

# Psilocybin & Wellness: An Evidence-Informed Overview

## What is Psilocybin?

Psilocybin is a naturally occurring psychedelic compound found in certain mushroom species. Once ingested, it is converted by the body into psilocin, the active compound that produces psychoactive effects.

Psilocybin primarily interacts with serotonin receptors in the brain and can **temporarily alter consciousness, perception, mood, and emotional processing**. When taken on an empty stomach, effects are typically felt within 20–60 minutes and may last 4–6 hours, although emotional insights and psychological processing may continue afterward.

## Potential Mental Health Benefits

Clinical and emerging research suggests psilocybin may support meaningful improvements in mental and emotional wellbeing, particularly when paired with preparation and integration support. Research has shown promising outcomes for:

- Depression and depressive symptoms
- Anxiety and existential distress
- Trauma-related emotional processing
- Increased emotional resilience
- Greater psychological flexibility

Many participants report **improved mood, reduced rumination, and a greater sense of connection** to themselves and others. Some also experience increased self-awareness, emotional clarity, and a renewed sense of purpose or meaning.

Psilocybin experiences may also promote creativity, empathy, and perspective shifts. In some cases, individuals experience what researchers call “ego dissolution” — a temporary softening of rigid self-identity that can create space for new insights and behavioral change.

Psilocybin is not a guaranteed treatment or cure, and individual experiences vary. Outcomes are influenced by mindset, environment, dosage, and support structure.

For many individuals, psilocybin can facilitate emotional release, personal insight, and psychological growth. At the same time, emotional discomfort can be part of the process and should be approached with care and preparation.

We encourage all participants to review emerging research and consult their healthcare providers when determining whether psilocybin is appropriate for their personal circumstances.



## Physical & Neurological Benefits

Emerging neuroscience research suggests psilocybin may promote neuroplasticity, the brain's ability to form new neural connections. This may help explain its potential to **interrupt entrenched thought patterns** associated with depression, anxiety, and addiction.

Preliminary research also indicates psilocybin-assisted therapeutic work may support behavioral change in areas such as:

- Smoking cessation
- Alcohol reduction
- Habit interruption and behavioral restructuring

Unlike many substances, psilocybin is not considered addictive.

## Safety Considerations

Preparation and support play a significant role in reducing risks and improving outcomes.

Before participating, individuals are encouraged to review their medical history, discuss medications with a qualified healthcare provider, and evaluate their emotional readiness. Our practices include:

- Skilled facilitation and therapeutic support
- A safe and intentional setting
- Emotional grounding support during distress
- Structured post-experience integration sessions

Integration after the experience can help individuals **process insights, navigate emotional material, and implement positive changes** in daily life.

## Who Should Use Extra Caution?

Psilocybin may not be appropriate for everyone. Additional consultation with medical or mental health professionals is strongly recommended for individuals with a history of psychosis, schizophrenia, bipolar disorder, severe cardiovascular conditions, active substance dependency, or psychiatric instability. Individuals taking medications that may interact with psilocybin should seek professional guidance before participation. We can also discuss this during a scheduled intake call.



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