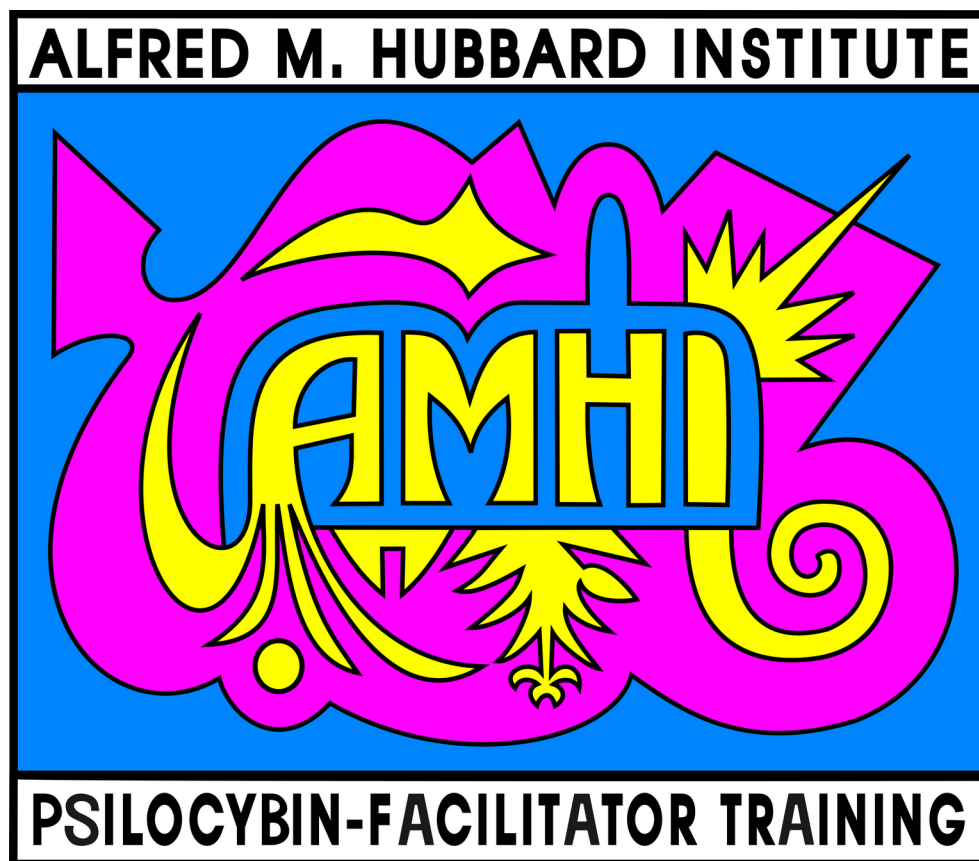


# **Student Handbook for the Psilocybin-Facilitator Training Program at the Alfred M. Hubbard Institute (AMHI)**



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2024**



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# **AMHI Student Handbook 2024**

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Captain Al Hubbard and Canadian psychiatrist Humphrey Osmond.

## **Introduction**

The Alfred M. Hubbard Institute (AMHI) is proud to offer a psychedelic-facilitator training program that prepares our alumni to apply for a license as a psilocybin facilitator who can work in Oregon's licensed psilocybin-service centers. Our curriculum is approved by Oregon Psilocybin Services (a section of the Oregon Health Authority) as meeting its educational requirement for licensure.

AMHI accepts students from anywhere in the world, however those intending to work in Oregon must be legally authorized to work in the United States and must be able to pass a criminal-background check.

## **Objectives of the Program**

Our program is oriented toward educating students to gain a strong foundation in the nuts-and-bolts skills of psychedelic facilitation, in understanding the changing context of psychedelics in our modern society, and in communication skills that will strengthen one's ability to perform on the job. The program is geared toward preparing students for a career in psychedelic facilitation, either in Oregon, in other states where psychedelics are becoming legalized, or in other parts of the world.

## **Curriculum for the Winter 2024 Cohort**

The class will run for 13 weeks. Each of the first twelve weeks will have five hours of self-study and five hours of online classes held on evenings or weekends. The final week will be wrapping up the coursework with four hours of instruction on industrial facilitation, followed by preparation for the final exam, and then taking the final exam, which will prepare the student to pass the state exam. The winter cohort for 2024 will run from 14-September till 14-December. The program will end in mid December before the Christmas holidays. The exact dates for the online classes will be announced pending student input.

The academic coursework will be 50% synchronous hours (meaning students studying together in online classes) and 50% self-study that involves reading the textbook, watching educational videos, and writing essays about the work. This is our curriculum:

Module 1. Historical, Traditional, and Contemporary Practices and Applications (12 hours)

- Module 2. Cultural Equity in relation to Psilocybin Services (12 hours)
- Module 3. Safety, Ethics, Law and Responsibilities (12 hours)
- Module 4. Psilocybin Pharmacology, Neuroscience, and Clinical Research (4 hours)
- Module 5. Core Facilitation Skills (16 hours)
- Module 6. Preparation and Orientation (16 hours)
- Module 7. Administration (20 hours)
- Module 8. Integration (12 hours)
- Module 9. Group Facilitation (16 hours)
- Module 10. Industrial Facilitation (4 hours)

The practicum is supervised “hands on” training in facilitation, and will be conducted in one or two in-person meetings. The practicum will be scheduled with input from the students in order to determine what dates and location would be most convenient for the most people.

### **Writing and Speaking Skills**

If accepted to the program, a student will be expected to use the highest standards of English usage while writing essays composed in formal scholarly style. Students will also be expected to develop good public-speaking abilities. If you have shortcomings in either writing or public speaking, then AMHI staff will gently guide you toward becoming more proficient in these areas. Even if you are shy, soft spoken, or have other personal issues that have impeded your progress, we hope to get the entire class working together as a team to collectively improve our ability to write, speak, and confidently debate a contentious point. The ability to effectively communicate will be useful to more successfully interact with clients from various walks of life.

### **Supplies**

Our textbook is *LSD Psychotherapy* by Stanislav Grof. If you are accepted as a student to our program and you buy a copy of this book, then email us an image of your receipt and we will deduct the cost up to \$20 from your tuition. If you prefer, we will mail you a free copy of the textbook.

You need a functioning computer or tablet, with a functioning camera and internet connection. You will need to appear on video conference calls for the classes, using the device both to confirm your attendance and to do screenshares of presentations and essays. It would not be possible to do this on a cell phone, but if you have issues around computer devices then discuss them with us.

### **Tuition and Refunds**

The tuition for AMHI's facilitator-training program is \$6,000 for the coursework. The optional practicum, which is required for licensure, costs an extra \$2,200. This is on the low end of the spectrum for similar training programs, some of which cost over \$14,000. We offer a \$250 discount on the coursework if you pay up front rather than in three monthly installments. If you are accepted to AMHI's program, you will reserve your place by paying a \$1,000 *non-refundable* deposit that will be deducted from your tuition. You will also have to pay for your transportation and hotel for the practicum, and we can discuss the most economical way for students to arrange this. Additionally, you will have to pay the service center to supply the psilocybin products that you consume during your practicum.

Unless you pay the entire tuition upfront, you will pay in three equal installments at the beginning of each of the three four-week periods. If you drop out of the program, you will not receive a prorated refund for any tuition paid unless you can present documentation showing serious circumstances beyond your control, e.g. hospitalization. The tuition revenue will be treated as a deposit till the end of the first month of the coursework.

### **Attendance and Tardiness**

You have to show up for classes and do the five hours of homework each week. If you miss a class, then you can do some make-up work, but this cannot become a habit. If your employment or childcare responsibilities conflicts with the class schedule, then explain your situation and we may be able to accommodate some flexibility in your schedule by placing you in a different section. If you are suddenly not able to finish the course, you could explain the problem and we might grant a leave of absence so you can finish your program with the next cohort. If you fail to attend classes or are constantly late, you will be given a couple warnings and then be kicked out.

## **Holidays**

The school will be closed on Easter Sunday, July 4<sup>th</sup> (U.S. Independence Day), and Thanksgiving on 28-November-2024. The school will be on vacation from before the Christmas season till after New Year's Day.

## **Acknowledgment**

Students who are admitted to the program must acknowledge having read, understood, and accepted this student handbook along with the other information on the AMHI website that explains information about our tuition, scheduling, curriculum, and various rules such as our academic-freedom policy. By paying the non-refundable tuition deposit, the student signifies having a complete understanding and acceptance of this requirement. Any students who have questions about AMHI policies or the nature of the program should email us or seek clarification in an online question-and-answer meeting.

By paying your non-refundable \$1,000 deposit, you pledge that the following is true:

I certify that the information in my application is true and correct to the best of my knowledge. I understand that providing false or misleading information or withholding pertinent information while applying, or engaging in lies or dishonesty while in the program, is grounds for denial of admission or graduation, and it is also grounds for revocation of my diploma (certificate of completion) after graduation.

## **Graduation Requirements**

### Final Exam

After you complete the coursework, we will administer a final exam based on the most important points that will be useful in the real-life practice of facilitation. Anybody who passes the AMHI final exam should be able to easily pass the state-license exam.

### Practicum

If you want the full certificate, you will have to attend a 40-hour practicum. As explained elsewhere, the practicum is optional, however it is a requirement to apply for a psilocybin-facilitator license in Oregon.

## The Halitometer Test

One topic that is largely ignored in today's workplace is the malodorous effluvium wafting out of the mouths of those employees who have bad breath. This scourge alienates customers and pains co-workers who have to converse with the offender, out of politeness pretending that everything is normal. Most employers, perhaps fearing a retaliatory lawsuit for hurting the employee's feelings, are too squeamish to reprimand the guilty party. Therefore, the problem is usually never dealt with, despite lost revenue due to alienated customers and degraded morale due to sickened co-workers nauseated by the ghastly stench. This problem has several causes:

- Some offenders may be genuinely unaware that they reek.
- Some people are inattentive to oral hygiene due to a self-centered disregard for the rights and feelings of innocent bystanders.
- Other individuals deliberately use bad breath to repel other people in order to avoid intimacy, possibly due to being traumatized by abusive loved ones in the past.
- A few people cultivate poor oral hygiene out of a passive-aggressive desire to inflict misery on the rest of humanity.

Any prospective student who has such problems is advised to seek dental treatment and psychotherapeutic counseling prior to applying to AMHI's training program.

Psychedelic facilitation involves the facilitator having close contact with clients whose sensory systems may be experiencing *synesthesia* ("cross sensing"). Synesthesia is a hallucinogen-induced sensory distortion that can manifest as "seeing music", "hearing colors", and perhaps even having a "bad trip" due to perceiving a multi-media virtual-reality experience of seeing, hearing, feeling, smelling, and tasting your cadaverous halitosis. Consequently, any student who is accepted into our training program must follow these oral-hygiene instructions:

1. Our students must properly floss, brush, use a toothpick holder (to poke between the teeth), and use a tongue scraper (which is a downward-turned oval steel tablespoon) every day. After about 24 hours, plaque solidifies into calculus, which is harder to remove.

Flossing involves pulling the floss to the base of the tooth, and scraping it along the side from the gum to the tip in order to remove food particles and



plaque. The floss should be dragged on both sides of each tooth, curving around the sides.

A toothpick holder enables one to poke between the teeth, dislodging food particles and disrupting colonies of bacteria. Perio-Aid is a popular brand.

Use a toothbrush with soft bristles, held at a 45 degree angle, brushing in circular motions on the sides of the teeth, except when brushing the incisors, which must be approached more directly. Hold the brush flat against the biting surfaces while brushing. Then brush the sides of your mouth. Better yet, buy an electric toothbrush, such as a high-quality Philips model with soft bristles for about a hundred dollars. The less expensive Oral B models are also OK.

Tongue scraping is accomplished by using downward-turned oval steel tablespoon to scrape food particles and dead taste buds off the tongue every morning and before one goes to bed. Stick the tip of the spoon back on the tongue as far as you can reach, even if you gag. Tongue scraping was common in ancient Rome and other bygone civilizations and was also widespread in the United States till World War I, at which point Americans somehow forgot about it.

2. Get a dentist to clean your teeth twice a year. This will give the dentist the opportunity to diagnose conditions that cause bad breath.

A requirement in order for a student to graduate from the AMHI program is that you must pass a halitosis test wherein the instructor at the practicum will use a *halitometer*. This electronic breath-checking device measures airborne volatile sulfur compounds emitted by the oral bacteria that cause bad breath. Even if you have completed the coursework and practicum, you will not get your diploma till you have passed the halitometer test. AMHI simply cannot risk reputational damage to our institutional brand by unleashing odoriferous facilitators upon the unsuspecting public. Any other serious grooming shortcomings will also be discussed with the student. Although some people may find this policy to be a little intrusive, it is in everybody's long-term best interest.

## **Introduction to the AMHI Academic-Freedom Policy**

What is academic freedom? It is the freedom to express ideas in scholarly discussions without having to fear being punished.

Most mainstream educational institutions in the United States and elsewhere in the Western world now have a concerted policy of beating open-mindedness out of even the smartest of their students. According to a 2024 report by the Academic Freedom Index, the United States ranked 88, almost in the middle of an inventory of the world's 179 countries. This means that many impoverished nations such as Burkina Faso and Papua New Guinea have more academic freedom than does the United States. This report also says that the repression of academic freedom is worsening in the United States. The good news is that the USA scored higher than such totalitarian regimes as Russia, Afghanistan, Iran, Communist China, Saudi Arabia, and (at the bottom of the list) North Korea. It is reassuring to know that Americans have more freedom than the citizens of North Korea. [See page 10: Katrin Kinzelbach, Staffan I. Lindberg, Lars Lott. 2024. *Academic Freedom Index Update 2024*. Institute of Political Science at Freidrich-Alexander-Universität, Erlangen-Nürnberg and V-Dem Institute (Varieties of Democracy). DOI: 10.25593/open-fau-405.

file:///home/r/Academic\_Freedom\_Index\_Update\_2024.pdf ]

During the past 17 years academic freedom has declined worldwide, so many young adults are products of educational systems that do everything possible to impair their ability to use logic and rational thought. Therefore, AMHI has to screen its applicants in order to maximize the likelihood that we only accept students who will be a good fit for our training program. Part of this screening involves informing applicants that AMHI emphasizes academic freedom.

AMHI believes that academic freedom is particularly necessary in the training of psychedelic facilitators because mind-expanding substances sometimes elicit strange ideas, weird feelings, extreme emotions, and otherworldly experiences. Anybody who is too narrow-minded to handle logical discussion about ideas will likely have difficulty skillfully handling psychedelic mind-expansion when supervising clients.

AMHI is probably the only psychedelic-facilitator training program to have a functioning academic-freedom policy. In fact, AMHI is one of the very few educational institutions anywhere in the English-speaking world that still genuinely values academic freedom, both for students and teachers.

If accepted into our training program, AMHI will email a letter of acceptance whose terms require all prospective students to pledge to follow our academic-freedom policy.

Any applicant, prospective student, or student who has questions about this policy should email: [AlfredHubbard@protonmail.com](mailto:AlfredHubbard@protonmail.com)



Psychedelic proponents in the 1950s, from left to right: the historian and philosopher Gerald Heard, the essayist and novelist Aldous Huxley, and the businessman Alfred Matthew Hubbard.

# **Academic-Freedom Policy at the Alfred M. Hubbard Institute (AMHI)**

AMHI is committed to honoring academic freedom both for students and for teachers, just as students and teachers must honor the academic freedom of others. Academic freedom includes:

1. Freedom to pursue ideas wherever they may lead.
2. Freedom to express thoughts, even unconventional ones, without being punished, shunned, humiliated, or retaliated against.
3. Respect for alternative viewpoints and the encouragement of dialogue.
4. Respect for our school's role as an institution dedicated to the search for rational knowledge and the unvarnished truth.
5. Respect for the articulation of unpopular concepts, particularly on controversial or emotionally charged topics, since valid insights may accrue from unexpected perspectives.
6. Respect for the liberty to commit an honest error, for only by feeling free to impartially explore what might turn out to be an intellectual dead end can we more accurately apprehend reality.
7. Following through on the duty to admit one's error (or admit the need for a more nuanced understanding) when new evidence necessitates a revision of opinions, interpretations, or the previously accepted consensus about the facts.

By paying tuition so that you can enroll in the psilocybin-facilitator training program, you signify that you solemnly vow to adhere to AMHI's academic-freedom policy while attending the Alfred M. Hubbard Institute.

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