



# Cristina's Counseling AND RECOVERY

Blog by: Cristina Nañez, LCDC, LPC Associate



**Location:** Texas

**Website:** [ccounselingrecovery.com](http://ccounselingrecovery.com)



## The Promise of Psychedelic Treatments: A New Frontier in Mental Health

Mental health disorders like depression, anxiety, addiction, and PTSD affect millions of people worldwide. Traditional treatments, including antidepressants and therapy, work for many—but not everyone. In recent years, psychedelic-assisted therapy has emerged as a groundbreaking alternative, showing remarkable potential in clinical studies. Among these treatments, psilocybin (magic mushrooms), particularly in microdosing regimens, has gained significant attention for its ability to alleviate symptoms with minimal side effects.

### The Science Behind Psychedelic Therapy

Research has demonstrated that psilocybin, the active compound in "magic mushrooms," can promote neuroplasticity—the brain's ability to rewire itself. This is crucial for treating conditions like depression and PTSD, where rigid, negative thought patterns dominate.

**Depression & Anxiety:** A 2020 study by Johns Hopkins University found that two high doses of psilocybin, combined with therapy, produced rapid and sustained reductions in depression and anxiety in cancer patients, with effects lasting up to six months (Journal of Psychopharmacology).

**PTSD:** Studies on MDMA-assisted therapy (another psychedelic compound) have shown **67%** of participants no longer met PTSD criteria after treatment (MAPS research). Psilocybin is now being studied for similar effects.

**Addiction:** Research from NYU and Johns Hopkins suggests psilocybin can help break addiction cycles, particularly with nicotine and alcohol, by resetting reward pathways in the brain.

# Microdosing Psilocybin: Subtle but Significant Benefits

Microdosing involves taking sub-perceptual doses (typically 0.1–0.3 grams of dried mushrooms) every few days. While large-scale clinical trials are still limited, early studies and anecdotal reports suggest benefits such as:

- Improved mood and emotional stability
- Enhanced creativity and focus
- Reduced symptoms of anxiety and depression

A 2021 study published in Nature Scientific Reports found that microdosers reported lower levels of depression and stress compared to non-microdosers. However, researchers caution that placebo effects and self-reporting biases may play a role, emphasizing the need for more rigorous studies.

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## Legal Dilemmas: Why Isn't This Available to Everyone?

Despite promising results, psychedelics remain Schedule I substances under U.S. federal law, meaning they are classified as having "no accepted medical use" and a "high potential for abuse." This classification severely restricts research and accessibility. However, progress is being made:

- Oregon legalized psilocybin therapy in 2023, with licensed facilities now offering treatment.
- Colorado has decriminalized psychedelics and is working toward regulated access.
- The FDA has granted "Breakthrough Therapy" status to psilocybin for treatment-resistant depression, speeding up research.

**The biggest barriers to widespread adoption include:**

- Stigma from decades of anti-drug propaganda.
- Lack of large-scale clinical trials due to legal restrictions.
- Insurance coverage—most psychedelic therapies are not yet covered, making them expensive.

# Where Can You Access Psychedelic Therapy Legally?

For those interested in exploring psychedelic treatments safely and legally, here are some options in the U.S.:

## 1. Clinical Trials

- Johns Hopkins Center for Psychedelic & Consciousness Research
- UCLA Psychedelic Studies
- MAPS (Multidisciplinary Association for Psychedelic Studies) – Leading MDMA-assisted therapy trials for PTSD.

## 2. Legal Psilocybin Therapy (Oregon)

- EPIC Healing Eugene – One of the first licensed psilocybin service centers.
- Omnia Group Ashland– Provides guided psilocybin experiences.

## 3. Ketamine Clinics (Legal Alternative)

While not a classic psychedelic, ketamine is legally used for depression and PTSD:

- Field Trip Health (Nationwide locations)
- Mindbloom (Telehealth ketamine therapy)

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## Final Thoughts: A Cautious but Hopeful Approach

Psychedelic therapy represents a paradigm shift in mental health treatment, offering hope where traditional methods fall short. However, self-medicating or obtaining psychedelics illegally carries risks, including bad trips, legal consequences, and unsupervised psychological distress.

### Disclaimer

While I support the responsible use of psychedelics in clinical and therapeutic settings, I do not condone obtaining or using these substances illegally. Psychedelic treatments should only be pursued under professional guidance in a controlled, legal environment. If you are considering this path, please seek out licensed providers and clinical trials to ensure safety and efficacy.