



Colorado's Psilocybin Therapy Process



Colorado voters passed Proposition 122 in November 2022, creating the most comprehensive state-regulated natural medicine therapy program in the United States. Beginning in 2025, adults 21 and over will be able to access psilocybin therapy with trained and licensed facilitators at licensed healing centers and other approved locations.

Research from leading medical universities such as Johns Hopkins, UCLA, and NYU finds that psychedelic-assisted therapy offers breakthrough promise in treating some of our most pressing mental health challenges, including major depression, end-of-life anxiety, PTSD, and addiction. Colorado's model for psilocybin therapies draws from research findings and protocols developed in clinical studies over the past seven decades along with historical traditions of natural medicine use from cultures worldwide.

Step One: Safety Assessment

Colorado's psilocybin therapy program is designed to maximize safety and promote mental health, which is why the first step in the process is a safety screening. Potential participants must provide complete and accurate health information, including any mental health history and current medications, to identify possible contraindications. This screening will also help pair participants with an appropriately trained facilitator. In some cases, potential participants may be ruled out from services until a particular health issue is resolved.



Colorado's program includes a safety screening to identify and address contraindications. A diagnosis and prescription are not required to access psilocybin therapy for adults who can safely benefit.

Step Two: Preparation Session

Following the safety assessment, a preparation session occurs between a participant and facilitator to discuss a participant's intentions for natural medicine therapy – for example, addressing addiction, help with depression or anxiety, or processing trauma. 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 participant and helping them achieve clarity on the issues they wish to address.



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 healing centers will vary in their physical environments and approach, the majority of natural medicine therapy experiences will take place in a room that looks and feels like a talk therapy office: participants resting in comfortable chairs or lying on a couch, with lights that can be dimmed and distractions minimized. A participant might use headphones or wear eye shades and use comfort items like weighted blankets.



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

After the participant consumes psilocybin, they remain under the supervision of their trained facilitator for the entirety of the session, which could be more than 6 hours. Depending on the participant, the administration session may be a quiet, internal process or something more emotional.

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 healing centers will offer an integration session to participants, usually held a few days to a few weeks after the administration session.



The Colorado model requires at least one integration session with a licensed facilitator.

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

HealingAdvocacyFund.org

A 501c3 non-profit organization, Healing Advocacy Fund works to implement safe, high quality, and equitable psychedelic therapy. We educate and support leaders and communities in understanding the benefits of psychedelic therapy for mental health challenges including depression, anxiety and addiction.