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WHAT PSYCHEDELIC COURSEWORK ARE YOU OFFERING?

Our coursework follows two paths. On one pathway, we've reversed-engineered the coursework process by building curriculum for nursing educators themselves. It's a series of 12 self-directed modules meant for faculty who are teaching within nursing programs. Each module includes a lesson plan, learning objectives, key concepts, additional activities, 90 minutes of slide content, core readings, assessment questions, and learner outcomes. These modules have been aligned with the [American Association of Colleges of Nursing \(AACN\)](#) domains/subdomains and competencies. Taken together, the modules offer an overview of the current field of psychedelics, the history of the field, current and emerging considerations in psychedelics research, and care considerations such as issues pertaining to access, consent, interprofessional education, and safety.

Our second pathway is a seminar for undergraduate students that will be offered for the first time this fall: *Human Caring, Therapeutic Relationships, and Psychedelic-Assisted Therapy (PAT)*. The class is open primarily to nursing

undergraduates but may include a non-nursing undergraduate interested in psychedelics. It will offer foundational education in psychedelic medicine structured through Jean Watson's Theory of Human Caring.

WHAT ARE THE GOALS FOR THESE COURSES?

Our goal for the self-directed module series is for teaching faculty to become more educated on psychedelic topics themselves, to incorporate the material into classes they are already teaching, and/or to offer new courses focused entirely on the psychedelic field. We launched the portal in April 2024 and already have approximately 500 subscribers, so we are hopeful that our reach will extend well beyond the Penn community. We've ensured that our portal is completely free to maximize equitable access to the materials. My hope, of course, is that teaching faculty who use these materials start to build their own new modules as well, expanding the cache of free psychedelic curriculum.

We expect our undergraduate seminar enrollment to include students who plan to be nurses, social workers, physicians, and other health professionals. Our goal for these students is to be able to apply theoretical and philosophical perspectives to psychedelic-assisted therapy including the role of human caring and the specific application of Watson's Theory of Human Caring. We also hope that students will see psychedelic-assisted therapy through appropriate ethical and legal contexts, including what creates safe, effective, equitable, and inclusive care.

From a university perspective, we hope the seminar begins to document student interest in psychedelic medicine and makes the case for a larger, campus-wide undergraduate course in the future.

HOW DID YOU BUILD A PORTAL WITH 12 COMPREHENSIVE MODULES?

It was a lot of work! I served as the overall project manager and champion, working alongside faculty colleagues at

Penn Nursing. We first grouped faculty into four dyads and assigned two to three to each dyad. Most of these faculty had either MAPS and/or Usona training, or some other exposure to psychedelic therapy and research. Over four to six months, each pair went through the literature, synthesized it, and brought it together into an organized curriculum. Eventually, the Assistant Dean of Curricular Affairs and Innovation and I reviewed the modules. Once completed, a graphic designer worked to ensure that there was consistency throughout our slide decks. Grant funding was instrumental in allowing faculty to formalize this work through protected time.

WHAT ARE YOUR PLANS FOR THE FUTURE?

In Fall 2024 or Spring 2025, we plan to send a survey to all portal subscribers, asking them about their experience with the materials: Were they helpful? What other materials should exist? We hope to get helpful feedback for our future work.

I am hopeful that our materials will continue to be shared and used broadly, particularly among institutions that may not be as well-resourced as Penn. We must remember that health care access isn't just about the services we deliver inside of communities, it's about disparities in our education systems as well: who gets to pilot test new ideas and take risks, and who doesn't. That's why we try to publicize our free portal far and wide: via press release, via the American Academy of Nursing newsletter, via our larger university online learning portal, and through faculty champions. We want to make sure our work is reaching historically black colleges and universities, rural schools, and smaller colleges and universities.

To get in touch with UPenn and other academic leaders introducing psychedelic coursework in their insitutions, please visit our [*Psychedelic Therapy Curriculum Contact List*](#)