

The Bridge

by MycoMeditations

Bidirectional Case
Transfers for
Psilocybin Therapy
Alongside Your
Practice

What's The Bridge?

Bridging the Gap Between Traditional Mental Health Treatment and Psychedelic Therapy

Many practitioners know the frustration of their client's therapeutic plateaus, where progress stagnates, and the work between you and your client feels stuck.

In our decade of experience providing legal psilocybin therapy at MycoMeditations psilocybin-assisted retreats, we have seen that the most profound shifts in people occur when deep, unconscious patterns are made conscious to be therapeutically processed and integrated. Psychedelics can effectively and reliably unlock unconscious psychological processes to become conscious and, therefore, workable.

Psilocybin, when combined with rigorous therapeutic protocols, can dissolve even the most stubborn therapeutic plateaus and create entirely new, positive pathways for people to explore.

As a result, we created the Bridge, which is a Bidirectional Case Transfer (BCT). The BCT is a two-way exchange of client information that benefits you as well as your client.

The Bridge eliminates the gap between you, as the practitioner for a guest joining us on retreat, and the therapeutic experiences they will have at MycoMeditations.



This is the first such program to be offered by a psychedelic provider. Psychedelic providers nearly always operate in isolation from their clients' everyday lives. To embark on a path that involves psychedelics often means temporarily disconnecting from existing care and stepping into an unfamiliar, outside world.

So often, people join us, have profound personal breakthroughs, and return home to a support system that is disconnected from the unique shifts that occurred on the retreat.

The Bridge connects your depth of understanding about your client with MycoMeditations before the retreat, where we will send you a secure form to answer a short series of questions about your experience with this particular client before their arrival. We then return to you a full retreat summary of all that occurred following their three psilocybin therapy sessions. This allows both practitioners to exchange the most relevant information to deliver the best care possible for your client.

The Bridge serves as a catalyst to help accelerate client work with renewed depth and momentum through trusted collaboration with MycoMeditations, a leading psychedelic therapy provider.

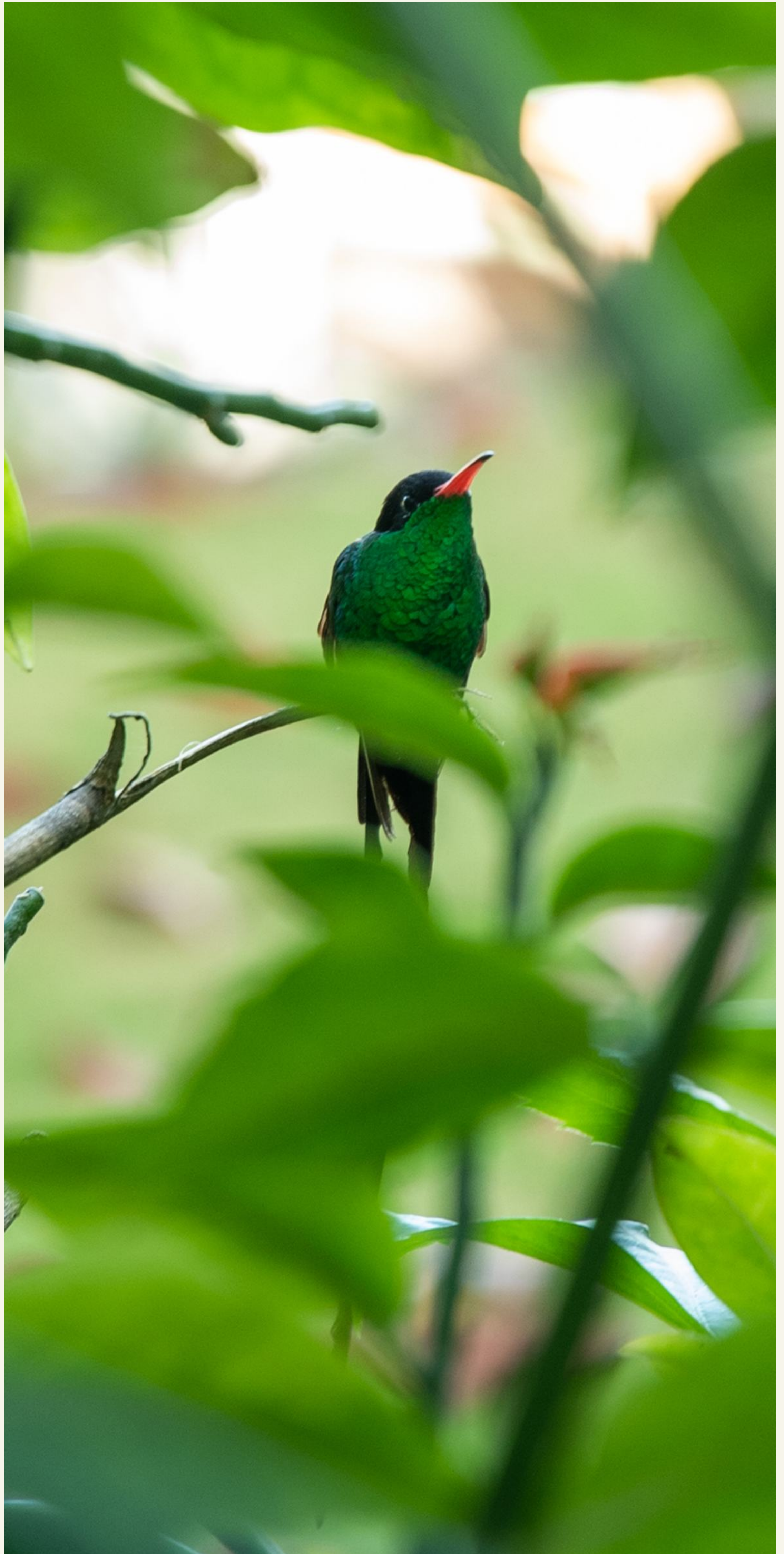
Why Refer Your Clients to The Bridge?

For Your Client: A Catalyst for Change

- **Access the Inaccessible:** Psilocybin allows clients to dissolve entrenched ego defenses to reach core psychological material that is often inaccessible when relying exclusively on traditional psychotherapy.
- **Rapid, Sustained Outcomes:** Help your clients achieve significant emotional and cognitive shifts that, according to years of clinical research and our own longitudinal survey data, persist long after our retreat ends.
- **Reduce Therapeutic Friction:** Your client benefits from our assistance in communicating the extensive psychological work they completed during the retreat to you as their practitioner.

For You: Therapeutic Clarity and Additional Support

- **Break Through Stagnation:** Stimulate new progress in cognitive processes and behaviors that may have grown stagnant.
- **A Collaborative Partnership:** You are no longer in the dark about your client's pursuit of psychedelic therapy. You receive a high-level experience overview that allows you to hit the ground running upon their return.
- **Trust and Safety:** Join a network of clinicians and practitioners who rely on our proven psilocybin therapy protocols and 10+ years of experience in Jamaica's legal psilocybin framework to deliver safe, effective experiences for your clients.



Psilocybin Retreat with Data-Backed Outcomes

Since 2021, MycoMeditations has requested that all guests complete a series of surveys designed to track the outcomes of their experiences. Our surveys gather data from baseline until one year after the retreat, using recognized and validated assessments for various conditions:

- PHQ-9 for depression
- GAD-7 for generalized anxiety
- APA Severity Measure for SAD (Adult) for social anxiety
- PCL-5 for PTSD.

Our outcome data consistently demonstrates significant, sustained decreases in symptoms across numerous conditions:

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Screening & Participant Eligibility

All potential guests of MycoMeditations undergo a structured and rigorous screening process before their application is approved. This includes a review of psychological history, medical status, and overall readiness for psilocybin therapy by our staff of licensed therapists.

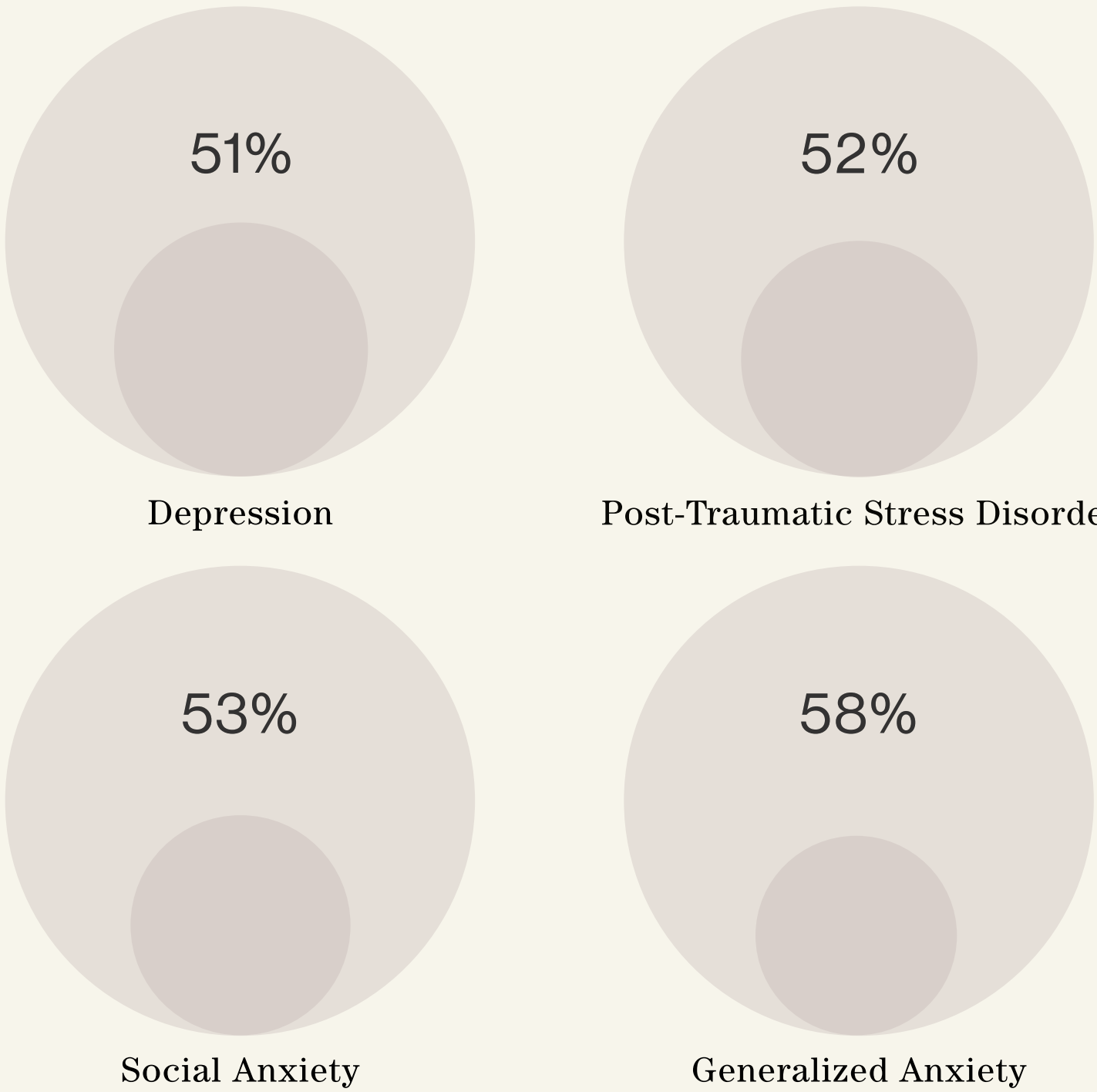
Applicants may be deemed ineligible based on factors including, but not limited to:

- Personal or family history of psychotic disorders, schizophrenia, and bipolar disorder
- Certain personality disorders
- Unmanaged cardiovascular conditions
- Pregnancy
- Use of medications that may be contraindicated with psilocybin

Additional consultation may be required in some cases before a final determination is made.

Where participation is not considered appropriate, applicants may be declined in the interest of safety and responsible care.

Symptom Reductions in Guests 1-Year Post-Retreat



[Click To Learn More About Our Data Collection & Outcomes](#)



How The Bridge Works

A Six-Step Continuum of Care

1.	Alignment	You and your client determine if a MycoMeditations retreat is the right fit.
2.	Application	The client applies; our therapy team reviews for safety and suitability.
3.	Consent	A Release of Information (ROI) is signed following registration.
4.	The Hand-off	One to two weeks before the retreat, you complete a secure form in which you share your client's history, barriers, successes, and your perspective.
5.	The Retreat	The client undergoes three psilocybin therapy sessions at MycoMeditations, supported by our experienced therapy team with an immersive therapeutic environment that involves both individual and group therapy.
6.	The Return	Approximately one week after the retreat, you receive a detailed retreat summary outlining breakthroughs, emotional themes, and observations to guide your future work.

What's Needed From You?

We have created the Bridge to make it as simple as possible for you when you refer a client to MycoMeditations.

The only required task throughout the process is to complete the pre-retreat form we send you to gather your client's information.

The Bridge does not involve any active participation or involvement on your part while your client is on retreat. Once the retreat is complete, you will receive our summary to help you work most effectively with your client post-retreat.



Therapeutic Integrity & Data Security

A Human Connection

While most of our collaboration through the Bridge will be digital, the therapy team from your client's retreat remains available for a consultation should questions arise about your client's retreat experience or emerging integration themes.

Data Protection is Paramount

We use encrypted, secure systems aligned with international data protection standards, which ensures that all exchange of information, from your initial notes to our final summary, is fully protected and confidential.

Receive All the Relevant Information

We send you the most meaningful information regarding your client's process throughout the retreat. You receive client notes, which we developed specifically for the Bridge to help you glean the most relevant information about your client's psilocybin experience. In addition, you receive a complete debrief of the entire retreat directly from the retreat's lead therapist.

The Gold Standard for Psychedelic Therapy

In our decade of experience providing legal psychedelic therapy, we have constantly strived to build the safest, most therapeutic experience available for people to work with psilocybin. Your client will be stepping into an immersive healing environment led by experienced mental health professionals with a rare expertise in this novel field of psychedelic therapy.



Are you ready to add a new dimension within your practice and help your clients with innovative support?

We invite you to join our growing network of referring psychiatrists, psychologists, therapists, coaches, and other mental health providers who trust MycoMeditations to provide safe, optimal care to their clients with our proven approach to psychedelic therapy.

“The Bridge allows us to hand the baton back to the person who knows the client best: you. Together, we ensure the insights and breakthroughs your client gains with us in Jamaica can become lasting improvements back at home.”

— Justin Townsend,
CEO and Head Facilitator of MycoMeditations

Legality & Risk Disclosure

MycoMeditations operates within the legal framework of Jamaica, where psilocybin-containing mushrooms are not prohibited.

While our retreat model is designed to provide a structured and supportive experience, and on average, consistently shows improvements in our guests, outcomes cannot be guaranteed. Individual responses to psilocybin vary, and what occurs following a retreat is as important as the retreat experience itself in determining the outcome.

All guests are required to complete a thorough screening process and sign an informed consent prior to participation. This consent outlines the nature of the experience, potential risks, and the limits of what this program provides. Psilocybin experiences can be psychologically and emotionally intensive.

By participating, your client acknowledges personal responsibility for their decision to join the retreat and for any outcomes that may arise. This program is not a substitute for licensed medical or psychiatric care.