

# Microdosing Psychedelics in Clinical Practice

A Holistic Framework for Mental Health Integration; Session Handout

Jessica Eden, LCSW, LAC, ADS, NMIT · Colorado Behavioral Healthcare Council Conference

## QUICK REFERENCE

### What is microdosing?

A sub-perceptual dose of a psychedelic that's small enough to avoid a "trip" or altered perception. Usually taken on an intermittent schedule over weeks to months. Not the same as psychedelic-assisted therapy.

### Three questions to open the conversation

1. "How long have you been microdosing, and how often?"
2. "What have you noticed? Mood, sleep, relationships, energy?"
3. "Is anyone else involved? A practitioner, a guide, a community?"

## COLORADO LEGAL STATUS

### What's decriminalized

| SUBSTANCE              | STATUS             |
|------------------------|--------------------|
| Psilocybin             | Decriminalized     |
| LSD                    | Not decriminalized |
| Mescaline (non-peyote) | Decriminalized     |
| MDMA                   | Not decriminalized |

## KEY FACTS

### What we know so far

**~10M**

U.S. adults microdosed psilocybin, LSD, or MDMA in the past year  
RAND, 2025

**2 in 3**

past-year psilocybin users report microdosing at least once  
RAND, 2025

**4,050**

microdosers studied reported lower depression, anxiety & stress than non-microdosing peers  
Rootman, Walsh et al.; UBC / Microdose.me

**Most commonly reported benefits:** improved mood & wellbeing, reduced anxiety/depression symptoms, enhanced focus & creativity, greater social connectedness.

*Self-reported, real-world data. Not proof of causal benefit from placebo-controlled trials.*

## SAFETY

### Red flags; pause, assess & refer/consult

- Personal or family history of psychosis or bipolar disorder
- Personal history of seizure disorder
- Emerging or worsening suicidality
- Rapid, unplanned, or unstructured increases in dose or frequency
- Current SSRI/SNRI, lithium, or MAOI use
- Cardiac history or pregnancy
- Persistent adverse effects or increasing symptoms

## THE HOLISTIC LENS

Mind & emotion



Body



Spirit

Microdosing creates many ripples. Effects and influence run in both directions.

## WHERE TO GO FOR MORE

### CONSULTATION, TRAINING & FREE RESOURCES

**Jessica Eden, LCSW, LAC, ADS, NMIT**

Clinician training, client programs, consultation & free downloadable microdosing & psychedelic resource guides; intuitivelifewellness.com; jessica@intuitivelifewellness.com

### MEDICATION INTERACTIONS & PHARMACOLOGY

**Benjamin Malcolm, PharmD, MPH, BCPP**

"The Spirit Pharmacist"; psychiatric-psychedelic drug interaction guides & consulting; spiritpharmacist.com

### FREE / LOW-COST COMMUNITY SUPPORT

**Colorado Sisters in Psychedelics (CO-SIP)**

Community education & peer support; cosistersinpsychedelics.org

### CLIENT PEER SUPPORT (NON-CLINICAL)

**Fireside Project Support Line**

623-473-7433; free, confidential, daily 11am–11pm PT; firesideproject.org. Not a crisis line; for suicidal risk use 988.

### READING & RESEARCH

**RAND (2025) & Gorman et al. (2021)**

RAND Psychedelics Survey; "Psychedelic Harm Reduction and Integration," Frontiers in Psychology

*Educational overview for licensed clinicians. Not a substitute for supervision, consultation, or your own clinical judgment.*