

Psychotherapists and Counsellors Needed for Research Study on Psychedelics and Racial Stress and Trauma

We are conducting a study exploring how group-based, psychedelic-assisted psychotherapy may impact racialized psychotherapists and counsellors who experience distress related to racism. This experience is designed to support healing, deepen learning, honour ancestral and cultural traditions, foster a sense of community, and cultivate new ways of being and thinking in therapeutic work with racialized clients. **This multi-day retreat will take place in Oaxaca, Mexico.**



Retreat Objectives:

1. Explore the cultural and community-based use of psychedelics
2. Provide an experiential training opportunity
3. Engage in a group-based psychedelic healing practice
4. Examine ways to bridge community and traditional practices with psychotherapy assisted therapy (PAT)
5. Assess for changes in racial trauma and stress symptoms

You May Qualify If You Are:

- 18+ years old
- A Person of Color (Non-White) such as Black, Indigenous, Asian, Middle Eastern or Latin American
- A practicing psychotherapist / counsellor in Canada

Participation Involves

- Attending three preparation sessions prior to the retreat
- Completing a demographics questionnaire, assessments on racial stress and trauma and few short questionnaires about your mental health
- Taking part in a group psychedelic-assisted therapy experience during the retreat
- Attending two post-retreat integration sessions

Retreat Dates and Costs

- November 20th – November 25th, 2025
- Cost: \$900 USD. Deposit is due August 25th, 2025
 - Cost includes: retreat accommodation, ground travel from Oaxaca City to San Jose Del Pacifico, meals, ceremonial and training experience.
 - Does not include: flights, travel insurance, costs outside of the retreat such as meals, other travel-related expenses, etc.
- Retreat centre: <https://casamaitri.com/>

If you are interested then,

Please contact the program lead, Dr. Rajni Sharma at rsharma10@uottawa.ca. We will have an initial meeting to discuss your fit for the study.

