

THE BUENA VIDA PSILOCYBIN RETREATS

# PSYCHEDELIC FACILITATOR TRAINING

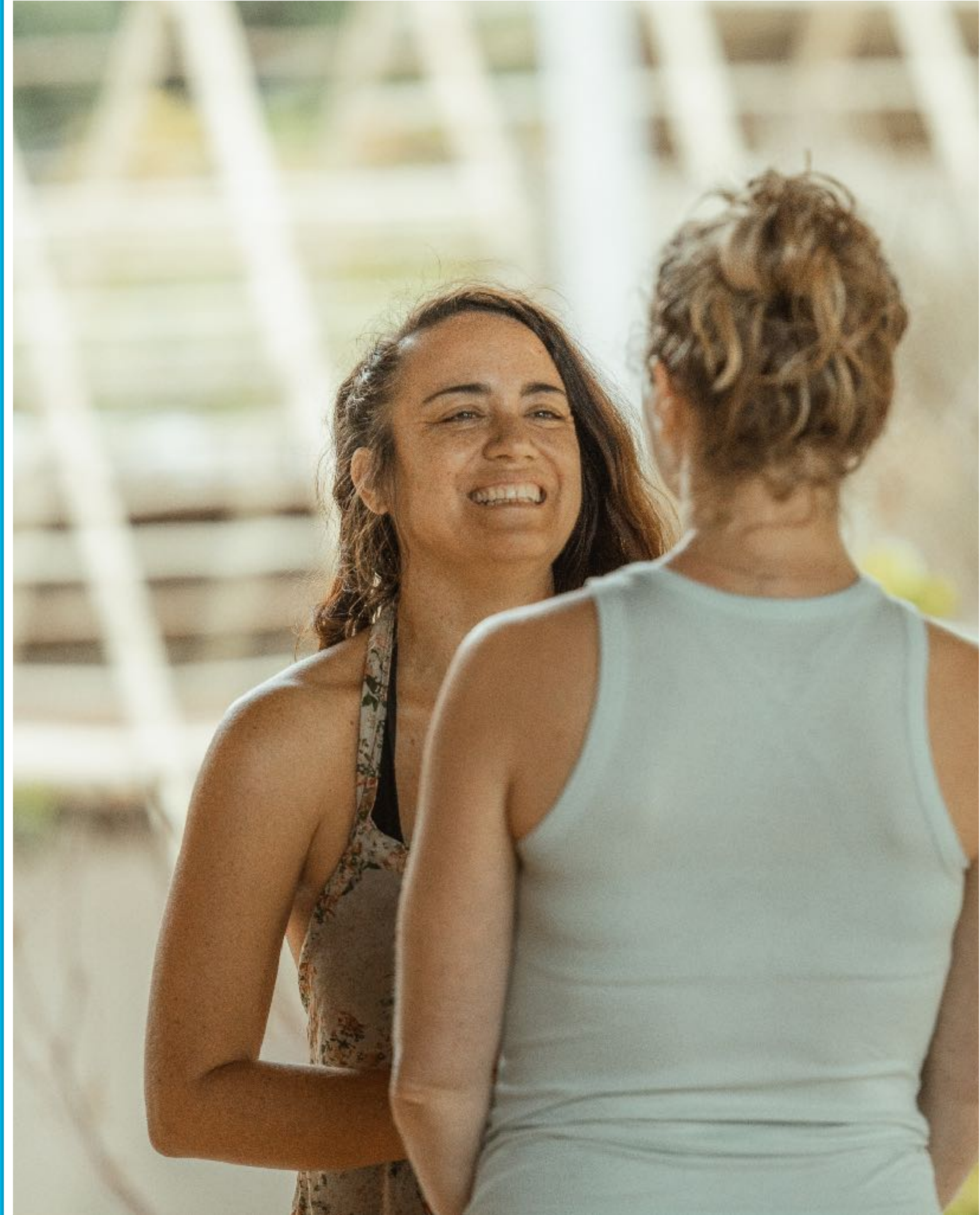
**DEVELOP A RESILIENT MINDSET, TRAIN THE BODY AND DISCOVER A NEW DIMENSION OF LEADERSHIP**



WHAT'S UP FOR TODAY?

# WHAT WE'LL COVER IN THE PRESENTATION

- Intro to The Buena Vida
- Who is this for & What makes a great facilitator?
- The Straight Facts 🍄
- Group vs Trip Sitting
- Overview of the Training
- Q&A



## AMANDA & THE BUENA VIDA

In Ecuador, Jamaica and Mexico, I've worked with over 200+ facilitators: shamans, volunteers, "experts", doctors, medicine people, "woo woo" people, scientific skeptics, and everything in between.

Ages 18-75.

- Over 1,000 guests since 2019
- Over 224 Psilocybin Ceremonies
- Facilitated more than 100+ Ceremonies in Ecuador

## PRINCIPLES OF THE RETREAT

- Trauma informed touch
- Sacred Listening
- Vulnerability & Unconditional Love
- Somatic embodiment
- Teaching through stories
- Reserving judgment & Diagnosis



## FACTS WE'VE SEEN FROM RESEARCH

- **Numbers:** 6.6 percent of adults from ages 19 to 30 used hallucinogens (dominated by psilocybin, in 2021, up from 3.4 percent in 2018). **1.7 million people in the US alone.**
- **Therapists & Guides Needed:** Estimated over 8,000 qualified guides in the next few years.

## MEDICINE

- **Enhanced Creativity:** Psilocybin has been linked to increased creativity and divergent thinking.
- **Stress Reduction:** Psilocybin has shown promise in reducing stress and anxiety.
- **Improved Decision-Making:** Psychedelic experiences may provide a fresh perspective on decision-making.
- **Increased Emotional Intelligence:** Psilocybin therapy has been associated with heightened emotional intelligence.



# WHO IS THIS TRAINING FOR?

“A Rigorous Test of Resilience”

- Curious, caring individuals
- Therapists wishing to expand
- Personal & Life Coaches
- Those desiring to work at retreats
- Seeking a deep knowing of the self
- YOU!



# WHAT MAKES A GOOD FACILITATOR?

- Unfathomable compassion and love for humanity.
- Deep desire to serve the world, to serve humans, and to love both themselves and others
- Calm, caring, easy-going, love to listen, compassionate, understanding, and
- Don't have a lot of ego involved in being a "healer" or "shaman"
- Being able to stay in a calm, centered and loving space within your own body is **VITALLY IMPORTANT**. The way our bodies regulate one another is fascinating and the last thing
- Trust the medicine...aka **TIME & EXPERIENCE**



# DANGERS OF THE JOB

- Don't underestimate the toll it will take on your body and spirit to be traveling into these spaces & leading others.
- Psychedelic practitioners of all types should take the Hippocratic Oath, as we've seen some very serious harm done.
- Guests will be healing deep mental health issues: PTSD, cPTSD, addiction, abuse, trauma, etc.
- Unable to allow the ceremony to unfold. Desperately want to "get in the way" and try to intervene when it was not necessary.
- EGO: Desire to be seen in a certain light by others; unhealed "People Pleaser" wound.
- Ceremony is a magnifying glass, it WILL reveal your shadows



# TRAINING SCHEDULE

Thursday:

- What is Ceremony: Intro to the the Altar, Sound, & Holding Space
- Group Sound Healing Journey

Friday:

- Sunrise Ecstatic Dance & Somatic Awareness
- Orientation + Q&A with Sarah and Amanda
- Student Workshops
- Group Ceremony: Students drink, Ceremony led by Leaders

Saturday:

- Meditation + Journaling
- Student Workshops
- Nervous System Regulation + Role Playing
- Group Ceremony (Group 1)

Sunday:

- Meditation + Journaling
- Student Workshops
- Lunch
- Medicine Songs + Singing Circle
- 6PM Group Ceremony (Group 2)

Monday:

- 9AM Integration Sharemony + Graduation Ceremony





# BENEFITS OF A TRIP SITTING

- **Guided Psychedelic Experience**
- **Spiritual Exploration**
- **Emotional Healing**
- **Safety**
- **One on one support**



# BENEFITS OF A RETREAT

- **Guided Psychedelic Experience**
- **Spiritual Exploration +TIME**
- **Emotional Healing +TIME**
- **Somatic Practices**
- **Community and Support**
- **Preparation & Integrative Practices**
- **Time to process**
- **Holistic Approach**



## WHAT'S NEXT?

# OUTCOMES

Through this comprehensive and immersive training, student will emerge as confident, skilled facilitators capable of leading with authenticity, compassion, and deep understanding of themselves.

- Ability to guide one-on-one
- How to properly dose
- Knowledge of screening participants
- Ability to regulate the nervous system in big situations
- Ways to create a safe space or ceremony space
- Step by step guide to holding space: from intake to integration
- A community of other guides, teachers & leaders in the space



OUR CHURCH HOME

# BUENA VIDA SANCTUARY, JOSHUA TREE, CA

- One of California's First Psilocybin Churches
- Federally protected by the Constitution of the US
- Offering wellness gatherings, weekened retreats and special events for the community



# SOURCES

- **Serotonin Modulation:**

- Nichols, D. E. (2016). Psychedelics. *Pharmacological Reviews*, 68(2), 264–355. [Link](#)

- **Default Mode Network (DMN) Suppression:**

- Carhart-Harris, R. L., et al. (2012). Neural correlates of the psychedelic state as determined by fMRI studies with psilocybin. *Proceedings of the National Academy of Sciences*, 109(6), 2138–2143. [Link](#)

- **Increased Neuroplasticity:**

- Ly, C., Greb, A. C., et al. (2018). Psychedelics Promote Structural and Functional Neural Plasticity. *Cell Reports*, 23(11), 3170–3182. [Link](#)

- **Synaptic Pruning and Altered Connectivity:**

- Muthukumaraswamy, S. D., et al. (2013). Broadband Cortical Desynchronization Underlies the Human Psychedelic State. *Journal of Neuroscience*, 33(38), 15171–15183. [Link](#)

- **Increased Blood Flow:**

- Vollenweider, F. X., et al. (1997). Positron emission tomography and fluorodeoxyglucose studies of metabolic hyperfrontality and psychopathology in the psilocybin model of psychosis. *Neuropsychopharmacology*, 16(5), 357–372. [Link](#)

- **Emotional Release:**

- Griffiths, R. R., et al. (2016). Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial. *Journal of Psychopharmacology*, 30(12), 1181–1197. [Link](#)