

WORKBOOK



How to Decide If Psilocybin Therapy Is Right For You

COMPLIMENTS OF FRACTAL HEALTH

www.fractalhealthpdx.com



WELCOME

On behalf of the team at Fractal Health, its nice to meet you!

Here's what to expect from this workbook guide.

This goal of this workbook is to help you answer two questions:

#1: IS PSILOCYBIN THERAPY SAFE FOR ME?

#2: IS THIS A GOOD TIME FOR ME TO CONSIDER PSILOCYBIN THERAPY?

The choice to go through psychedelic therapy is deeply personal and deserves to be entered into thoughtfully and with care. We hope this Guide helps you do just that!

Kat xoxo

No one is PERFECT

We want to level set expectations for the remainder of this Guide, that clients do not have to fit a 'perfect profile' in order to qualify for psilocybin services. Often, clients seek these services because they have a large life issue they are struggling with, and often have tried 'everything else' to no avail. The things that are called out in this Guide are not an attempt to gate-keep. Rather, they are designed strictly with your SAFETY in mind. Individuals also vary greatly. If you have any questions or would like to discuss your unique situation, please reach out.

Thanks!

SECTION I

IS PSYCHEDELIC
THERAPY SAFE
FOR ME?

Some Situations Psilocybin May **NOT BE SAFE**

MENTAL & EMOTIONAL

Thoughts of Harm

Most people have passing thoughts of harm to themselves or others on occasion. It doesn't mean we act on those thoughts. If you are having active ideations around causing harm, psychedelic sessions may exacerbate those thoughts by confusing reality or temporarily blurring understanding of consequences.

Psychosis Symptoms

Studies and anecdotal evidence by people with symptoms of psychosis such as schizophrenia have shown unpredictable results with psychedelics. Some journeys seem to help, other journeys can trigger or worsen symptoms of psychosis. It's not worth the risk to your mental health and safety.

Severe Mental Instability

If you are feeling severely mentally unstable, and/or have a personality disorder such as dissociative identity, antisocial or narcissism, you may view altered states as a threat to safety, causing resistance or adverse behavior. Psychedelics have a disruptive mental effect - foundational stability to weather it is crucial.

Bipolar with Mania

If you have experienced symptoms of bipolar with manic episodes, you should know being in an altered state can increase your risk of triggering a manic episode by roughly 33%. For those who have less-serious hypomania, a lower dose may be tolerable. If your safety could be at risk via mania, we urge you not to risk it.

No Support Systems

Psychedelic journeys can be emotionally taxing, sometimes leading to temporary crises of identity, path, or purpose. These often resolve within days, but it is important not to be isolated and entirely without support after your journey. Many do well being alone, but it is best to ensure a friend, family member or therapist is available to call or see if needed.

Active Trauma

If you live in a toxic or unsafe home, are experiencing a housing crisis, relationship crisis or are in other active trauma that still feels 'in shock', we highly recommend waiting until these feelings have subsided. Psilocybin is a mental amplifier which at times can lead to journeys which amplify these feelings without resolution. Wait until you are ready to process.

Some Situations Psilocybin May **NOT BE SAFE**

PHYSICAL & COGNITIVE

01 **Epileptic Seizures**

Epilepsy is a chronic neurological condition that causes repeated seizures. Some studies have found that large doses of psilocybin can lower the seizure threshold, increasing risk of seizure by roughly 30%.

02 **Recent Lithium Use**

Taking Lithium within a few weeks of taking psilocybin can also increase the risk of causing seizures. Though the risk may be fairly low if your Lithium dose is low, it isn't worth the risk - and is not allowed in Oregon within 30 days of a session for any dosage.

03 **Severe Cardio Disease**

The litmus test here is whether it is safe for you to engage in moderate exercise which raises blood pressure and heart rate. Psilocybin also temporarily and mildly to moderately raises blood pressure and heart rate. Most people tolerate this well, but for people with very high blood pressure or fragile cardiovascular systems, taking psilocybin can be dangerous.

04 **Cognitive Decline**

Psilocybin leads to increased neurogenesis and neuroplasticity, which has anecdotally helped many with dementia and memory loss. However, clients with advanced cognitive decline may not fully understand or consent to the experience, leading to emotional distress and potential adverse reactions.

05 **Lots of Medications**

Clients who are taking one SSRI or similar medication typically achieve just as much therapeutic benefit as those not on such meds, by taking 1.3 to 1.5x higher dose of psilocybin. Clients on 2 medications or substances impacting serotonin will likely need 2X+ the dose. Given Oregon's max is 50mg, clients on many serotonin-blunting meds risk an underwhelming experience.

06 **Substance Withdrawal**

Psilocybin has been found to be very effective at helping people overcome various addictions, especially around alcohol, cannabis, nicotine and food/sugar. However, in order to ensure safety for your journey, you should be in abstinence and not experiencing withdrawal symptoms of any substances that typically cause them. Work with a rehab center or counselor to improve your chances of success.

SAFETY FIRST

Where do you fit?

As you might have noticed from the above list, some items are permanent and some are temporary. For example, if you have been diagnosed with psychosis or have a history of manic episodes, that is not something likely to resolve over time. You may still tolerate microdosing well but consciousness alteration with larger doses is not recommended.

Other items are timing related. For example, if you are going through an active crisis, are having current thoughts of harm but you know this will pass, or are in active withdrawal, it may not be an ideal time for you but these situations may resolve in 2 weeks to 2 months.



SAFETY CONCERNS I HAVE:

IMPORTANT NOTE!

Despite cultural stigmas and stereotypes, there is no clinical evidence that psilocybin causes psychosis, suicidal ideation, manic episodes, seizures, or cardiovascular conditions in individuals not previously disposed to these conditions.

Psilocybin journeys can temporarily 'shake up' routine thought and behavior patterns in the brain. Most individuals find this a welcome relief from feeling stuck. For those with severe mental illnesses however, the effect can feel more like destabilization, which can exacerbate some symptoms.

Personal history is far more important than family history of physical diseases or mental disorders when assessing overall risk with psychedelics.

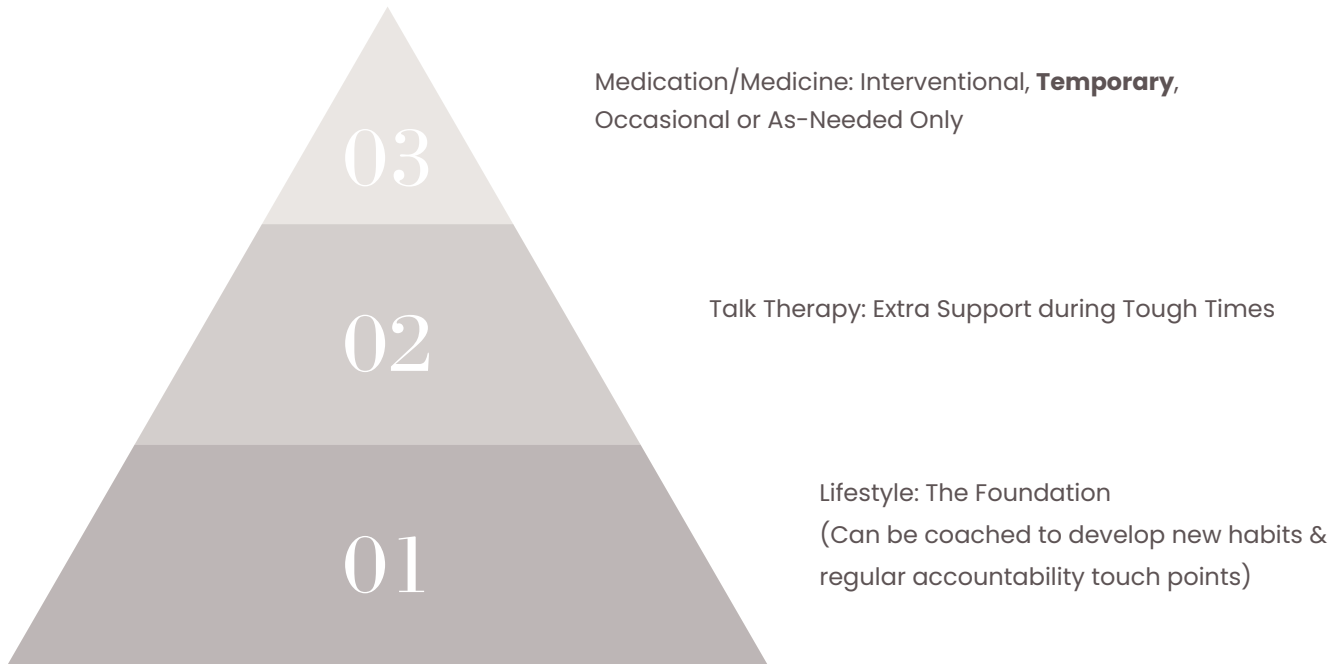


SECTION 2

AM I READY FOR
PSYCHEDELIC
THERAPY?

A HOLISTIC APPROACH TO

Mental Health & Happiness



1

Lifestyle

The foundation of all mental/emotional health is lifestyle choices & habits: Environment, nutrition, exercise, community, sleep, security.

2

Talk Therapy

Sometimes, we go through difficult times and need professional support and guidance. Talk therapy pairs very well with psychedelic therapy.

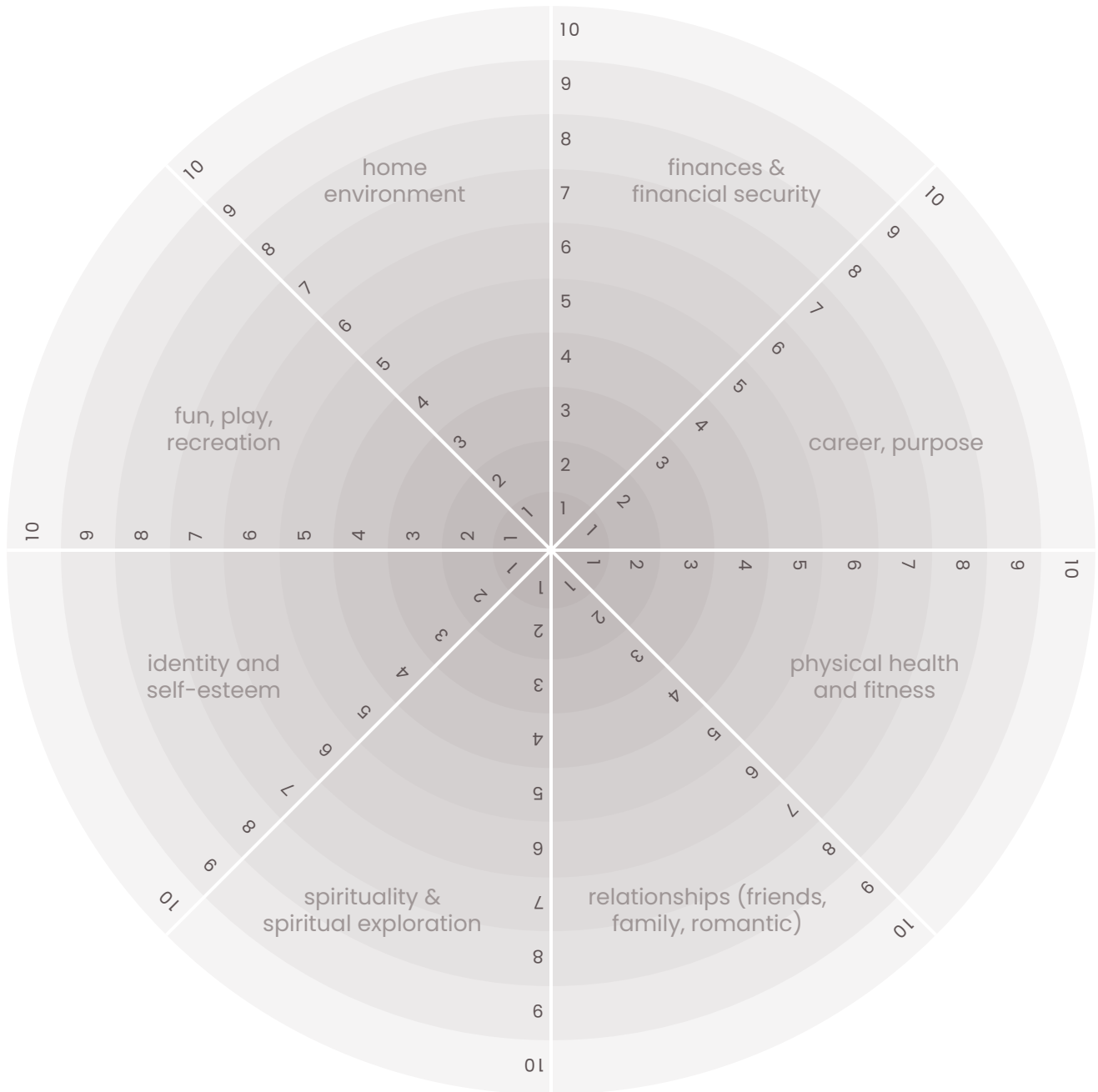
3

Medications and Earth 'Medicines' incl Psychedelics

Medication and 'earth medicines' should be an occasional, short-term intervention only when needed, to help us get back into layer 1. They are never meant to become our foundation.

YOUR BASELINE:

Overall Life Satisfaction



Shade in your overall satisfaction and fulfillment in each area. If you prefer to change an area to a different topic, feel free - this is your life, after all! Once you are done, you can see areas that would potentially lead to greater 'ROI' if you were to focus on improving them.

SELF ASSESSMENT QUIZ

Attitude & Mindset

01 I am age 21 or older - the legal age, but also the maturity level to understand informed consent & risk. YES NO

02 I've read the Safety contraindications in Section 1 and none of them apply to me. YES NO

03 I am able & willing to hold my session at Fractal Soul, located in the Portland Metro area of Oregon YES NO

04 I understand professional, legal psychedelic therapy is a service and that the main cost associated is to compensate the people who are helping me. YES NO

05 I take accountability for my health and actions, as well as the preparation, surrender & integration of this experience. YES NO

06 I have a clear reason or 'ask for help', and am not doing this just to 'do drugs' or 'trip'. YES NO

07 I feel humility, respect, and curiosity toward this ancient substance and toward humanity's potential with it. YES NO

SELF ASSESSMENT QUIZ

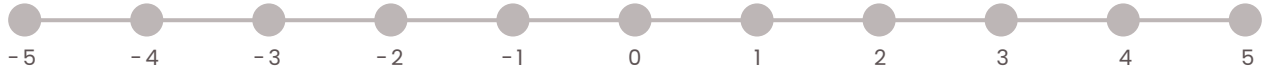
Inner Attunement

STRONGLY DISAGREE

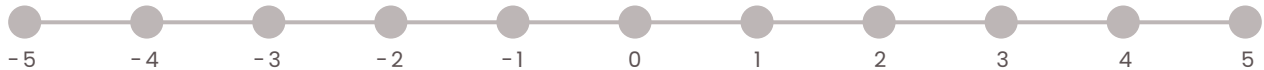
NOT SURE

STRONGLY AGREE

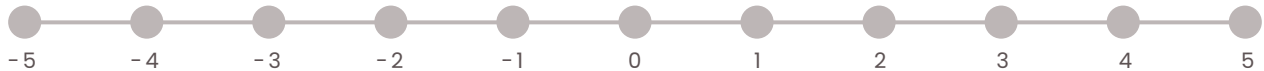
I'm usually able to identify & label a full range of my feelings.



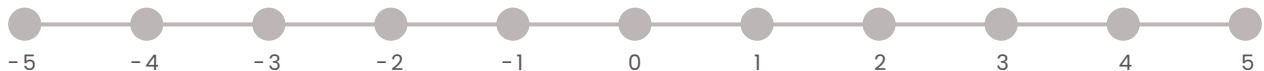
I feel connected with my inner world of imagination, creativity & dreams.



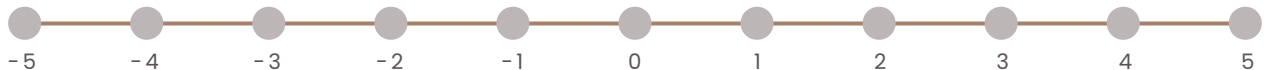
I participate in beneficial self-care activities that I want to do.



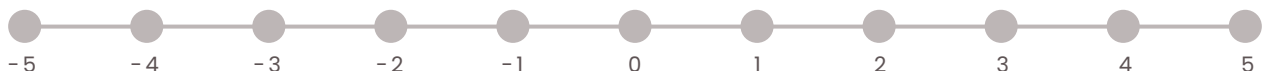
I'm usually pretty good at knowing what I need, and eventually acting upon it.



When I think about what may come up in a journey, I'm more curious than fearful.



I feel open to flow with wherever my journey may lead.



Now add up all the numbers you have selected.

YOUR RESULTS

Scoring Guide

Psilocybin works primarily on the serotonin 2A pathway, which is associated with active coping. It strongly encourages you to face, process, feel, understand and release whatever pain you are storing. ***This is what makes it so effective!*** However, people who are meeting their inner selves for the first time in their lives during a psilocybin journey are more at risk for resistance, anxiety and disappointment. Inner attunement is one core predictor of psychedelic therapy success & lasting results.

Score: 15 or higher

You're ready! You are at least moderately open, able to identify and connect with your inner world, and take accountability for your actions, health and future. You will likely require only some light Prep coaching to do great in the session.

Score: 0 to 14

You have some fears and uncertainties, but you will likely still do great with some extra Preparation coaching and exercises to help start connecting you to your inner feelings and thoughts. Journaling, breathwork, meditation and yoga are ideas for this.

Score: -1 to -12

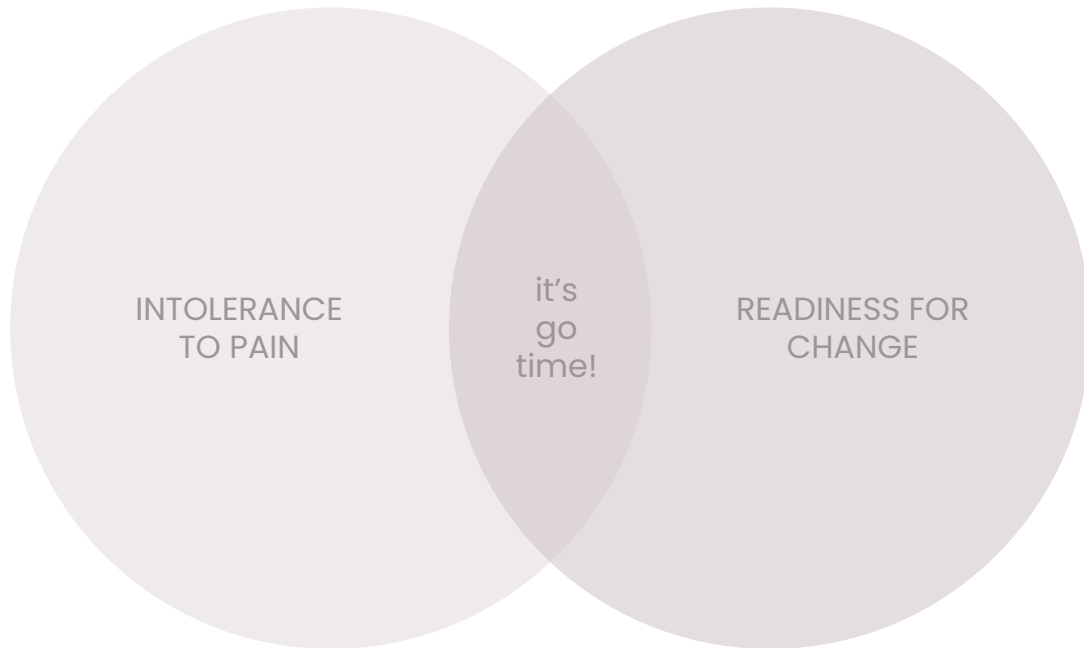
Your likelihood of success may lie beyond the scope of facilitator preparation coaching, but may be worth an initial consult. You will likely get more value from a psilocybin session if you first undergo some professional therapy and focus attentively on inner attunement to reduce dissociation and fear of your inner 'black box'.

Score: -13 or lower

You are not likely to benefit much from psilocybin therapy at this time. Your likelihood of resistance, rejection, projection and/or blame is high. We recommend beginning a journaling or meditation practice to get in touch with your feelings and increase your sense of self. Therapy is also likely to help with this!

HOW TO REALLY KNOW

YOU ARE READY



1

A certain issue is becoming unsustainable

In the circle on the left, a person feels they can no longer tolerate an issue, but their fear of change is holding them back. This can happen when a person's identity gets wrapped up in pain or diagnosis.

2

Ready, but lacking motivation

In the circle on the right, a person holds great readiness for change, but they lack the motivation to do so. Their pain has not become great enough to warrant an impetus to action.

3

The sweet spot: Both things are true

When a person has decided their pain or suffering is no longer sustainable, AND they are fully ready for lasting change, then psilocybin therapy is likely to be very beneficial to them.

GOAL: *Ready For Change*



What is your specific goal?



How will you measure the success of your goal?



What steps are you going to take?



What makes this goal worth working for?



When is the deadline? Give yourself one!

READINESS CHECKLIST FOR

Your Psilocybin Session

01 Not Just 'For Fun'

I've got a clear life issue, pain point or reason (intention) in mind I want to address, even if it's just to feel better or fulfill my potential.

06 Inner Attunement

I feel connected to my inner self at least a little bit, and can 'hear' my inner voices when I quiet my mind, tune in and focus.

02 I Know the Basics

I've been told or educated myself on how psilocybin works in the brain and what to expect during phases of the journey.

07 Safety First

I have chosen a facilitator and Center I feel unconditionally safe with/supported, have discussed safety plans, and am also committed to keeping myself safe.

03 Support in Place

There is someone in my life who is able and willing to support me, should I so need it in the hours or days following my journey.

08 Financially Feasible

I've worked with my provider to discuss a level of service/support that fits my budget, and flexible payment options if needed.

04 Committed to Change

I understand my journey isn't just a vacation I return from but that I will need to implement some new actions in my life.

09 Informed Consent

I've been properly educated on the risks and side effects of taking psilocybin. I have a contingency plan for these where possible.

05 Realistic Expectations

While psilocybin is powerful, I understand it's not a miracle cure that will magically fix all problems. If I take substances that impact serotonin, I've tempered expectations further.

10 Ready & Open

I have an open heart toward this experience, I'm working hard not to 'over think it', and feel ready to surrender and let go!



What's next?

READY TO GET STARTED?

If through this Guide, you have decided psilocybin therapy may be right for you, the next step is completing your screening and discussing logistics with our leadership team. We must confirm you are legally eligible before we can speak with you. Please fill out our quick 2-minute Eligibility Form. On the last page you can book a consult call with Kat. In that call, you'll discuss your goals, any relevant health background, and then next steps such as onboarding, facilitator matching and desired session timeframes.

[LET'S TALK >](#)

Selected Client TESTIMONIALS

Just two of the 400+ clients we have served:



TOM

Physician, 40's, New York



I struggled in secret with alcohol abuse for 35 years. The day after my session, I woke up not craving a drink for breakfast. After abstaining entirely for two months, I can now have an occasional glass of wine or scotch with a meal and not want to keep drinking. Freedom!



LAURA

RN, 30's, Portland



I was stuck and desperate when I found Fractal Health. Kat worked with me to find an opening quick, and paired me with the perfect facilitator. I needed my 'booster' dose, and did a ton of processing. I now feel like my OCD and grief are a distant memory. I'm dedicated to self-care every day, and this has helped.

[**START TODAY >**](#)

client names/photos have been changed for privacy. these are real client outcomes.

For More Exploration:

USEFUL LINKS

Confirm Eligibility & Book Consult

It takes 2 minutes, asks some questions so we can get to know you, and allows you to book time with Kat at the end.

[START NOW](#)

Build a Custom Service Package

Use our Package Builder tool to design a package with bundled hours of Prep, Integration, and # of sessions.

[BUILD PACKAGE](#)

Meet Our Team

Meet the team of Fractal Health - professional, licensed psilocybin facilitators and coaches.

[READ BIOS](#)

Fractal Soul Center Guide

If you'd like to know more about Fractal Soul the Service Center, including room photos & mushrooms, click here!

[VIEW GUIDE](#)

View Our YouTube Channel

We are always adding free educational videos to our YouTube channel - feel free to check out the latest!

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