

Oregon's Psilocybin Therapy Process



Oregon voters passed Ballot Measure 109 in 2020, creating the first state-regulated psilocybin therapy program. Research from leading medical research institutions such as Johns Hopkins, UCLA, and NYU finds that psychedelic-assisted therapy offers remarkable promise in treating some of our most pressing mental health challenges, including depression, anxiety and addiction.

The Oregon Model is drawn from the research findings and protocols developed for clinical studies over the past seven decades. Oregon's program allows psilocybin therapy only in a licensed service center overseen by a trained facilitator.

Step One: Safety Assessment

Oregon's psilocybin therapy program is designed to maximize safety and promote mental health, which is why the first step in the process is a health and safety screening. A screening questionnaire provides information to the facilitator about the client's physical and mental health characteristics, use of medications and social-emotional health. In a few cases, clients may be ruled out from psilocybin therapy until a particular health issue is resolved.



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Step Two: Preparation Session

The preparation session is a meeting between client and facilitator, to discuss a client's intentions for psilocybin therapy, for example addressing addiction or help with depression or anxiety. Facilitators will use the session to address the 'set' portion of the classic 'set and setting' approach to psychedelic therapy: assessing the mindset of the client and helping them achieve clarity on the issues they wish to address.

Preparation also includes a co-created safety and support plan to ensure that there are resources available to support clients with strong emotions that may arise during the session.



Set and setting refers to the mindset ('set') going into a psilocybin therapy experience and the physical and social environment ('setting') that influences the experience.

Step Three: Administration Session

While facilitators and service centers will vary slightly in their physical environments and approach, the majority of psilocybin therapy experiences will take place in a room that looks like a talk therapy office: clients resting in comfortable chairs or on a couch, with lights that can be dimmed and distractions minimized. A client might use headphones or wear eye shades and use comfort items like weighted blankets.

After the client consumes the psilocybin, clients remain under the constant supervision of their trained facilitator for up to 6 hours. Depending on the client, the administration session may be a quiet, internal process or something more emotional.



The Oregon model requires supervision by a licensed facilitator. Psilocybin is not for sale or take home under the model.

Step Four: Integration Session

Studies show that people who discuss how to integrate insights gained during the administration session afterwards report better well-being. All clients offer an integration session to Oregon psilocybin therapy clients, usually held a few days to a few weeks after the administration session.

Oregon's psilocybin therapy program is built on promising research from leading academic institutions and the input of experts from health care, research and policy. It is a breakthrough tool to address some of the most pressing mental health challenges in our country.

HealingAdvocacyFund.org

As a 501c3 non-profit organization, Healing Advocacy Fund works to ensure safe, equitable and affordable psilocybin therapy is available for Oregonians who need it. We educate and advocate to help community leaders and residents in communities across Oregon understand the benefits of psilocybin therapy for mental health challenges including depression, anxiety and addiction.

Photo credit: PsilocybinServices.org

