

MiCBT Group Program

Cannabis-Assisted Stream

A structured program for healing, awareness and lasting change.

DR. ALIA OFFMAN, C.PSYC

This structured, evidence-based group treatment program is designed for individuals experiencing anxiety, depression, trauma, chronic stress, emotional dysregulation, burnout, and other challenges that interfere with daily functioning and well-being. Grounded in Mindfulness-Integrated Cognitive Behaviour Therapy (MiCBT), the program integrates mindfulness training with carefully screened and clinically supported psychedelic cannabis experiences to deepen interoceptive awareness, emotional processing, and psychological flexibility. The emphasis throughout is on developing practical, sustainable skills that support lasting recovery, resilience, and meaningful change.

Program Overview

This **10-week** program combines **4 weeks of Phase 1**, a mid-program retreat day, and **6 weeks of Phase 2-4**, followed by a final integration retreat. Sessions are delivered through **online group therapy** with in-person retreat components to support experiential learning and clinical integration. The structure is designed to build skills gradually while maintaining a strong therapeutic framework throughout the program.

Phase 1: Stage 1	4 Weeks: Weekly Online Group	Building the foundation
Retreat Day 1	Full-Day Therapeutic Psychedelic Cannabis Retreat	Deepening experiential learning
Phase 2: Stages 2-4	6 Weeks: Weekly Online Group	Translating insight into lasting change
Retreat Day 2	Full-Day Therapeutic Psychedelic Cannabis Retreat	Consolidating therapeutic gains

What You'll Learn

- **Attentional stability** — grounding and focus
- **Nervous system regulation** — calming activation
- **Emotional regulation** — respond skillfully
- **Interoceptive awareness** — notice body signals
- **Interpersonal skills** — communicate more clearly
- **Compassion** — support sustainable coping
- **Relapse prevention** — maintain progress

Grounded in Mindfulness-Integrated Cognitive Behaviour Therapy (MiCBT) — an evidence-based approach combining mindfulness training, interoceptive exposure, and emotional regulation. 🌐 Mindfulness-integrated CBT Training | MiCBT Institute

Who Can Benefit

- PTSD and operational stress injuries
- Anxiety and panic
- Depression and emotional dysregulation
- Interpersonal difficulties
- Challenges transitioning to civilian life
- Substance use concerns

Program Lead

Dr. Alia W. Offman, C.Psych., Registered Psychologist with over 20 years of experience in therapy and trauma work. Co-Director of the North American Chapter of the MiCBT Institute, specializing in trauma, mindfulness training, and psychedelic-assisted psychotherapy.

Referrals Welcome

This program works collaboratively with psychiatry, primary care, veterans services, and community supports. Referrals and partnerships welcomed.

Ready to Begin?

For more information or to refer a veteran:

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