
OVERVIEW OF WORK AHEAD FOR TRAINING SUBCOMMITTEE, PSILOCYBIN ADVISORY BOARD

** TOWARDS THE GOAL OF PROVIDING FULL ADVISORY BOARD WITH RECOMMENDED RULES & REGULATIONS
REGARDING PSILOCYBIN FACILITATOR TRAINING**

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OREGON PSILOCYBIN TRAINING ALLIANCE (OPTA)

Purpose

OPTA is a working group of experts/advisors who came together to align on best practices for training psilocybin facilitators and to design a sample core curriculum to suggest to the Advisory Board

Members

Francoise Bourzat, MA – Center for Consciousness Medicine

Naama Grossbard – Center for Consciousness Medicine

Myles Katz – The Synthesis Institute

Juliana Farrell, MA – The Synthesis Institute

Alissa Bazinet, PhD – Solstice Group

Timothy Crespi, LPC, CADC – Solstice Group

Tom Eckert, LPC – InnerTrek, Measure 109 Chief Petitioner

Sheri Eckert, LPC – Measure 109 Chief Petitioner

DISCLOSURE STATEMENT

All members of OPTA own or work for businesses that plan to operate psilocybin facilitator training programs and/or psilocybin service centers

I (Alissa) am co-owner and clinical director of a business (Solstice Group) that will offer a variety of legal psychedelic-assisted therapies, including a psilocybin service center

Solstice Group does not currently have a psilocybin facilitator training program, but plans to create one in the future

OUTLINE

Seven areas to determine rules/regulations around:

1. Trainee Enrollment
2. Training Program Approval Process
3. Training Program Structure
4. Training Program Core Content
5. Trainee Progress & Program Completion
6. Ongoing Mentorship, CE, Facilitator & Program Oversight
7. Roles (and Qualifications for those roles)

Overarching questions that apply to all components:

- What are minimum criteria for state regulations?
- Where do training programs have leeway to create unique criteria in addition to state regulations?

I: TRAINEE ENROLLMENT

Trainee Applicant Requirements

- Residency: None to enter program; must be OR resident for 2 years prior to licensure
- Education (High School or GED)
- Age (21+)
- Criminal Background Check

Areas to Assess in Trainee Applications

- Ethics, Integrity, Commitment to service
- Education & Experience (academic, alternative healing, non-ordinary states, contemplative practice)
- Cultural competence & self awareness
- Psychological and/or medical evaluation*

Trainee Application Elements

- Letter of Interest/Intent
- Application Form
- Interview
- Letters of Reference
- Method for decision-making re: acceptance

2: TRAINING PROGRAM APPROVAL PROCESS

Training Program Application (to OHA)

- Standardized application for all programs
- Reviewed by OHA
- Timeline: When do applications open, length of review period, appeal process if not approved

Training Program Standardized Application Elements

- **Programs must describe how they will attend to the following:**
 - Guidelines for trainees around a Code of Ethics
 - Adherence to equity & access
 - Adherence to guidelines re: program structure, minimum hours, core content
 - Process for ongoing evaluation of trainees & program completion
 - Program staff meet predefined criteria

3: TRAINING PROGRAM STRUCTURE

Required Learning Elements

- Orientation, to build rapport and connection
- Didactic learning (classes, homework, reading)
- Procedural (role-play & experiential) learning
 - *Open question - can this include trainees ingesting psilocybin?*
- Access to trainers (for questions), small group discussions
- Practicum with direct shadowing of experienced facilitator
- Supervision (while in practicum)
- Mentorship (throughout program) – mentor not involved in evaluating trainee

Content Delivery Format

- Minimum # of hours for full program
- Minimum # of hours within specified content delivery formats for each core content area
- Maximum # of hours for online asynchronous learning
- *Possibility for initial cohort of trainees to have more lenient training requirements with stricter admission criteria (to become supervisors for later trainees)*

4. TRAINING PROGRAM CORE CONTENT

Historical role of the use of psilocybin across cultures, including indigenous & shamanic approaches

Review of **contemporary research and theory** (1950s to current day) on psilocybin-assisted therapies

Psychopharmacology of psilocybin, including basic neuroscience of mechanism of action

Ethics, scope of practice, and professional development related to psilocybin-assisted facilitation

Assessment* of clients' "appropriateness of fit" for psilocybin services, (such as intake interviews, reviewing results of prior screening recommendations, assessing change from prior screening)

Preparation of clients for psilocybin services (such as education on what to expect, informed consent, role of facilitator, boundaries for client/facilitator interactions)

Safety* considerations for psilocybin administration (such as dose considerations, set-up of environment, recognizing and responding to signs of distress, facilitating safe transport after cessation of session)

Subjective range of experiences possible with psilocybin, including physical, cognitive, psychological, emotional, and spiritual

Core skill sets for **psilocybin-assisted facilitation**, (such as empathic presence, non-directive communication, response to client distress, and awareness of one's own impact on client experience)

Core skill sets for **integration*** of psilocybin experiences (such as facilitation of "integration sessions" for clients to process experience within the context of their unique life situations, supporting clients with further integration resources if needed)

The program must demonstrate that it provides training relevant to the development of **competence to work with diverse and multicultural populations**, taking into account histories of oppression, systemic inequality, and imbalances in power and privilege in such populations.

4. TRAINING PROGRAM CORE CONTENT: CAVEATS

Assessment

Psychological & Medical Evaluations necessary for client eligibility & safety

Facilitators trained in very basic assessment skills, but cannot conduct full evaluations

One idea: centralized process for screening/evaluations (separate from service sites)

Trained professionals conduct evaluations

Clients with medical or psychological conditions matched to facilitators with appropriate prior training

Safety

Even with full screening, unexpected medical and/or behavioral situations can arise

An emergency protocol will need to be developed (for response to situations outside facilitator scope of practice)

Integration

Shifts in psychological & emotional state can arise in days/months *after* psilocybin sessions

Measure requires that facilitators offer one integration session

Service sites will need system of connecting clients with ongoing integration support/resources

5: TRAINEE PROGRESS & PROGRAM COMPLETION

Completion Requirements

- Minimum attendance
- Minimum standards for evaluating trainee progress through core training
- Minimum standards for evaluating successful practicum completion
- Minimum standards for evaluating successful training program completion, based on curriculum defined learner outcomes

Determination of Competency/Readiness for Licensure

- Training programs are responsible for determining competency
- Appeals process if trainee deemed not yet competent?
- Program completion certificate allows program graduate to sit for licensing exam
- Program graduate can apply for licensure once licensing exam is passed

6: ONGOING MENTORSHIP, CE, OVERSIGHT

Mentorship

- Ongoing mentorship/supervision for newly licensed facilitators
- Professional network of mentors (to be established by outside body, such as professional association)

Continuing Education

- TBD number of CE hours/year required to maintain/renew licensure

Facilitator & Program Oversight

- Process for holding licensed facilitators and training programs accountable to state regulations & Code of Ethics
- State board handles complaints, revokes/renews licenses, approves training programs, and audits & renews existing programs

7. ROLES & QUALIFICATIONS

People

Training Program Director

Trainer

Practicum Site Supervisor

Training Program Supervisor

Mentor

Entities

Training Program

Practicum Site

State Board

Professional Association (Psychedelic Therapy Association)

RESOURCES

Ethics

Multidisciplinary Association of Psychedelic Studies (MAPS) Code of Ethics

<https://maps.org/news/bulletin/articles/436-maps-bulletin-spring-2019-vol-29,-no-1/7710-maps-mdma-assisted-psychotherapy-code-of-ethics-spring-2019>

North Star - Ethics Pledge

<https://northstar.guide/ethicspledge>

Code of Ethics - Guild of Guides Netherlands

<https://www.guildofguides.nl/code-of-conduct/>

Training Principles

Zendo Project - Training Manual & Manual for Psychedelic Support

<https://zendoproject.org/education/>

Consciousness Medicine (book by Francoise Bourzat)

<https://francoisebourzat.com/book/>

Manual for Psychedelic Guides

<https://mapscanada.org/manual-for-psychedelic-guides/>

Training Programs

Center for Consciousness Medicine

<https://centerforcm.com/>

The Synthesis Institute

<https://www.synthesisinstitute.com/psychedelic-practitioner-training>