

# Ouroboros Mirror Retreats

## Psilocybin Exclusionary Criteria

1. **Severe Mental Health Conditions:** Individuals with severe mental health conditions such as schizophrenia, bipolar disorder, or severe personality disorders may be excluded from using psilocybin due to the potential risks and complications associated with these conditions.
2. **Unstable Medical Conditions:** People with unstable or poorly controlled medical conditions, such as severe cardiovascular disease, uncontrolled hypertension, or recent heart attack, may be excluded due to the potential risks involved in using psilocybin.
3. **Current Substance Abuse or Addiction:** Individuals with current substance abuse or addiction issues, including alcohol, opioids, or other drugs, may be excluded from psilocybin therapy. It is important to address and stabilize any substance abuse issues before considering psilocybin-assisted psychotherapy.
4. **Pregnancy or Breastfeeding:** Psilocybin has not been sufficiently studied in pregnant or breastfeeding individuals, and therefore, it is generally advised to avoid its use during these periods.
5. **Lack of Psychological Stability:** Psilocybin-assisted psychotherapy requires a certain level of psychological stability. Individuals with acute or severe psychological distress, recent trauma, or a history of severe emotional instability may be excluded.
6. **Lack of Social Support:** Having a strong support system is important during and after psilocybin-assisted psychotherapy. Individuals who lack a reliable support system may be excluded or require additional consideration.
7. **Inability to Provide Informed Consent:** It is essential for individuals to have the capacity to understand the risks, benefits, and implications of psilocybin therapy and provide informed consent. Those who are unable to provide informed consent, such as minors or individuals with cognitive impairments, may be excluded.

\*Individuals are considered on a case by case basis.