

ENVISION
WELLNESS
RETREATS

CLINICIAN
PROGRAMME

~60%

of therapists report their own
material activating in clinical
work

Haarhoff & Thwaites, 2016

SP/SR

self-practice & self-reflection
— the gold standard for
clinician development, here
deepened with
neuroplasticity

Farrell & Shaw, Guilford Press

+60%

increase in openness &
divergent thinking after
psilocybin — accelerating
psychological flexibility

Lebedev et al., 2016

CLINICIAN EDITION

The Healer's *Journey.*

*Unlock your own healing. Deepen your practice. Return — fully — to
your clients.*

A psilocybin-assisted wellness retreat for therapists and clinicians. Clinically supervised,
experientially grounded, and held in the ancient landscape of the Alentejo. Designed for those
who give deeply — and are ready to receive.

Led by Dr. Aileen Alegado, Dr. Rita Younan — Managing Clinical Director, Schema Therapy
Institute Australia — and Dr. Anthony Bloch, MBBS.

For clinicians seeking a deeper, experiential understanding of the work they do — and the space
to do that work on themselves.

ALENTEJO, PORTUGAL · 2 HOURS SOUTH OF LISBON

10 clinicians · 6 days · Clinically supervised

DR. AILEEN ALEGADO

DR. RITA YOUNAN

DR. ANTHONY BLOCH

ZOE TAYLOR

— THE CLINICIAN'S BLIND SPOT

You hold the space for everyone. Who holds it for you?

Clinicians carry their own unresolved patterns — and these activate in the room, shaping presence, limiting emotional availability, and contributing to compassion fatigue.

This is especially true for those working with complex presentations — trauma, eating disorders, personality disorders — and in demanding settings such as inpatient wards, forensic services, or group work, all of which can trigger our own material.

The tools you use with clients are rarely turned toward yourself.

This retreat extends the self-practice / self-reflection tradition, using psilocybin-assisted therapy as a neurological catalyst to reach what cognitive self-reflection alone cannot — mirroring how leading psychedelic therapy training requires clinicians to undergo the experience themselves.

— HOW PSILOCYBIN DEEPENS THE WORK

Three ways the medicine works

QUIETENING THE INNER CRITIC

Psilocybin temporarily reduces activity in the brain's self-referential network — softening the critical, self-monitoring voice, and allowing us to meet that side of ourselves with compassion and curiosity rather than judgement.

CHANGE AT THE SCHEMA LEVEL

Rather than working at the level of thoughts and behaviours, psilocybin appears to relax the brain's most deeply held assumptions and predictions about ourselves and the world — creating space to see things a different way, and for those core patterns to reorganise.

EXPANSION OF THE HEALTHY ADULT

Psilocybin allows us to expand beyond the boundaries of the everyday self — opening access to spirituality, connectedness, and a broader sense of identity, which strengthens and enlarges the healthy adult we bring to our work and our lives.

— WHO THIS IS FOR

Inclusion & exclusion criteria

INCLUSION CRITERIA

- ✓ Registered therapist or clinician — any discipline or modality
- ✓ Minimum 2 years post-qualification clinical practice
- ✓ Open to all levels of schema therapy training or experience
- ✓ Currently in personal therapy or clinical supervision
- ✓ Psychologically stable — not in acute distress or crisis
- ✓ Motivated for personal and professional development

EXCLUSION CRITERIA

- ✗ Active trauma processing or acute mental health episode
- ✗ Personal or first-degree family history of psychosis
- ✗ Current SSRI/SNRI use (taper options discussed at screening)
- ✗ Active substance dependence history
- ✗ Pregnancy or planned pregnancy
- ✗ Seeking clinical treatment — this is professional development

— THE RETREAT · ALENTEJO, PORTUGAL

Six days. Your own healing journey.

Day

1**Arrival, Welcome Circle & Orientation**

Settle in, meet your facilitators and fellow participants. Preparation session and intention setting. Private chef dinner.

Day

2**MEDICINE SESSION I****First Clinically Supervised Session**

Clinically supervised psilocybin session, individually held within a full clinical container. Medical oversight throughout. Guided journaling and supported rest.

Day

3**INTEGRATION DAY****Integration & Group Process**

Individual integration sessions with your clinical team, group process and sharing circle, facilitated workshop, and somatic practices. Optional throughout: spa treatments and massage, breathwork, guided meditation, prompted journalling, additional 1:1 time with your facilitators — or simply the grounds, the pool, and the quiet.

Day

4**MEDICINE SESSION II****Second Clinically Supervised Session**

Second clinically supervised session, building on the integration work of Day 3.

Day

5**INTEGRATION DAY****Consolidation & Reflection**

Individual integration sessions, group process and sharing circle, facilitated workshop, and somatic practices. Consolidation and reflection on what this means for your practice and your life. Optional throughout: spa treatments and massage, breathwork, guided meditation, prompted journalling, additional 1:1 time with your facilitators — or simply the grounds, the pool, and the quiet.

Day

6**Closing Circle & Farewell**

Final reflection and departure with your personalised integration plan.

— SAFETY

Held safely, start to finish.

Comprehensive screening. Every participant completes a clinical and medical screening before acceptance — including medication review, psychiatric history, and suitability assessment. Not everyone who applies will be accepted, and that is the point.

Medical presence throughout. Dr. Anthony Bloch, a Rural Generalist physician with advanced training in emergency medicine and anaesthetics, is present for the duration of both medicine sessions. Clinical oversight is continuous, not on-call.

A container built by people who understand it. You know how confronting this work can be — you do it for a living. Every element of this retreat has been designed by clinicians who have sat on both sides of the process.

— AFTERCARE

The work doesn't end at the airport.

Most retreats end when you board the plane. This one doesn't.

Your investment includes **two individual integration sessions** and **two facilitated group Zoom sessions** in the weeks following your return — the period when insight either takes root or dissolves back into old patterns.

This is the difference between an experience and a change. It is also the element most retreats cannot offer, because most retreats are not staffed by clinicians who can hold the work after it ends.

— ACCOMMODATION

Where you'll stay.

A private luxury estate in the Alentejo countryside, two hours south of Lisbon — exclusively ours for the week.

Private chef preparing every meal to your dietary needs. Private transfers from Lisbon. Attentive staff on site around the clock. Space, quiet, and beauty — because the setting is not a backdrop to this work, it is part of it.

You will not be managing logistics, sharing facilities with strangers, or thinking about anything other than what you came to do.

— SPACE & OPTIONAL OFFERINGS

Space to land between the work.

The medicine sessions and integration are the spine of the retreat. Everything around them is yours to shape.

Optional across the week: **spa treatments and massage, breathwork sessions, guided meditation**, and **prompted journalling** to deepen your own reflection. Additional **1:1 time** with your facilitators is available whenever you want it.

Or nothing at all. The grounds, the pool, and the Alentejo countryside are there for exactly that.

— INVESTMENT

€6,000 per person

Limited to 10 participants.

YOUR INVESTMENT INCLUDES

- Six days at a private luxury estate, exclusively for our group
- Four clinicians and practitioners — two clinical psychologists, a medical physician, and a somatic practitioner
- Two clinically supervised medicine sessions with continuous medical presence
- Comprehensive clinical and medical screening
- Private chef, all meals, private transfers, and 24/7 on-site staff
- Pre-retreat preparation sessions
- Optional spa treatments, massage, breathwork, guided meditation and journalling practices
- Additional 1:1 facilitator time on request
- Four aftercare sessions — two individual, two facilitated group — in the weeks following your return

Ten participants. Four practitioners. That ratio is the retreat.

CLINICAL TEAM

Held by experienced clinicians.

Three clinicians. A somatic practitioner. Full medical oversight. This is not a facilitator-led retreat — it is a clinically staffed one.

Dr. Aileen Alegado**DCLINPSY · AHPRA · PAT FACILITATOR**

Clinical Psychologist and schema therapy practitioner. Director, Mindset Consulting Psychology. Founder, Envision Wellness Retreats. Authorised Prescriber, PAT program.

Dr. Rita Younan**SCHEMA THERAPIST · PAT FACILITATOR**

Schema therapist and psilocybin-assisted therapy facilitator, with expertise in mode work and experiential psychotherapy in the PAT context.

Dr. Anthony Bloch**MBBS · RURAL GENERALIST · PAT TRAINED**

Senior Medical Officer, advanced Emergency and Anaesthetics. Certificate in PAT (CIIS, 2023). Medically present for both sessions.

Zoe Taylor**SOMATIC PRACTITIONER · YOGA TEACHER (YTT) · REIKI & MEDITATION · RETREAT SOMATIC FACILITATOR**

Based in Portugal, Zoe brings somatic movement, breathwork, meditation, and energy practices to the integration days — supporting participants to process the experience through the body, not only the mind.

Ready to begin your own healing journey?

ALENTEJO, PORTUGAL · 10 CLINICIANS · CLINICALLY SUPERVISED

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