

WE HAVE BIG NEWS!

Introducing...



ANAM CARA Centre for Psychedelic Education



Certificate in Psychedelic
& Contemplative Therapies



By Dr. Lani Roy & Melissa Warner



ANAM CARA

Centre for Psychedelic Education

"Anam Cara" meaning "soul friend" in Gaelic, embodies the Celtic philosophy of profound relational connection—one rooted in trust, growth, and the shared pursuit of wisdom.

Welcome to
our new centre
for psychedelic
education!

At Anam Cara Centre for Psychedelic Education, we honour this work by providing holistic education—blending research, clinical knowledge and contemplative practices—all within a relational framework. We are committed to building partnerships that reflect our values, foster community, and uphold the art of healing.

To be an *anam cara* is to mirror the sacred potential for healing, creativity, and connection.

Our first course invites you to explore deep relationships - with yourself, others, and the earth - while cultivating a transformative learning environment.



~ Website coming soon ~



Certificate of Psychedelic & Contemplative Therapies



***Weaving evidenced-based psychedelic-assisted therapy with
the timeless wisdom of contemplative practices.***

Anam Cara's
Certificate of
Psychedelics &
Contemplative
Therapies...

Anam Cara's Certificate of Psychedelic and Contemplative Therapies (CPACT) bridges the science and art of healing. Weaving clinical rigour with contemplative wisdom, CPACT empowers therapists to integrate evidence-based practices with soulful care.

Participants explore the bio-psycho-social-cultural-spiritual dimensions of the healing process, gaining tools to support clients in navigating trauma, existential challenges, and altered states of consciousness.

Through embodiment, metacognition, and transpersonal awareness, therapists can integrate their professional practice with personal growth, fostering a deeper connection to their clients and the world.

~ Anam Cara Centre for Psychedelic Education ~



Certificate of Psychedelic & Contemplative Therapies



CPACT is guided by the **EMPATHS** approach and the **SWIM** model to cultivate empathy, resilience, and creativity, empowering therapists to deliver care that is informed, humane, and deeply compassionate.

The EMPATHS model encompasses values of Ethics, Metacognition, Potentiality, Agency, Transpersonal, Holistic, and Science. EMPATHS empowers therapists and clients to navigate the complexities of the human experience with greater knowledge, compassion, and psychological skills, for personal and community holding.

Our therapeutic frames of Somatic, Wisdom, Interconnectedness, and Metacognition (SWIM)*, support therapists and clients with the knowledge, skills, and resources to navigate and anchor in the psychedelic journey.

**Developed by Dr Lani Roy and Melissa Warner.*



Certificate of Psychedelic & Contemplative Therapies



WHAT'S INCLUDED:

- Comprehensive 12-month evidence-based curriculum covering pharmacology, ethics, medical screening, preparation, integration, therapeutic relationships, contemplative practices, and Indigenous wisdom.
- 200 hours of blended, experiential learning with 100 hours in psychedelic-assisted therapy and 100 hours of contemplative electives, including:
 - Holotropic breathwork, yoga teacher training, yogic breathwork teacher training, herbalism, mindfulness, integration training with Acer Integration, and for an additional cost, cultural immersion retreats in Peru, Jamaica, or the Netherlands.
- Lectures from leading experts, practical demonstrations, somatic integration work, and trauma-informed mindfulness training.
- Online student portal featuring educational manuals, assessments, and resources.



Certificate of Psychedelic & Contemplative Therapies



SOME OF OUR CORE TEACHERS:

- [Dr Lani Roy](#) - Co-Director of Anam Cara Centre for Psychedelic Education, Registered Psychologist, Social Worker, Psychedelic-Assisted Therapist.
- [Melissa Warner](#) - Co-Director of Anam Cara Centre for Psychedelic Education, Mindfulness Meditation Teacher, Psychedelic Preparation & Integration Coach.
- [Dr Llew Lewis](#) - Psychiatrist, Authorised Ketamine Prescriber, Honorary Clinical Fellow at the Australian National University.
- [Dr Orit Holzman](#) - Functional Medicine, Authorised Cannabis Prescriber, President of the Australian and New Zealand College of Cannabinoid Practitioners (ANZCCP).
- [Dr Alex De Foe](#) - Founding Director of the Australian Centre for Consciousness Studies, Lecturer at Monash University,
- [Dr. Anthony Helman](#) - General Practitioner, General Practitioner Supervisor, and Psychedelic Psychotherapist
- [Lana Sciberras](#) Clinical Psychotherapist and PAT trial therapist
- [Anthony Olsen](#) - Psychotherapist, Holotropic Breathwork Practitioner
- [Ella Shannon Shannon](#): Relationship Counsellor, Sex Therapist, EMDR Therapist and Internal Family Systems.
- [Dr Sandra Dreisbach](#): An Ethicist and Psychedelic Ethics specialist with an MA, PhD in Philosophy. Leader of EPIC (Ethical Psychedelic International Community), Director of Ethics for Nectara, a psychedelic support ecosystem.

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Certificate of Psychedelic & Contemplative Therapies



WHAT YOU WILL GAIN:

Participants will develop the skills, knowledge, and ethical grounding needed to practice psychedelic-assisted therapy and integration effectively to foster transformational growth for both clients and practitioners. Participants will form part of an evolving, ongoing community of practice grounded in ethical, legal, safe, and holistic psychedelic work.

Upon successful completion, participants receive a Certificate of Psychedelic and Contemplative Therapies. This certification provides a pathway to apply for registration with AMAPP as a psychedelic-assisted practitioner. Those qualifying to provide or facilitate psychedelic-assisted therapy will receive additional dosing mentorship and support.



+Certificate of Psychedelic & Contemplative Therapies



OPTIONAL ELECTIVE TEACHERS AND PROGRAMS

Beckley in person retreats PAT experiential in Jamaica and Netherlands

Dr Rosalind Watts Clinical Psychologist ACER ONLINE PROGRAM

Peru dieta cultural immersion for eligible people with Brunswick & Romina - Curanderos of Piompiri Healing Centre Pucallpa.

Michele Maselli, aka Mickey Space - Qualified Gita Yoga Teacher and Yin Yoga Teacher, Founder of Sparkly Yoga.

Lily of the Herbs - Herbalist, Bodyworker, and Educator online and/or in person



Certificate of Psychedelic & Contemplative Therapies



WHO CPACT IS FOR:

Multidisciplinary mental health professionals including; therapists, doctors, psychiatrists, social workers, and Indigenous practitioners - looking to deepen their practice through psychedelic education. Extensive professional experience with clients is required, with professional and personal experience considered.

COST:

\$7,500 for this 12-month, 200-hour certification course inclusive of 2 x 4 day Victoria retreats at Ravens nest and core electives Payment plans available.

Additional fees for international /retreat electives.

Apply now



Applications for our August 2025 cohort are now open.

For more information or to apply,
email Dr. Lani Roy at
drlaniroyanamcara@gmail.com

~ Anam Cara Centre for Psychedelic Education ~

<https://thesignsoflife.com.au/sol-anamcara-centre-psychedelic-assisted-therapy-pat-training-course/>

🌿 We have BIG news 🌿

We've been working hard behind the scenes to launch Anam Care Centre for Psychedelic Education 🌟

Brought to you by Dr. Alana (Lani) Roy and Melissa Warner, Anam Cara Centre for Psychedelic Education offers comprehensive, evidence-based, transformative learning experiences to students and practitioners of psychedelics.

Anam Cara's first course—Certificate of Psychedelic and Contemplative Therapies (CPACT)—offers a 12-month, 200-hour course in psychedelic-assisted therapy and contemplative therapies. This course offers pathways to becoming a Psychedelic Prescriber, Psychedelic-Assisted Therapist, or Psychedelic Facilitator with AMAPP.

Ready to deepen your practice and embrace this next chapter in your psychedelic education? The time is now. ✨

🔗 Link in bio for more information. To apply or enquire, email Dr. Lani Roy at alana@thesignsoflife.com.au

#PsychedelicEducation #PsychedelicTherapy #MentalHealthProfessionals
#ContemplativeTherapies #AnamCareCentreforPsychedelicEducation

2 x 4 day in person Victoria retreats at Ravens Nest Venus Bay with holotropic breathwork work with Anthony Olsen

Set on 14 acres of waterfront, forested sanctuary just 2 hours from the city

- A spacious 2-storey, 4-bedroom house with breathtaking sunrise-to-sunset views, an 8m yurt,
- Expansive deck spaces, outdoor dance floors, and glamping bell tent.
- Enjoy a large fire pit perfect for dancing, cooking, and rituals; a full-size Jacuzzi; dedicated camping areas; and private walking tracks with access to a national park.
- Diverse Activities:
- Engage in dancing in the yurt, fire ceremonies, and cooking rituals;
- partake in invigorating hot and cold bathing sessions
- dive into swimming and kayaking at the inlet with scenic tracks.

