

OPAB Training SC meeting minutes  
June 4th, 2021

In Attendance: Tom Eckert, Angela Carter, Alissa Bazinet, Kim Golletz, Steph Barss, Alissa Bazinet, Rachel Knox, Sara Present

**Speaker today at 1:30:** Francoise Bourzat

**Suggested speakers follow up:**

- (Steph) Alan Davis - Johns Hopkins researcher. Possibly June 25th?
- (Tom) Rosalyn Watts - Lead researcher at Royal College London. Possibly June 18th AM
- (Tom) Francoise Bourzat speaking today
- (Tom) Hanna McLain - Patient safety, accessibility, Equity. Possibly July 2?
- (Tom) Ingmar Gorman - Researcher, operating training program for facilitators. Date unsure
- (Mason) Brian Anderson - UCSF researcher. Possibly July 2?
- (Angie) Claudia Cuentas - Therapist. Available June 18th
- (Angie) Pilar Hernandez-Wolfe - Therapist available June 18th

**Additional suggestions:**

- Sarah Gael - Former director of Zendo Project. Possibly June 11th
- Mary Cosamano - lead facilitator at Johns Hopkins. Steph Will follow up
- Therapist facilitator panel - Alissa will follow up

**Guest Speaker:** Francoise Bourzat

- What safety issues should we be concerned about?
- What is encompassed in integration sessions?
- What are some examples of adverse reactions and how to work with them?

All facilitators should be trained to work with all possible presentations and situations.

Integration consists of processing the content of the experience, assessing and working with the state the recipient presents with after the session, and effectively integrating the things learned in the session into one's life.

Facilitation and integration require attentive listening skills, coaching on the most effective ways to apply and maintain the impact of the experience, and assistance with processing the journey with reflection, motivational interviewing skills.

Discussion of the possibility of facilitators donating some part of their earnings to a scholarship fund to improve accessibility.

Emphasis on the need for supervision and peer support. Suggestion of peer support groups and group facilitation skills workshops led by community for community.

Discussion of medication interactions: Benzodiazepines inhibit psilocybin effects. Antihistamines have had negative outcomes in her experience. SSRI's blunt the effects.

Adjourn