



# PsiloHealth

## **Frequently Asked Questions**

### **What is PsiloHealth?**

PsiloHealth is a community of clinicians, professionals, and patients geared toward supporting the education, legislation, and integration of psilocybin therapy. We strive to empower individuals and communities by providing a thoughtful client-led approach that supports the safe and effective use of psilocybin and other holistic healing modalities with equitable access at the forefront. For more information, visit [PsiloHealth.co](https://PsiloHealth.co).

### **What is a “psychedelic”?**

“Psychedelic” denotes a class of psychoactive substances that produces changes in perception, emotions, and cognitive processes. “Psychedelic” means “mind-manifesting,” and it relates to compounds including LSD, psilocybin, mescaline, and other substances.

### **What is psilocybin?**

Psilocybin is a naturally occurring compound found in “magic mushrooms.” When consumed, psilocybin is converted to psilocin, which is the psychoactive ingredient associated with the psychedelic effects of “magic mushrooms.”

### **How does psilocybin work?**

Psilocybin, like other classic tryptamine psychedelics, binds to the 5-HT<sub>2A</sub> receptor, a specific protein found throughout the brain’s cortex.<sup>1</sup> This reduces activity in the brain’s “default mode network,” allowing the mind to shift from an egocentric point of view to a sense of unity and connection with the world.<sup>2</sup> The sustained activation of the 5-HT<sub>2A</sub> receptor may also be associated with increased neuroplasticity, enhancing the brain’s ability to change and adapt to new environmental contexts.<sup>3</sup> For a great explanation of pharmacological effects of psilocybin and other psychedelics, search on YouTube for “The Psychedelic Scientist.”

### **What conditions can be treated with psilocybin?**

Psilocybin has been studied in clinical trials for the treatment of depression, end-of-life anxiety, substance use disorders, and other psychiatric disorders.<sup>4</sup> Generally, results show that psilocybin is well-tolerated, with only limited side-effects.<sup>5</sup> The U.S. Food and Drug Administration (FDA) granted the designation of “breakthrough therapy” for the application of

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<sup>1</sup> Daniel, J., & Haberman, M. (2018). Clinical potential of psilocybin as a treatment for mental health conditions. *The mental health clinician*, 7(1), 24–28. <https://doi.org/10.9740/mhc.2017.01.024>

<sup>2</sup> Doblin, R. (2019, April). *The future of psychedelic-assisted psychotherapy* [Video]. TED Conferences.

[https://www.ted.com/talks/rick\\_doblin\\_the\\_future\\_of\\_psychedelic\\_assisted\\_psychotherapy](https://www.ted.com/talks/rick_doblin_the_future_of_psychedelic_assisted_psychotherapy)

<sup>3</sup> Carhart-Harris, R. (2020, March). *Psychedelics expert Dr Robin Carhart-Harris on what exactly happens to the brain on a trip* [Video]. The Idler Academy.

<sup>4</sup> Brekke, J. J., Koolen, M., Somers, M., & Schoevers, R. A. (2021). Behandeling met psilocybine [Treatment with psilocybin: applications for patients with psychiatric disorders]. *Nederlands tijdschrift voor geneeskunde*, 165, D4842.

<sup>5</sup> Brekke, J. J., Koolen, M., Somers, M., & Schoevers, R. A. (2021). Behandeling met psilocybine [Treatment with psilocybin: applications for patients with psychiatric disorders]. *Nederlands tijdschrift voor geneeskunde*, 165, D4842.

psilocybin for the treatment of major depressive disorder (MDD).<sup>6</sup> Research studies have indicated that medical administration of psilocybin may constitute a valid approach to treating Major Depressive Disorder, with no serious adverse effects.<sup>7</sup> Meta-analyses have shown psilocybin treatment to be effective in reducing anxiety in the context of life-threatening diseases.<sup>8</sup> Preliminary findings suggest that psilocybin may reduce nicotine dependence and aid with smoking cessation.<sup>9</sup> Psilocybin also shows potential for use for reduction of cravings and treatment of alcohol dependence and alcohol use disorder.<sup>10</sup> Finally, psilocybin is being investigated as an experimental treatment for obsessive-compulsive disorder<sup>11</sup> and, in at least one study, psilocybin treatment has resulted in marked reduction of symptoms.<sup>12</sup> For more information about the therapeutic applications of psilocybin, visit the Multidisciplinary Association for Psychedelic Studies at [maps.org](https://maps.org). For more information about ongoing psilocybin research studies, visit [clinicaltrials.gov](https://clinicaltrials.gov).

### **Is psilocybin legal?**

Psilocybin is still federally classified as a Schedule-I controlled substance with “no accepted medical use and a high potential for abuse.” However, psilocybin has been decriminalized in some U.S. cities, including Oakland, California; Denver, Colorado; Portland, Oregon, and others. Decriminalization means that investigation or arrest of anyone for planting, cultivating, purchasing, transporting, distributing, or possessing psilocybin is the lowest law enforcement priority. To get involved with political activism in the decriminalization movement, visit [www.decriminalizenature.org](https://www.decriminalizenature.org).

### **Where can I acquire psilocybin?**

Given how psilocybin is still federally classified as a Schedule-I controlled substance, there are currently no pathways to purchase it legally in the United States. Drug prohibition laws vary from country to country, so please consult with your local laws before attempting to acquire psilocybin. PsiloHealth does not provide psychoactive or illicit substances.

### **Where can I receive psilocybin treatment?**

Given how psilocybin is still federally classified as a Schedule-I controlled substance, PsiloHealth does not conduct or promote psychedelic psychotherapy outside of current, sanctioned research in the U.S. Visit [clinicaltrials.gov](https://clinicaltrials.gov) to search for psilocybin research studies

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<sup>6</sup> Brooks, M. (2019). *FDA grants psilocybin second breakthrough therapy designation for resistant depression*. Medscape. <https://www.medscape.com/viewarticle/921789>

<sup>7</sup> Jones, T. K., & Lippmann, S. (2020). Psilocybin can diminish depression. *The Primary Care Companion for CNS Disorders*, 22(5). <https://doi.org/10.4088/PCC.19br02580>

<sup>8</sup> Vargas, A. S., Luis, Á., Barroso, M., Gallardo, E., & Pereira, L. (2020). Psilocybin as a new approach to treat depression and anxiety in the context of life-threatening diseases: A systematic review and meta-analysis of clinical trials. *Biomedicines*, 8(9), 331. <https://doi.org/10.3390/biomedicines8090331>

<sup>9</sup> Higgins, G. A., & Sellers, E. M. (2021). 5-HT<sub>2A</sub> and 5-HT<sub>2C</sub> receptors as potential targets for the treatment of nicotine use and dependence. *Progress in Brain Research*, 259, 229–263. <https://doi.org/10.1016/bs.pbr.2021.01.007>

<sup>10</sup> Daniel, J., & Haberman, M. (2017). Clinical potential of psilocybin as a treatment for mental health conditions. *Mental Health Clinician*, 7(1): 24–28. <https://doi.org/10.9740/mhc.2017.01.024>

<sup>11</sup> Grassi, G., Cecchelli, C., Vignozzi, L., & Pacini, S. (2020). Investigational and experimental drugs to treat obsessive-compulsive disorder. *Journal of Experimental Pharmacology*, 12, 695–706. <https://doi.org/10.2147/JEP.S255375>

<sup>12</sup> Moreno, F. A., Wiegand, C. B., Taitano, E. K., & Delgado, P. L. (2006). Safety, tolerability, and efficacy of psilocybin in 9 patients with obsessive-compulsive disorder. *Journal of Clinical Psychiatry*, 67(11), 1735–1740. doi:10.4088/JCP.v67n1110

approved by the U.S. government. PsiloHealth does not currently endorse any psilocybin treatment centers in other countries where it may be legal.

### **What is “integration”?**

A spiritual or religious experience does not necessarily lead to a spiritual life. “Integration” refers to personal work done as a result of a psychedelic experience, after it has ended. Integration is the process by which individuals make sense of their psychedelic experiences, then apply insights to making meaningful behavioral changes (e.g. practicing regular meditation) in their daily lives.<sup>13</sup> Integration enables individuals to translate the short-lasting effects of psychedelic compounds into more long-lasting shifts in openness, spirituality, motivation, wellness, or overall adjustment. Integration can also reduce trauma for persons who have had challenging experiences, as it enables them to find meaning in the difficulty of strong psychedelic experiences.

### **Why should I attend a PsiloHealth Integration Workshop?**

The PsiloHealth Integration Workshop offers a unique set and setting for processing psychedelic experiences. We create this group as an intimate safe space. Here, members may share, explore, or work through their experiences among curious and supportive peers. We also run these workshops similarly to process groups by gently attending to each member’s in-the-moment experience. This allows members to access their intuitive inner wisdom as a resource in their personal integration practices.

### **Where can I advertise my own “underground” psychedelic services?**

Given how psilocybin is still federally classified as a Schedule-I controlled substance, PsiloHealth does not provide referrals to “underground” (illegal) psychedelic services.

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<sup>13</sup> <https://chacrana.net/group-therapy-psychedelic-integration/>