



## Clinical Cognitive Facilitator Training Psilocybin Facilitator Training 971-470-8090

### *Onsite Program*

Monday thru Thursday for five weeks and then 3 days a week for the final 3 weeks to complete the program in 8 weeks.

### *Hybrid Program*

A flexible option to complete the didactic portion through our online portal and then arrange to come onsite for the 40 hours of experiential practicum. You have one year to complete the program,

## FAQ

### *Q: What is Psilocybin?*

A: Psilocybin is a naturally occurring molecule that is found in many species of fungi. Mushrooms that contain psilocybin are known commonly as “magic mushrooms,” and can be ingested to produce a profound psychedelic trip lasting several hours

### *Q: Is psilocybin psychoactive?*

A: Psilocybin itself is not technically psychoactive. Upon entering the body, the psilocybin molecule is quickly metabolized into psilocin, which is responsible for the well-known psychedelic effects.

### *Q: How does psilocybin affect the brain?*

A: Psilocin acts on serotonin receptors, increasing the amount of serotonin available in the brain, and producing changes in perception. It is psilocin’s actions at the 5-HT<sub>2A</sub> receptor that are thought to be most important. Its thought to affect the neuroplasticity in the brain.

### *Q: What happens when the 5-HT<sub>2A</sub> receptors are stimulated by psilocin?*

A: The activation of the 5-HT<sub>2A</sub> receptor is linked with changes in cognition such as visual and auditory hallucinations, tactile perceptions (such as tingling warmth), and synesthesia (the merging of senses).





# FAQ

**Q: How do you take psilocybin?**

A: Psilocybin can be ingested fresh, dried or in a tincture. It can be ground into a powder and put in capsules. It can be brewed into a tea.

**Q: How do you know psilocybin is not 'black market'?**

A: Oregon Health Authority has implemented production limits, product testing and a product tracking system to ensure products are safe. Psilocybin is not a dispensary model like recreational cannabis.

**Q: Is ingesting psilocybin safe?**

A: Although research shows that psilocybin is relatively safe to use in a controlled setting, there may be unanticipated or unwanted side effects. Some of these side effects can include a rapid heart rate, nausea, mental status changes and mild feelings of anxiety.

**Q: What are the benefits of psilocybin?**

A: Studies show that psilocybin can reduce the frequency and intensity of certain mental health disorders, including:

Depression	Anxiety
ADD/ADHD	PTSD
Mood disorders	Addictions

**Q: Are there other benefits to psilocybin?**

A: Psilocybin has been shown to increase creativity, energy, productivity and focus, increased empathy and improved relationships, athletic coordination and leadership development.

**Q: What research is being done with psilocybin?**

A: Psilocybin is being looked at for anorexia, dementias like Alzheimers disease, obsessive-compulsive disorder, chronic pain and demoralization syndrome, suffering characterized by feelings of hopelessness and loss of purpose/meaning in life.





# FAQ

*Q: What is microdosing?*

A: Microdosing is the act of consuming sub-perceptual (unnoticeable) amounts of a psychedelic substance).

*Q: What are the benefits of microdosing'?*

A: Many who have integrated microdosing mushrooms into their routine report higher levels of creativity, more energy, increased focus, and improved relational skills, as well as reduced anxiety, stress, and even depression. Some clients also report that microdosing mushrooms has helped them heighten their spiritual awareness and enhance their senses.

*Q: Who should NOT take psilocybin?*

A: Psilocybin can exacerbate or trigger the onset of underlying psychotic conditions, people with a personal or family history of conditions like schizophrenia are at high risk of long-lasting harm and should steer clear of psilocybin

*Q: How can I access psilocybin in Oregon?*

A: A client must be over the age of 21 and have a preparation and orientation session with a licensed facilitator. The client then has between 24-hours and 90-days to prepare to go to a licensed service center for administration.

*Q: How will I prepare for a psilocybin administration session?*

A: You will attend a preparation and orientation session with a licensed facilitator. The facilitator will create a plan with you to ensure you are getting the most benefit from your psilocybin experience and complete the necessary paperwork required by the state of Oregon, like informed consent & a transportation plan.

*Q: How long is the session?*

A: A supervised psilocybin session is dose dependent and could last 6 hours or longer. The Oregon Psilocybin Services division regulations stipulate that a client must stay at a service center for a specific amount of time depending on the dose of psilocybin.





## FAQ

*Q: How long does psilocybin last in your system?*

A: Although psilocybin is metabolized into psilocin, it stays in your system for longer than its psychoactive metabolite. It takes around a day for all the psilocybin in your body to be excreted. Psilocin, on the other hand, will be almost totally gone from your body after six hours.

*Q: Can psilocybin be detected in a drug test?*

A: Both psilocybin and psilocin can be detected in a urine test, if it is done the day of ingestion. A blood test would also pick up psilocybin, although this would only work within the first six hours after ingestion. Hair follicle testing would possibly show the presence of psilocybin, although it would have to be administered a few days after ingestion. It is unlikely you'll encounter testing, as it requires high-end lab equipment and is relatively invasive.

*Q: Who should NOT take psilocybin?*

A: Psilocybin can exacerbate or trigger the onset of underlying psychotic conditions, people with a personal or family history of conditions like schizophrenia are at high risk of long-lasting harm and should steer clear of psilocybin.

*Q: How does Oregon's Psilocybin Services work?*


A: There are four licenses in Oregon's psilocybin system, which regulate the journey of a psilocybin mushroom from spore to consumption:

*Q: What are the four psilocybin licenses available in Oregon?*

- A:
1. Manufacturers (who grow mushrooms)
  2. Testing labs (who test mushrooms for potency and perform quality control)
  3. Service centers (where psilocybin/mushrooms are consumed)
  4. Facilitators (who prepare the client for the experience and watch over a person during their administration)

*Q: What does the facilitator do at the Preparation Session?*

A: The Preparation session orients the client to the experience, sets expectations and intentions and create a plan for the experience, as well as completing the required paperwork, informed consent, Client Bill of Rights, safety and dosing strategies.





# FAQ

*Q: What does the facilitator do during an Administration session?*

A: The mushrooms are consumed by the client and the facilitator monitors the client's experience, ensuring safety and offering non-directional support.

*Q: What does the facilitator do after the Administration session?*

A: The facilitator will reach out to the client within 72 hours of the administration session and offer support services to help the client integrate the psilocybin experience into daily life.

*Q: How much will psilocybin cost?*

A: Psilocybin costs will be dependent on the dose, the setting and the length of time at the service center. The exact price of a treatment protocol will be set by a particular facilitator and licensed service center.

*Q: Where can I access psilocybin?*

A: Although the state passed Measure 109 in 2020 to allow psilocybin, at the end of last year, nearly 70% of the state opted out and banned psilocybin in individual counties.

*Q: What counties will have psilocybin available?*

A: Psilocybin will only be available in 11 of Oregon's 36 counties, and some cities within those counties have also opted out (be sure to check local laws). Psilocybin will be available in these counties:  
Multnomah - Washington - Lane  
Jackson - Deschutes - Yamhill  
Benton - Columbia - Lincoln  
Wasco - Hood River

*Q: How will I get home after a psilocybin administration session?*

A: A client and a facilitator must agree on a transportation plan in writing during the preparation session, before the client consumes psilocybin. The client will not be allowed to drive home or operate machinery.







## FAQ

*Q: What kind of training does a facilitator have?*

A: A facilitator must have a minimum of 160 hours of education at a licensed facilitator training center. The curriculum is specific and must be approved by the Oregon Health Authority. It includes the history of psychedelics, cultural equity, pharmacology, scope of practice and facilitation skills, including an experiential practicum.

*Q: How does a facilitator get licensed?*

A: The graduate of a psilocybin facilitator training program must pass a state board exam and successfully complete a background check.

*Q: What is Uphold Our Troops?*

A: A program exclusive to Clinical Cognitive Facilitator Training, developed by its owner, Mary Nielsen, Uphold Our Troops is a pending 503C3 nonprofit with the mission of offering tuition scholarships for military or veterans who wish to be trained and serve as facilitators helping veterans with mental health disorders and trauma.



# UPHOLD OUR TROOPS

