychedelic or ceremonial work. Preparation determines how a participant enters the process, how well they are resourced, and whether the experience will unfold within a container of psychological, emotional, and energetic safety.

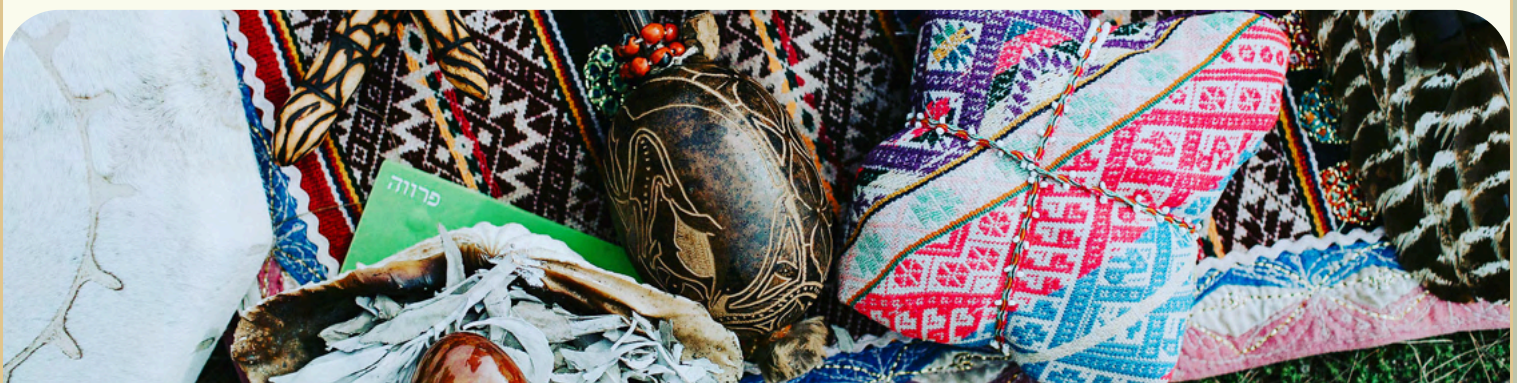
We dive deeply into the elements of set (mindset, readiness, psychological history, intention, expectations) and setting (environmental conditions, ceremonial architecture, relational field, and safety). Participants learn how to establish strong preparation frameworks that reflect best practice in psychedelic-assisted therapy as well as ethical ceremonial facilitation.

This module includes detailed training in screening and assessment: evaluating psychological stability, medical and psychiatric contraindications, trauma history, support networks, and the participant's capacity for integration. We also explore the nuances of informed consent - not just as a legal requirement, but as a relational and ethical agreement that helps support trust and autonomy.

By the end of this module, participants will understand how thorough preparation helps reduce risk, anchors the experience, and sets the ground for transformative and well-integrated outcomes.

Practices

- Screening and readiness assessments
- Practising consent as an ongoing, relational process alongside formal consent protocols
- Intention-setting frameworks for therapeutic and ceremonial contexts
- Preparing participants for somatic, emotional, cognitive, or spiritual emergence
- Mapping internal resources and external support systems



Learning Outcomes

- Conduct comprehensive screening and assessment for clinical or ceremonial settings
- Build safe, ethical, and trauma-aware preparation processes
- Recognise psychological or medical situations where participation is contraindicated
- Support participants in forming grounded, meaningful intentions
- Communicate expectations clearly and establish collaborative consent
- Prepare individuals for the full arc of the experience, including activation, challenge, and integration



Module 6

Ethics, Cultural Humility & Scope of Practice

Date: 18th October 2026

Overview:

This module explores ethics not as a checklist or abstract academic concept, but as a living relational practice—something enacted moment by moment in how facilitators listen, respond, hold power, and remain accountable.

We examine the subtle dynamics that arise when working in expanded states: projection, idealisation, dependency, authority, and the unconscious ways facilitators may overreach or act outside their scope. Participants learn to recognise the limits of their training, the importance of appropriate referral pathways, and how to ground their work in transparency and integrity.

We also explore cultural humility through a decolonial lens, inviting awareness of how expanded-state work intersects with Indigenous traditions, land-based knowledge systems, and community-held ceremonial practice. We look at how personal healing is embedded within broader cultural, historical, and social contexts - including the ways intergenerational trauma, oppression, and marginalisation may emerge in expanded states.

Through a multidisciplinary guest panel, participants learn from clinical, Indigenous, ceremonial, and community lineages to deepen their understanding of how to work ethically across cultures and offer culturally responsible care.

This module cultivates the qualities needed for responsible, heart-centred facilitation: humility, discernment, and a commitment to right relationship.



Practices

- Cultural humility and deep listening
- Reflection on positionality, privilege, and cultural influence
- Reflective inquiry into how identity, culture, and lived experience shape the facilitator–participant relationship
- Inquiry into the facilitator’s motivations, power, and responsibility
- Boundary-setting exercises focused on consent, touch, and scope of practice
- Ethical dilemmas around ritual use in clinical settings (avoid misuse or misappropriation of ritual forms)
- Creating a personal Code of Ethics

Learning Outcomes

- Demonstrate ethical clarity grounded in relational awareness and attunement
- Understand and work within scope, capacity, and professional limitations
- Recognise projection, idealisation, and authority dynamics—and respond with humility
- Apply decolonial and community-aware principles in both clinical and ceremonial contexts
- Engage cultural difference with respect, reciprocity, and non-appropriative practice
- Integrate cultural humility and awareness of power, privilege, and positionality into all aspects of facilitation
- Hold expanded-state containers with integrity, accountability, and right relationship to participants, land, lineage, and community



Peru Immersion —25th October – 1st November 2026

Date: 25th October to 1st November 2026

Location: Cusco, Sacred Valley, Peru

Leads: Beáta and Lauren, with Q'ero elders and local ceremonial practitioners

We gather in the Sacred Valley, where the land, the mountains, and the waters become our teachers. The immersion is not separate from the training, it is the living heart of it, where what has been explored in theory is embodied through direct experience.

Opening with Q'ero Elders - Tipon, 26th October

We begin our journey by sitting with Q'ero elders, wisdom keepers of an earth-honouring tradition.

We take part in a Despacho ceremony, receive a traditional mesa cloth blessing, and offer prayers and gifts to Pachamama (Mother Earth), in gratitude and reciprocity.

Live in Retreat, Raices Inkas Retreat Centre, Sacred Valley - 27th October to 1st November

We then transition into a five-night, six-day immersion where participants participate in two plant medicine ceremonies with Wachuma and Psilocybin.

These are held within a contemporary, earth-centred ceremonial framework, led by trained practitioners.

Both ceremonies are grounded in trauma-informed, relational principles and honour the land and the traditions connected to these ancestral medicines.

The Immersion Also Includes:

- Participation in Despacho offerings with Q'ero elders in reciprocity to the land and community
- Daily integration circles and group processing
- Somatic practices, movement, and breath to support regulation and embodiment
- Voice activation and simple song practices to support expression and connection
- Nature based rituals, time with the land
- A traditional Temazcal ceremony, led by local practitioners

Throughout this week, participants will deepen their connection with the land, refine their capacity to respond to group fields in ceremony-informed spaces, and experience in their own bodies what it is to be held, seen, and guided through expanded states.



Entheogenic And Psychedelic Medicines Used For Our Peru Immersion

A Unified Perspective For Clinical & Ceremonial Training

Together, Wachuma (San Pedro Cactus) and Psilocybin mushrooms offer two pathways into expanded consciousness.

Wachuma works through the heart, perception, nature-connection, and relational coherence; Psilocybin works through the inner psyche, emotional roots, pattern dissolution, and deepened awareness.

One is a cactus medicine shaped by the Andean highlands and mescaline's expansive clarity; the other is a fungal ally shaped by Mesoamerican soil and psilocybin's introspective intelligence.

Both hold ancient lineages. Both require reverence, ethical frameworks, and trauma-informed facilitation. And both—when approached with humility, skill, and integrity—support profound transformation, healing, and remembrance of our inherent interconnectedness.

Wachuma — Ancestral Medicine Of The Andes

The ceremonial use of Wachuma dates back over 3,000 years to the Chavín culture of northern Peru.

Archaeological findings from Chavín de Huántar depict priests and healers in visionary communion with this cactus, using it to access altered states for healing, guidance, and spiritual governance.

Within Andean cosmology, Tsunaq/Wachuma is understood as a medicine of clarity and connection, one that lifts the veil between the seen and unseen worlds.

Mescaline, its primary psychoactive component, promotes a unique state of awareness—expansive yet grounded, visionary yet coherent—making it both a therapeutic ally and a ceremonial guide.

When held within ceremonial-based frameworks, Wachuma becomes a profound healer of emotional armour, disconnection, and spiritual fragmentation, restoring the individual to a state of relational harmony with land, lineage, and life.



Psilocybin — Niños Santos, The Sacred Mushrooms

Psilocybin mushrooms have a long documented history of ceremonial use across both Mesoamerica and ancient Europe. In Mesoamerica, Indigenous cultures used Niños Santos in structured ritual settings for healing, divination, and spiritual guidance. Unlike mescaline-based plant teachers such as Tsunaq/Wachuma, Psilocybin is a tryptamine-based medicine that shifts consciousness through a deeply introspective, neuro-somatic opening.

In ancient traditions, psilocybin mushrooms are revered as portals to emotional truth, ancestral memory, and direct spiritual insight. They illuminate the inner landscape, soften the conditioned mind, and support profound psychological and somatic release. Today, psilocybin mushrooms are widely recognised both clinically and ceremonially for its capacity to support trauma resolution, emotional integration, meaning-making, and reconnection to one's authentic self.

When held in a safe, intentional setting, the medicine guides the practitioner into a state of heightened awareness, clarity, and relational presence.



BRIDGING WORLDS: OUTLINE



Modules 7–12
(post-peru immersion)

Module 7

The Medicine Of Sound, Voice & Frequency

Date: 8th November 2026

Overview

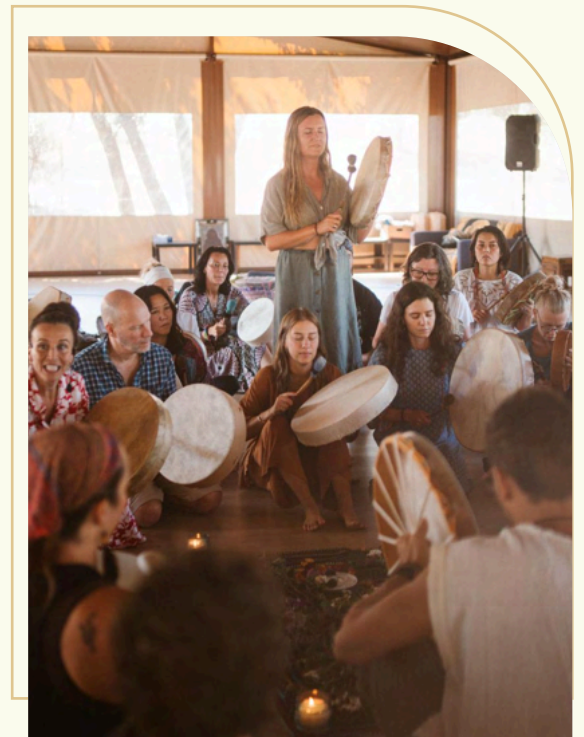
This module immerses participants in the therapeutic and ceremonial power of sound, exploring how vibration, tone, rhythm, and voice influence emotional states, somatic processes, and energetic movement. Sound has been used across cultures for thousands of years to regulate the nervous system, shift consciousness, activate insight, and support profound healing.

We explore the physiology and subtle energetics of sound—how frequency affects the vagus nerve, breath patterns, and emotional centres, and how rhythm and repetition can deepen trance states or support grounding. Participants learn to use their voice as an instrument of presence, not performance, and to facilitate sound with humility, clarity, and intention.

This module also examines how to incorporate sound ethically within ceremony and clinical settings, discerning what supports the field, what overwhelms it, and how to listen for what the moment truly requires. By developing attunement to both subtle and overt soundscapes, facilitators learn to create an environment that honours the process without imposing upon it.

Practices

- Voice activation practices, working with resonance, breath, tone, and vocal grounding
- Guided drum-journey facilitation and rhythmic entrainment for altered-state support
- Tracking vibrational effects on the body, psyche, and group field
- Sound-based co-regulation techniques for stabilising individuals and groups
- Practices for listening deeply to the field and responding intuitively



Learning Outcomes

- Facilitate sound in ways that support grounding, emotional release, and somatic integration
- Understand how frequency, tone, and rhythm influence the nervous system and emotional states
- Use voice, rhythm, and vibration with clarity, restraint, and ethical responsibility in ceremony
- Apply sound as a stabilising and co-regulating modality during expanded states
- Discern when sound enhances the process and when silence is the deeper medicine
- Gain confidence in integrating sound-based tools into both clinical and ceremonial containers



Module 8

Energetic Attunement & Subtle Field Awareness

Date: 22nd November 2026

Overview

This module develops the facilitator's capacity to perceive, interpret, and respond to the subtle energetic dimensions that arise within both ceremonial and clinical spaces. We explore how energy moves through individuals, groups, and the wider field, and how facilitators can cultivate the sensitivity required to track these movements without becoming overwhelmed or over-identified.

Participants learn skills for grounding, centring, and maintaining coherence in themselves, as well as practices for stabilising the collective container. We explore the interplay between intuition, somatic perception, nervous-system awareness, and the energetic "architecture" that holds the ceremonial process.

This module also addresses energetic hygiene—how to recognise what belongs to you, what belongs to the group, and how to maintain clarity, boundaries, and integrity amidst expanded states. Facilitators learn how to sense shifts in the field, notice where energy becomes diffuse or concentrated, and respond in ways that support safety, flow, and coherence.

By the end of this module, participants will have a grounded understanding of how to track energy ethically, without bypassing clinical insight or inflating spiritual interpretation.

Practices

- Grounding and clearing practices for facilitators
- Exercises for sensing and maintaining field coherence
- Boundary and protection techniques (somatic, energetic, and psychological)
- Tracking subtle shifts in individuals and group dynamics
- Practices for recentring and stabilising the container

Learning Outcomes

- Track energetic shifts within individuals, groups, and the container
- Maintain clear, healthy boundaries and avoid energetic enmeshment
- Sustain coherence and stability during intense or expanded processes
- Discern between intuition, projection, and genuine field perception
- Support ceremonial and clinical spaces with clarity, attunement, and grounded presence



Module 9

Facilitating Altered States & Supporting Non-Ordinary Experiences

Date: 6th December 2026

Overview

This module offers an in-depth exploration of the psychological, somatic, and transpersonal landscapes that may arise during non-ordinary states of consciousness. We explore emotional catharsis, somatic release, archetypal and mythic emergence, ego dissolution, symbolic or visionary encounters, and the broader spectrum of transpersonal experience.

Participants learn how to meet these states with presence, steadiness, and discernment—neither pathologising what is emerging nor romanticising it. We explore how to track the nervous system during deep processes, how to differentiate between trauma activation and genuine transpersonal expansion, and how to remain attuned when the field becomes complex, unpredictable, or highly charged.

This module teaches facilitators how to support without overwhelming, guide without interfering, and anchor without directing or constraining the experience. We explore containment, stabilisation, and reorientation skills, along with an understanding of when to intervene, and when to witness and maintain a grounded, loving presence.

By the end, participants gain clarity on how to walk with others through deep psychic, somatic, and spiritual thresholds with presence, humility, and grounded clinical-ceremonial sensitivity.



Practices

- Techniques for holding intense somatic or emotional release
- Non-interference principles and discerning when to gently anchor
- Working with mythic, symbolic, archetypal, or visionary material
- Containment, stabilisation, and reorientation protocols
- Mapping altered states and recognising signs of overload



Learning Outcomes

- Recognise categories and presentations of altered states (somatic, emotional, symbolic, archetypal, transpersonal)
- Work skillfully with emotions, beliefs, memories, and patterns of thought that arise during psychedelic experiences
- Attend to somatic processes, embodied experience, and nervous-system regulation
- Maintain regulation and grounded presence when the field becomes intense or multilayered
- Offer grounded support without interrupting necessary processes
- Discern when stabilisation or intervention is needed
- Facilitate meaning-making and integration after peak, challenging, or disorienting experiences
- Support participants through expanded states with both clinical skill and ceremonial awareness



Module 10

Relational Awareness, Therapeutic Presence, Group Dynamics & Shadow Work

Date: 20th December 2026

Overview

This module deepens the relational foundations of facilitation—an essential pillar of both clinical psychedelic work and ceremonial leadership. We explore how human attachment patterns, early conditioning, and relational wounds shape the way participants show up in expanded states, and how facilitators can remain attuned, grounded, and responsive in the face of intensity.

We examine the intricacies of projection, transference, and countertransference, and how these dynamics subtly influence the field. Participants also learn to recognise their own shadow material, blind spots, unmet needs, and unconscious motivations—the parts that, if unexamined, can disrupt safety or distort the container.

Group dynamics are understood as living ecosystems. We explore how groups bond, split, polarise, harmonise, and move through cycles of rupture and repair. This module cultivates relational maturity, discernment, and the ability to hold complexity with clarity, compassion, and ethical integrity.

Practices

- Relational presence and attunement practices
- Experiential transference/countertransference exercises
- Rupture–repair role play and relational practice
- Group-field sensing, mapping, and collective nervous-system tracking
- Facilitator shadow, pattern, and blind-spot inquiry
- Reflection on power dynamics and facilitator over-identification



Learning Outcomes

- Understand how non-ordinary states amplify relational dynamics
- Maintain relational attunement in altered-state contexts
- Recognise and navigate projection, transference, and countertransference
- Understand facilitator shadow patterns and engage in ongoing accountability and self-reflection
- Work skillfully and sensitively with group dynamics, including bonding, splitting, and polarisation
- Cultivate a therapeutic presence grounded in ethical integrity, compassionate and an embodied awareness that supports deep attunement and safety in expanded-state work
- Develop the capacity to remain regulated and present so participants feel safe and supported during intense or altered states

Module 11

Integration: Making Meaning & Embodying Insight

Date: 10th January 2027

Overview

This module explores integration as the continuation of the ceremony—the ongoing, and relational process through which insights take root, reshape long-held patterns, and translate into embodied, meaningful change. We examine somatic, emotional, behavioural, cognitive, and symbolic pathways of integration, alongside the relational, communal, and environmental supports that help anchor expanded-state experiences over time.

Participants learn to recognise signs of incomplete integration, support stabilisation after challenging processes, and guide individuals toward practical, heart-aligned, and sustainable change. We also introduce the understanding that challenges arising during or after expanded-state experiences—such as resistance, contraction, or difficult emotional material—can be invitations into shadow work, unmet needs, or protective parts ready to be met. When approached with curiosity, compassion, and support, these challenges often become powerful opportunities for insight, repair, and growth.

We also explore how to discern when a participant requires additional therapeutic, psychiatric, or community support, and how to make referrals that honour one's scope of practice. Facilitators learn to assess integration needs, participate in reflective supervision, and strengthen their therapeutic presence throughout the post-ceremony and post-dosing phase.



Practices

- Integration mapping and reflective frameworks for meaning-making
- Somatic anchoring practices to stabilise insight in the body
- Creative and symbolic integration processes (art, movement, writing, ritual)
- Ritual closure, continuity practices, and next-step planning
- Group-based integration circles for relational holding, collective understanding, and shared meaning-making



Learning Outcomes

- Facilitate comprehensive and personalised integration plans
- Identify and respond to overwhelm, fragmentation, destabilisation, or incomplete integration
- Support the integration of challenging psychedelic experiences through practical, ethical, and culturally informed approaches that minimise harm, avoid pathologising, and strengthen participants' own meaning-making and wellbeing in the weeks that follow
- Support behavioural alignment with values and long-term change
- Guide participants to embody their insights through practice, relationship, and daily life
- Understand integration as a continuous, relational, and embodied phase of the journey, not a one-time intervention



Module 12

Ceremonial Leadership, Apprenticeship & The Initiatory Path

Date: 17th January 2027

Overview

This final module honours the evolution of the facilitator's path—leadership as service, apprenticeship as lifelong practice, and initiation as an ongoing, humbling dialogue with the unseen, the land, and the communities we serve.

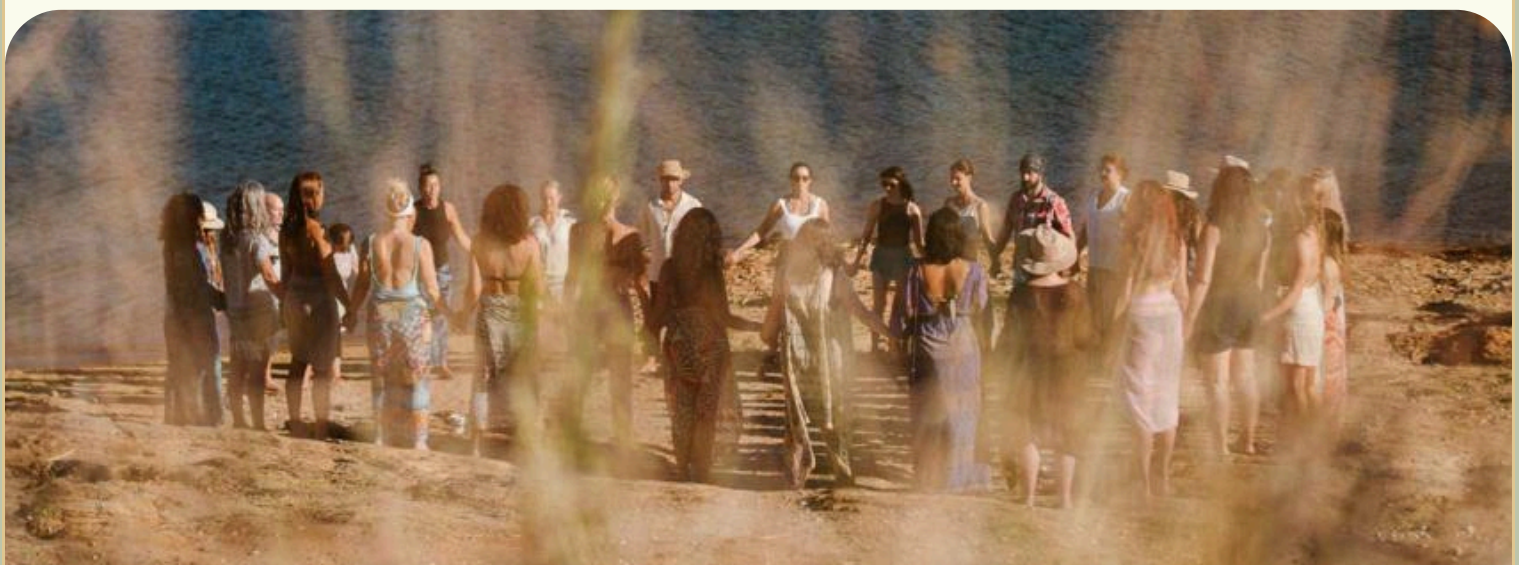
We explore the initiatory thresholds that shape facilitators, the ethics of leadership, and the movement away from hierarchical “guru” models toward collective, relational, earth-honouring stewardship.

Practices

- Lineage reflection and ancestral connection work
- Initiatory threshold mapping
- Wounded healer archetype reflection and transforming wounds into wisdom
- Supervision frameworks and long-term development planning
- Relational development: apprenticeship, mentorship & leadership

Learning Outcomes

- Demonstrate ethical, grounded ceremonial leadership
- Understand initiation as an ongoing path of self-reflection, learning, and responsibility
- Recognise and honour the responsibilities to community, land, and lineage
- Lead with a balance of clinical skill and ceremonial sensitivity, while staying humble, transparent about your role, and in right relationship
- Commit to ongoing apprenticeship, supervision, and long-term personal development



What We Are Offering

Bridging Worlds is an experiential practitioner training designed for guides, spaceholders, psychedelic-assisted therapy practitioners, ceremonialists, and shamanic practitioners seeking to support expanded states with ethical grounding, relational and trauma-informed awareness, somatic attunement, ceremonial competency, earth-centred sensitivity, and clinical skill.

This training integrates clinical psychedelic therapy, somatic and relational frameworks, and contemporary earth-based ceremonial practices, supporting you to become a responsible, ethical, and well-resourced facilitator.

Of Note:

We do not root this training in a single lineage.

We do not recreate or teach Indigenous ceremonial forms.

We do not offer a clinical certification or an alternative to accredited psychedelic-assisted therapy training. This programme is designed to complement, rather than replace, formal clinical pathways in psychedelic-assisted therapy.

We offer a living Bridge - woven from remembrance, ceremony, and the unseen threads that root us to land, lineage, and one another. Held with cultural awareness, trauma-informed care, and heart-led facilitation.

We offer an opportunity to cultivate a living connection to ceremonial and spiritual work that is deeply personal. One that is informed by the wisdom of those who have walked before you - both your own ancestors as well as the wisdom keepers of multiple traditions, and supports you to put the pieces together in a way that is true to you and avoids cultural appropriation and inspires a developing relationship with your own land and lineage.



Guiding Principles:

1. Bridging Clinical & Ceremonial Wisdom

This training brings together:

- Clinical psychiatry and psychology
- Earth-based ritual, shamanic practices and ceremonial literacy
- Somatic and trauma-informed therapy
- Relational and group process work
- Personal healing work and spiritual development

Rather than positioning these worlds as separate or opposing, this training teaches facilitators to hold clinical and ceremonial wisdom in dialogue. Instead of choosing one or rejecting the other, we explore how each can deepen, balance, and refine the other - creating a more integrated way of holding space.

2. Different Ways Of Knowing

In this training we honour that healing and transformation arise through many different ways of knowing. Modern science offers one lens, grounded in research, neuroscience, and clinical practice. Indigenous and earth-based traditions offer another, informed by relational cosmologies, ancestral wisdom, and an understanding of consciousness that extends beyond the individual. Somatic knowing speaks through sensation, breath, and the intelligence of the nervous system. Relational knowing emerges between people in attunement, presence, repair, and the field we co-create. Symbolic and archetypal knowing expresses itself through imagery, dreams, myth, and the psyche, while spiritual or mystical knowing invites us into mystery, unity, and connection with the unseen.

Rather than privileging any single lens, this programme invites you to explore how these ways of knowing complement, challenge, and illuminate one another. Each offers truths and limits. Bridging Worlds is not about blending these traditions into a single worldview, but about learning to hold them in dialogue with humility, discernment, and respect. In doing so, we cultivate facilitators who can navigate complexity, listen across cultures and lineages, and support others in expanded states with openness and reverence for the many forms that wisdom can take.

3. Relationship And Community

We begin from the understanding that healing is fundamentally relational, not transactional, not commodified, and not something one person does to another. It builds on the premise that healing is most potent when the clinical and the sacred are not held apart, but allowed to inform one another.

This training centres:

- Deep presence
- Relational attunement and co-regulation
- Group process, shared responsibility, and ongoing communities of care
- These relational principles echo the foundations of high-quality psychedelic assisted therapy, trust, transparency, ethical care, and accountability, while also honouring the ceremonial truth that we heal in and through community.

4. Embodied Practice

Facilitators learn to:

- Regulate their own nervous systems and recognise their limits
- Track somatic signals in themselves and others
- Notice activation, contraction, and trauma responses in the field
- Stay grounded in altered state containers even when things are intense

This embodied awareness is essential whether working in psychedelics, breathwork, ceremony, or any expanded state context.

5. Ethical Presence And Stewardship

We explore:

- Trauma-informed practice and appropriate pacing
- Cultural awareness and deep listening
- Consent, boundaries, and scope of practice
- Power dynamics, projection, and facilitator ego
- Rupture, repair, and accountability
- Stewardship and service rather than ego or ownership

In this training, ethics are understood as a living practice. They shape how we honour the work and stay in right-relationship with one another, with the communities we serve, and with the lands and lineages from which many of these practices emerge.



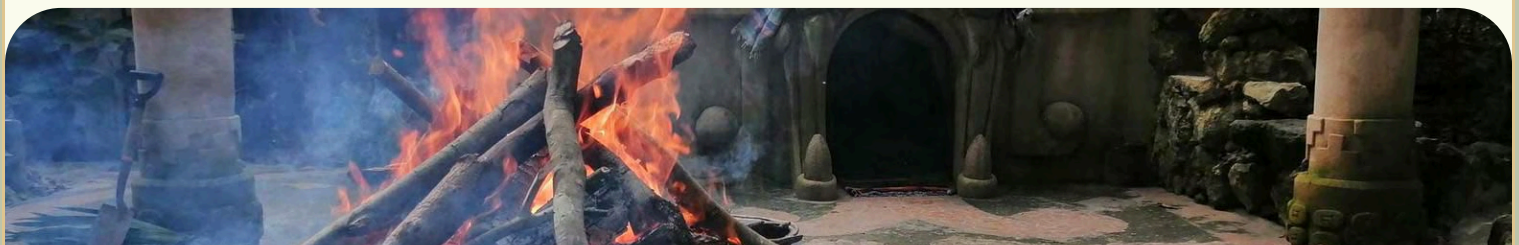
6. Our Position

This program is not Indigenous led and we name this clearly as part of our ethical responsibility. At the same time, we honour that everyone has ancestral roots, and we invite participants to relate to their own lineages as part of this experience.

Beáta draws on her Hungarian Ancestral Roots and European earth-based traditions, formal training in the shamanic and healing arts, and extensive ceremonial apprenticeship across Central and South America.

Lauren brings her Celtic heritage, together with her professional training in psychiatry, psychedelic-assisted therapy research, trauma-informed psychotherapy, and years of experience facilitating psilocybin ceremonies and group processes.

We honour ancestral and indigenous wisdom through explicit respect, reciprocity, and by not claiming or teaching protected practices. We are clear that Q'ero ceremonies are received as acts of honouring and gratitude, rather than as training in this lineage.



7. Safety And Clinical Grounding

A strong clinical backbone runs through the training, including:

- Core psychedelic principles and safety considerations
- Risk assessment and management
- Trauma informed navigation of difficult or overwhelming experiences
- Understanding countertransference and projection
- Consent and boundaries in altered state work

This foundation supports modern psychedelic practitioners to work in ways that are responsible, grounded, and aligned with best practice, whether they are in clinical, community, or retreat based settings.

8. Structured Mentorship And Development

Throughout the training, we support your:

- Personal growth and capacity to self-reflect
- Professional development and facilitator identity
- Ongoing integration and reflective practice
- Access to supervision and peer support

It is a developmental pathway that asks for maturity, humility, and willingness to continue learning long after the six months formally end.

Who This Training Is For:

This Training Is For Practitioners Who Want To:

- Become more embodied, integrated, and trustworthy in their facilitation
- Deepen their attunement to individuals, groups, and the land
- Hold deeper and safer spaces for expanded states
- Honour the work without appropriation or spiritual bypass
- Bridge science, therapy, spirit, and nature in an authentic way
- Grow personally and professionally while remaining accountable and in community

It is also for those who recognise that working with altered states is not a technique but a vocation, and who feel called to step into that vocation with devotion, clarity, and care.



Our Commitment

Our commitment is to prepare facilitators who can steward altered states with depth, humility, competence, and heart, while upholding ethical clarity, cultural respect, and accountability.

We aim not to create experts set apart from others, but practitioners who stand with others - engaged, relational, and in continuous dialogue with the communities, lands, and traditions that inform this work.

By choosing this path, you are not entering a fast-track certification. You are entering a discipline that asks for your whole being: to listen deeply, evolve continuously, and recognise that every circle you participate in belongs to a broader web of life, spanning ancestors and descendants, humans and more-than-human kin, the visible and the intangible.

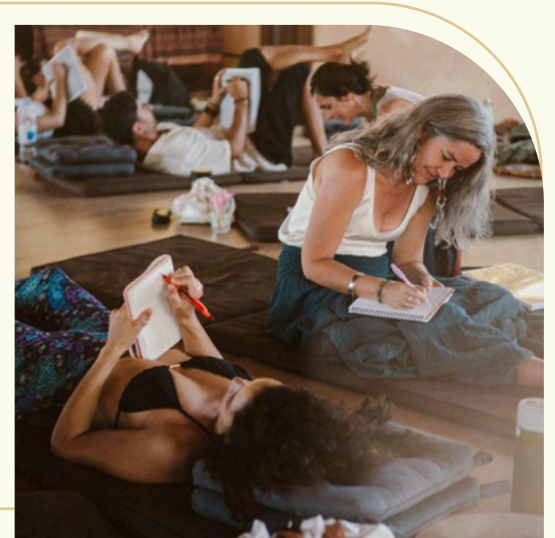


Programme Learning Outcomes

Upon completion of Bridging Worlds, participants will be able to:

Clinical & Psychedelic-Assisted Competencies

- Demonstrate knowledge of current research, ethics, and therapeutic frameworks that inform safe psychedelic-assisted practice.
- Apply and adapt trauma-informed principles to preparation, facilitation, and integration, honouring the pace, autonomy, and innate wisdom of each participant.
- Conduct comprehensive psychological screening and readiness assessments, evaluating risk, stability, contraindications, and suitability for psychedelic experiences in both clinical and ceremonial contexts.
- Recognise, track, and respond to trauma responses and dysregulation states, holding a grounded and attuned presence throughout.
- Maintain therapeutic presence with nuance and skill, responding appropriately to emotional, somatic, imaginal, archetypal, and spiritual material as it arises within expanded states.
- Design and implement effective integration pathways that support meaning-making, behavioural change, emotional processing, and long-term wellbeing.
- Identify and support ongoing integration difficulties as they arise, offering continuity of care and making appropriate referrals to therapeutic, psychiatric, medical, or community resources when additional support is needed.



Ceremonial, Earth-Based & Energetic Competencies

- Create and hold a safe, coherent ceremonial container grounded in integrity, clarity, and intention.
- Work respectfully with elemental, earth-based, and nature-led frameworks in ways that honour cultural lineages, avoid appropriation, and deepen connection to land and ancestry.
- Facilitate sound, voice, and frequency-based practices for emotional, somatic, and energetic transformation within group and individual processes.
- Track, interpret and respond to energetic movement, maintain boundaries, and uphold the integrity of ceremonial space.
- Navigate group dynamics, facilitator shadow, projection, and power with awareness and humility.
- Recognise and support mythic, archetypal, and initiatory processes, helping participants through transformative thresholds.

Professional & Ethical Competencies

- Uphold and evaluate clear ethical boundaries, cultural sensitivity, and professional codes of conduct across both clinical and ceremonial spaces.
- Demonstrate and cultivate self-awareness, emotional regulation, and embodied presence as a facilitator.
- Integrate clinical, somatic, relational, and ceremonial methodologies into a cohesive, responsible approach.
- Document, assess, and reflect on sessions using structured reflection, supervision, and feedback processes to support ongoing professional growth.
- Recognise the limits of one's scope of practice and respond with humility and discernment, collaborating with or referring to appropriate therapeutic, medical, or shamanic/spiritual practitioners when participant needs extend beyond one's expertise.
- Engage in ongoing personal development, including self-care, contemplative practice, and reflective inquiry.

Programme Completion Requirements

- We ask that students attend the retreat in Peru, with a commitment to participating in the experiential practices offered within this immersion. Acceptance onto the retreat follows a medical and psychological screening process.
- Students must attend at least 8 out of the 12 workshop classes live, and complete their self-practice/reflection between each workshop.
- If students do not attend the teaching classes live, they will need to ensure that they watch the recordings.
- Completion of all elements of this programme leads to a Bridging Worlds certificate of completion, not a clinical qualification or licence to practise psychedelic-assisted therapy.



PROFESSIONAL BIOGRAPHIES:



Dr Lauren Macdonald

Dr Lauren Macdonald is a psychiatry doctor, psychedelic-assisted therapist, and group retreat facilitator working at the meeting point of science, soul, and spirit. Her work bridges Western medicine with traditional and earth-based healing approaches to support whole-person wellbeing, transformation, and flourishing.

At the Centre for Psychedelic Research at Imperial College London, Lauren has served as a clinical trial doctor and psychedelic therapist on pioneering studies exploring psilocybin-assisted therapy for anorexia nervosa and fibromyalgia, and DMT for treatment-resistant depression.

Alongside her clinical work, Lauren facilitates group retreats and leads experiential trainings that advance safe and ethical psychedelic-assisted therapy. Twice yearly, she co-hosts The Reconnection, a 12-week women's psilocybin and somatic retreat programme. She is particularly passionate about the group model, where profound relational healing, shared insight, and a sense of communitas can emerge within a strong and supportive container.

Lauren's integrative approach to health and healing grew out of her personal journey with stage IV cancer a decade ago. That experience opened the door to a more holistic way of working—one that honours the full spectrum of the human experience: body, mind, heart, and spirit. It also revealed what is so often missing in conventional medicine and led to the co-founding of Essence Medicine, an organisation offering psycho-spiritual support to individuals navigating life-threatening illness. She is also co-founder of End Wise, an Australian initiative expanding access to psilocybin-assisted therapy in palliative care.

Her work is informed by formal training in psychology and medicine, as well as studies in yoga, Mindfulness-Based Stress Reduction, Compassionate Inquiry, MDMA-assisted therapy, nutritional and environmental medicine, and nature-based therapeutic modalities. Lauren's understanding of healing is also shaped by earth-based wisdom traditions, shamanic facilitator training, and a deep reverence for diverse ways of knowing and being.

<https://drlaurenmacdonald.com/>



PROFESSIONAL BIOGRAPHIES:



Beáta Alföldi

Beáta Alföldi is an international retreat leader, medicine woman, author, shamanic practitioner, ceremonial leader, sound healer, workshop facilitator, seer, and keynote speaker known for guiding individuals through profound transformation.

After a longstanding career in professional dance, theatre and choreography. Beata's path with sacred plant medicines and earth-centred practices began in 2007, in the Amazon and Andes of Peru, where she worked closely with curanderos and curanderas.

She later created the Integral Woman programme for the Awareness Institute in Sydney, where she completed a two-year diploma in Shamanic and Energetic Healing, and went on to design an internationally accredited training for shamanic practitioners, therapists, ceremonialists and spaceholders.

Beáta is recognised for the grounded, deeply transformational spaces she holds, where people are invited into true healing, empowerment, and evolution. She works with emotional depth and integrity, helping individuals meet and move through their most tender and formative wounds. Often described as a “spiritual midwife,” she supports others in birthing their most authentic and liberated selves.

She contributed a chapter to Shamanism for the New Millennium, an Amazon #1 bestseller. Her internationally accredited shamanic training and facilitation programs, workshops, ceremonies, and retreats are offered worldwide.

She is a sought-after teacher, ceremonial leader and speaker.

Beáta's work is infused with her own lived experience. She has not only walked but has also transformed immense grief and hardship, including the loss of her only son in childbirth. This initiatory journey informs the depth, compassion, and clarity she brings to her service.

A full member of the International Energetic Healing Association, Beáta lives in the mountains of Sintra, Portugal. She is devoted to inspiring others to live lives that are authentic, free, empowered, and radiantly alive. She brings wisdom, courage, fierceness, and love to every space she holds.

<https://www.beataalfoldi.com/>



Guest Faculty

Puma Quispe Singona

Puma is a global ceremonial leader and wisdom keeper, who has shared Andean teachings internationally since the age of fifteen. Initiated at age six by a lightning strike, a sacred rite within his lineage, and trained by his grandfather, Don Maximo of the Rainbow Lineage. A master practitioner of Wachuma and Ayahuasca traditions from both coastal and Amazonian lineages, he is the founder of the Noqan Kani Global Community Centre in Chinchero, Peru - dedicated to preserving ancestral Andean wisdom. Through Pumadventures, he leads transformative journeys to Peru's sacred sites, guiding thousands in healing and awakening.

Joe Tafur, MD

Dr. Joe Tafur is a Colombian-American integrative medicine physician, trained curandero, author, and internationally respected teacher in psychedelic-assisted healing. He is the author of *The Fellowship of the River: A Medical Doctor's Exploration into Traditional Amazonian Plant Medicine* and his most recent book, *Medicine Song: Spiritual Healing and the Psychedelic Renaissance*, which explores the convergence of spiritual healing, Indigenous wisdom, and modern psychedelic therapies. Joe co-founded Nihue Rao Centro Espiritual, a traditional healing and retreat centre in the Peruvian Amazon, where he undertook an intensive apprenticeship in curanderismo under his Shipibo teacher Ricardo Amaringo. He is the founder and Executive Director of Modern Spirit, a nonprofit organisation dedicated to bridging spiritual healing, ancestral practices, and contemporary healthcare through research, education, and community-centred medicine.

Annie Spencer

Annie Spencer, MA Oxon, PGCE London, Dip IDHP, is a ceremonialist and workshop facilitator who has been running groups and trainings for over 40 years. With a background in humanistic psychology and in earth-based spiritual traditions, she is skilled at moving between spiritual teachings and the disciplines of psychology. She was apprenticed in a North American tradition in the 1980s and has been studying Mayan teachings from Guatemala for the past 20 years. Annie does not forget the traditions of her own land and seeks to enliven and strengthen them with the teachings she brings from other ancient ways. A well-loved storyteller, she brings alive the old myths of Britain and tales from across the world, creating rich spaces for change to happen.

Dr Janelle Trees

Dr Janelle Trees is a Goori / Dhanggati woman, a TCM acupuncturist and General Practitioner who has worked in regional, rural, and remote Australia and internationally. Her clinical and educational work spans Indigenous health, emergency medicine, addiction medicine and palliative care. Her approach is shaped by a commitment to culturally safe, holistic and relational healing. A founding member of EndWise, Janelle brings Aboriginal perspectives on care, Community, and cycles of life and death to conversations about end-of-life support and ethical psychedelic-assisted therapy.

Tina Swann

Tina Swann is a Māori facilitator, educator, and traditional healer based in Aotearoa New Zealand. Her work centres Indigenous values, whānau wellbeing, and relational accountability, with experience across facilitation, advisory, and community-based roles. She has supported marae-based kaupapa exploring rongoā Māori and psychedelic-assisted approaches, offering guidance grounded in decolonial, community-centred perspectives on care, responsibility, and collective wellbeing.

Anna-Leigh Hodge

Anna-Leigh Hodge is a Māori (Te Rarawa, Ngātiwai) and European Registered Health Psychologist from Aotearoa (New Zealand), a PhD candidate at the University of Auckland, and a member of the Manawa Ora Integrative Health and Research team. She is a budding student of rongoā Māori, traditional Māori medicine, and a Māori Clinical Research Fellow for the Health Research Council of Aotearoa. Her work is grounded in Kaupapa Māori (a research approach rooted in Māori worldview, principles, and values) and centres Indigenous-led community approaches to healing, research, and psychedelic care. She is the lead researcher in Tū Wairua, a marae-based kaupapa (project) exploring rongoā Māori alongside psychedelic-assisted approaches for methamphetamine use harm, contributing to culturally held, whānau-centred models of therapy shaped by Indigenous governance, cultural integrity, and ethical responsibility.

Adèle La France, PhD

Dr Adèle La France is a clinical psychologist, research scientist, author, and co-developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy. She is a leader in the research and practice of psychedelic medicine, with experience across ayahuasca, MDMA, psilocybin, and ketamine. Adèle is currently the clinical investigator and strategy lead for a MAPS-sponsored MDMA-assisted psychotherapy study for eating disorders, and a clinical trainer and supervisor with Imperial College's Centre for Psychedelic Research.

Marc Aixalà

Marc Aixalà is a psychologist and psychotherapist, and co-founder of the International Center for Ethnobotanical Education, Research and Service (ICEERS). He has extensive experience supporting people through challenging and non-ordinary psychedelic experiences, including harm reduction, crisis support, and post-experience integration. Marc is the author of *Psychedelic Integration: Psychotherapy for Non-Ordinary States*, and his work emphasises ethical discernment, psychological depth, and long-term integration.

Mary Bonett

Mary Bonett is an integrative somatic therapist, yoga teacher, and psychedelic guide whose work centres trauma-informed, body-based approaches to healing. She brings over a decade of experience supporting individuals and groups in retreat and therapeutic settings, including work with survivors of trauma, violence, substance misuse, and complex mental health challenges. Her work focuses on nervous system regulation, relational presence, and embodied safety through somatic, breath, voice, and movement-based practices.

Lucine Eusani

Lucine Eusani is an embodiment facilitator, Somatic Internal Family Systems (IFS) practitioner, and psychedelic integration specialist. Her work bridges Somatic IFS, IFIO (Intimacy From the Inside Out), embodied movement, and integration support. A certified 5Rhythms teacher, Lucine has over two decades of experience facilitating trauma-informed somatic practices and contributes to somatically informed integration frameworks in clinical and research contexts.

Stephen Jenkinson

Stephen Jenkinson is a writer, cultural teacher, and elder, and co-founder of the Orphan Wisdom School. With a background in palliative care and theological studies, his work centres grief, elderhood, ancestry, and animist European traditions. His teaching invites a deep reckoning with mortality, belonging, and the responsibilities of being human in times of cultural and ecological uncertainty.

Dr Tim Read

Dr Tim Read is a London-based psychiatrist, psychotherapist, author, and educator with over two decades of experience in liaison psychiatry, crisis intervention, and psychotherapy training. He has trained in psychoanalytic psychotherapy, group analysis, transpersonal psychology, and Holotropic Breathwork, and is deeply involved in psychedelic-assisted psychotherapy research, training, and supervision. Tim is author and editor of several influential texts, including *Walking Shadows* and *Breaking Open*.

Philip Carr-Gomm

Philip Carr-Gomm is a psychologist and author of over 20 books. He was leader of the Order of Bards Ovates & Druids for 32 years, and has worked for the Synthesis Institute in their training and retreat teams, and holds their Psychedelic Practitioner certificate. He is now involved in the work of the ACER psychedelic integration programme and teaches the Psychosynthesis Certificate Course for the Alef Trust. He is the co-author of the 'Druid Animal and Plant Oracles' and the 'DruidCraft Tarot', and author of 'The Druid Way' and 'The Gift of the Night'.

Sergio Rodriguez-Castillo

Sergio has over 20 years of experience in sacred medicine and a background spanning law, psychotherapy, and psychedelic-assisted therapy. Holding a Mexican JD and UK LLM, he practiced law for 12 years before shifting to psycho-spiritual studies in India (Sadhana Institute, Osho's ashram, Ramakrishna Mission). He apprenticed for over a decade with a Mazatec curandera and leads groups exploring Mexico's sacred mushroom tradition. He holds master's degrees in Integral Counseling and East-West Psychology, and a Ph.D. in Comparative East-West Psychology, with a focus on psychedelic-assisted therapy. A licensed MFT, he has served as core faculty at CIIS, AMPYDET, ATMA-CENA, and Protocol Q, mentored in CIIS' PAT program, and is a MAPS MDMA-Assisted Therapy Practitioner and a lead facilitator at Beckley Retreats. He teaches, mentors, and develops psychedelic therapy curricula. Specializing in intra/inter/transpersonal growth, his work centers on existential growth, consciousness expansion, or simply put, helping people rediscover who they really are.

Jennifer Danby

Jennifer is Systemic Psychotherapist, Clinical Lead and Supervisor. Based in the UK. She was the lead therapist on the Panorexia Trial at Imperial College London and is now involved in delivering training and supervision for psychedelic assisted practices in trial and retreat settings. Her work is trauma informed, systemically focused and strongly influenced by Emotion-Focused Family Therapy (EFFT) in which she is a certified supervisor and trainer.



Frequently Asked Questions

Who Is This Training For?

Bridging Worlds is designed for practitioners who are already holding, or preparing to hold, space around expanded states of consciousness. This includes (but isn't limited to):

- Psychedelic-assisted therapy practitioners and trainees
- Clinicians, psychologists, psychotherapists, counsellors, and pastoral carers
- Somatic and trauma therapists
- Group facilitators, retreat and community leaders
- Breathwork, movement, and earth-based practitioners
- Shamanic practitioners, energetic healers, and ceremonialists

If you are unsure whether your background is a good fit, you are welcome to apply and we can explore together during the interview process.

Do I Need Previous Experience With Psychedelics or Ceremonial Work?

No formal psychedelic training is required, but some prior experience in at least one of the following areas is preferred:

- Clinical or therapeutic work
- Somatic, trauma-informed, or body-based practice
- Ceremonial, shamanic, or earth-based facilitation
- Breathwork or other non-ordinary state modalities

We will ask you about your background in your application and interview so we can ensure the cohort feels cohesive and the training is an appropriate next step for you.



Is This a Clinical Qualification or Certification To Practise Psychedelic-Assisted Therapy?

At present, there are no psychedelic therapy trainings formally endorsed or accredited by professional colleges such as RANZCP (Australia) or RCPsych (UK).

As such, Bridging Worlds is not:

- A clinical qualification
- A licence to offer psychedelic-assisted therapy

It is an experiential practitioner training that complements existing clinical training or apprenticeship by deepening your capacity to hold expanded states in trauma-informed, ethically grounded, and ceremonially literate ways.

You will receive a certificate of completion for Bridging Worlds, which some participants may be able to use as CPD/continuing education, depending on their professional body. We cannot guarantee accreditation but can provide documentation upon request.

How Does This Programme Relate To Other Psychedelic-Assisted Therapy (PAT) or Other Ceremonial Trainings?

Bridging Worlds is designed as a bridge, not a replacement:

- If you have PAT / psychedelic training, this programme brings in the ceremonial, somatic, group, and earth-based dimensions.
- If you come from a ceremonial or shamanic background, it strengthens your clinical understanding, trauma-informed lens, and ethical/relational frameworks.

Rather than rooting you in one lineage or modality, we help you integrate the strands of your existing practice into a more coherent, ethical, and embodied way of working.

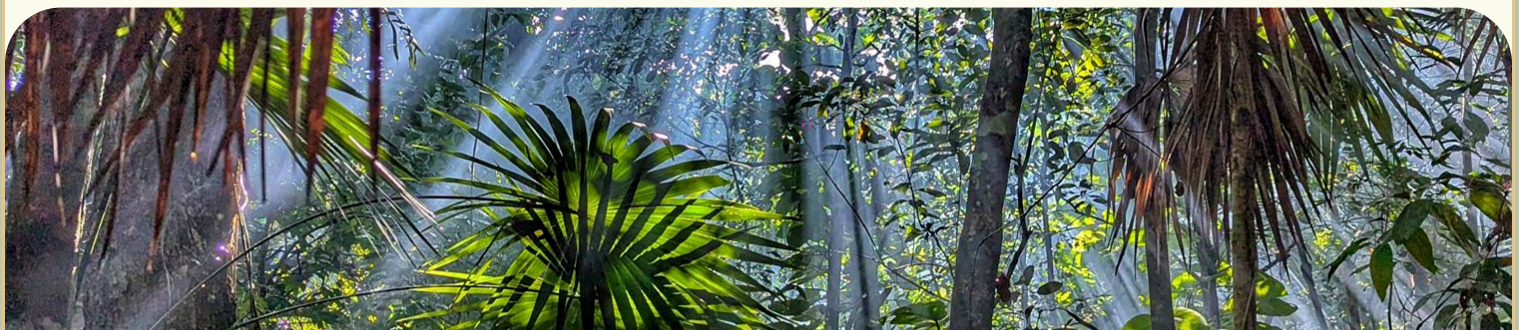
Is This Programme Indigenous-led?

This programme is not Indigenous-led, and we name this clearly as part of our ethical responsibility.

We honour Indigenous and ancestral wisdom by:

- Being transparent about our own lineages and limits
- Not recreating or teaching closed or protected Indigenous ceremonies
- Inviting Indigenous and lineage-based teachers as guests, with clear boundaries around what is being shared
- Offering reciprocity, with a percentage of tuition directed toward Indigenous-led and ecological initiatives in the region

Q'ero ceremonies and other Indigenous practices within the immersion are received as acts of honouring and gratitude, not as training in those lineages.



Why Does The Training Include Plant Medicine Ceremonies In Peru?

The Peru immersion is the **heart** of the training. It allows you to:

- Experience well-held Wachuma and Psilocybin ceremonies
- Learn directly from the land, the medicines, and experienced ceremonial practitioners
- Feel in your own body what it is to be safely guided through expanded states
- Integrate the clinical, somatic, relational, and ceremonial principles we explore online

We understand that everyone's medical and psychological context is unique. Participation in ceremonies is always preceded by careful screening and individual conversations around safety and appropriateness.

Are The Wachuma And Psilocybin Ceremonies Mandatory?

We expect that most participants will come with an intention to take part in the ceremonies, as they are central to this training.

However:

- All medicine work is subject to comprehensive medical and psychological screening.
- If it becomes clear that ingesting the medicine is not appropriate or safe, you may still be able to attend the immersion and participate as a non-medicine participant, holding space and learning from the field.

These decisions are made case-by-case, with safety and integrity at the centre.

What Is Included In The Tuition Fee – And What Is Not?

Included in your investment:

- Six-month online training (12 live teaching modules + opening & closing sessions)
- Guest teachers, wisdom keepers, and ceremonial leaders
- Seven-day immersion in Peru's Sacred Valley
- Twin-share accommodation during the immersion
- All group meals, ceremonies, workshops, and planned excursions during the retreat
- Access to recordings of online modules (for a set period)
- Certificate of completion

Not Included:

- International and domestic flights to/from Cusco, Peru
- Transport from Cusco airport to our hotel in Cusco city centre
- Comprehensive travel and health insurance (mandatory)
- Any required visas or entry requirements for Peru
- Personal expenses, extra nights, or additional travel beyond programme dates



What Is The Time Commitment?

From August 2026 to January 2027, you can expect:

- Fortnightly 2-hour live online modules (12 total)
- Time between modules for self-practice, reflective work, and integration (approx. 2–3 hours per fortnight, depending on your engagement)
- A 7-day immersion in Peru (including travel days, you may wish to allow more time either side)

We ask participants to come prepared to prioritise these dates as much as possible, as the training is relational and cohort-based.

What If I Can't Attend All Of The Live Online Sessions?

We understand that life and time zones can be complex.

- We ask that you attend at least 8 out of 12 workshop classes live, as this is important for group process and skills practice.
- All sessions will be recorded, and you will be expected to watch any missed modules and complete the reflection /practice tasks.

If you foresee major time-zone clashes or scheduling conflicts, please mention this in your application so we can discuss whether the programme is realistically manageable for you.

What Are The Psychological And Medical Screening Criteria?

Because the training involves work with powerful entheogenic medicines and altered states, we carry out:

- A detailed **medical history** and medication review
- A **psychological/psychiatric** history, including previous diagnoses, hospitalisations, or suicidality
- Assessment of current stability, support networks, and ability to engage with integration
- Certain conditions or medication combinations may mean that this training is not appropriate (for example, some psychotic spectrum conditions, untreated bipolar disorder, or specific cardiovascular issues).

How Many People Will Be In The Cohort?

We intentionally keep the group small to support depth and intimacy

- Cohort size is limited to around 20 participants.

This allows us to offer more personalised attention, support rich group process work, and maintain a strong, well-held container.



What Is Your Deposit, Refund, And Cancellation Policy?

- A non-refundable deposit of €1,500 is required to secure your place
- The remaining tuition can be paid upfront or via an agreed payment plan.
- Because we are holding accommodation, retreat space, and long-term planning for a small cohort, refunds on fees paid (beyond the deposit) may only be available up to a certain date before the training begins and/or the Peru immersion

We will provide a clear written refund and cancellation policy at the time of enrollment so you know exactly where you stand. If you have questions about this before applying, please reach out to us directly.

Can I Pay In Installments?

Yes, after your deposit is paid:

- We offer monthly installment plans for the remaining balance, to be completed before the start of the Peru immersion.
- If you have specific financial circumstances you'd like us to consider (e.g. lower-income country, caring responsibilities), please mention this in your application.

Are Scholarships Available?

Yes. A limited number of partial scholarships are available for under-represented applicants and those with genuine financial need, especially practitioners:

- From marginalised or historically excluded communities
- Working in community-based or low-resource settings
- Committed to bringing this work back to underserved populations

You can indicate your interest in scholarship support in your application form, and we will follow up with further questions if needed.



Can I Use This Training For CPD / Continuing Professional Development?

Many participants will be able to count Bridging Worlds towards their **CPD/CE** depending on the policies of their governing body.

- We provide a certificate of completion and can offer a programme outline and learning outcomes on request.
- You can check with your professional college or association whether this training meets their criteria.

Is This Training Tax Deductible?

In many countries, clinicians and practitioners are able to claim professional development, supervision, and training expenses as tax deductible when they are directly related to their work. We recommend checking with your tax advisor or relevant professional body to confirm whether this training can be claimed as a deductible expense in your jurisdiction.

Applications Are Now Open

All Applicants Are Invited To Have A Call Before Confirming A Place On The Training. These Conversations Are A Chance To Answer Questions And Ensure The Training Is Aligned With Your Experience, Intentions, And Scope Of Practice.

Calls Will Be Held From January 2026.

To Begin The Process, Please Complete The Application Form. We Will Then Be In Touch To Arrange Your Call.

The Early Bird Rate Is Available Until 1st March 2026.

Places Are Limited And Offered On A Rolling Basis. Once The Cohort Is Full, Applications Will Close.



Tuition, Scholarships & Payment Options

- **Investment:** €6,500
- **Early Bird:** €5,500 (If deposit of €1,500 is paid by 1 March 2026)
- **Deposit:** A non-refundable deposit of €1,500 is required to secure your place
- **Payment Plans:** Monthly installment plans are available (after initial deposit)
- **Scholarships:** A limited number of scholarships are available for under-represented applicants.
- **Reciprocity:** Percentage of tuition supports Indigenous-led and ecological initiatives in the region, offered in consultation with an Indigenous advisor as part of honouring the lands and communities that support this work.

Please Note:

Investment for the training does not include international or domestic airfares to and from Cusco, Peru. Participants are also required to hold compulsory comprehensive travel and health insurance for the duration of the program in Peru. In addition, all travellers must ensure they have a valid passport with a minimum of six months' validity from the date of entry into Peru, along with any necessary visas or entry requirements relevant to their country of residence.

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Disclaimer & Terms

Nature Of The Training

Bridging Worlds is an educational and experiential training programme designed to support learning in psychedelic-assisted practice, trauma-informed facilitation, and ceremonial and earth-based approaches. It is not a clinical training, does not confer licensure, and does not qualify participants to practise psychedelic-assisted therapy or provide medical or psychological treatment.

All teaching and experiential components are offered for educational and personal learning purposes only.

Responsibility & Informed Participation

Participation in Bridging Worlds is voluntary. By enrolling, participants acknowledge that they are choosing to engage of their own free will and retain responsibility for their physical, psychological, emotional, and spiritual wellbeing throughout the programme.

At the same time, Bridging Worlds is intentionally designed to provide structured preparation, facilitated experiential learning, and supported integration. The teaching team is committed to creating a trauma-informed, relationally attuned learning environment, offering guidance, psychoeducation, reflective practices, and integration support to help participants engage with the material safely and meaningfully.

Experiential learning — including reflective, embodied, relational, and altered-state practices — can be profound and at times challenging. Experiences are inherently variable and cannot be predicted or guaranteed. Participants are invited to engage at their own pace, to communicate needs and boundaries, and to make use of the preparation and integration support offered throughout the programme.

Health, Scope & Suitability

Bridging Worlds is not a substitute for medical care, psychiatric treatment, or psychotherapy.

Participants are expected to be in stable mental and physical health and to disclose relevant information during the application process. For reasons of safety and integrity, we reserve the right to decline or pause participation where the programme may not be appropriate at a given time.

Participants remain responsible for working within the legal, ethical, and professional scope applicable in their jurisdiction.



Experiential Learning & Risk

Some programme components may involve altered states of consciousness, deep reflection, or relational and somatic exploration. These experiences may surface strong emotions or personal material.

We Seek To Minimise Risk Through:

- Careful screening and clear communication
- Trauma-informed facilitation
- Defined boundaries and scope
- Preparation and integration support

However, all experiential learning carries inherent risk, and participants are encouraged to engage with discernment and to seek additional professional support if needed.

No Guarantees

Bridging Worlds does not promise therapeutic, psychological, professional, or spiritual outcomes. Learning and integration unfold differently for each participant and often continue beyond the programme itself.

Liability

By participating, you agree that Bridging Worlds, its facilitators, guest faculty, and partners are not liable for injury, loss, or harm arising from participation, except where limited by law. Participants are responsible for their own insurance, healthcare, and travel arrangements.

Programme Changes & Faculty

Programme content, structure, and guest faculty may evolve as the training unfolds. Any significant changes will be communicated where possible.

Governing Law

These terms are governed by the laws of the country in which the programme or any in-person component is hosted.

By enrolling in Bridging Worlds, you confirm that you have read, understood, and agreed to this disclaimer and these terms.

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