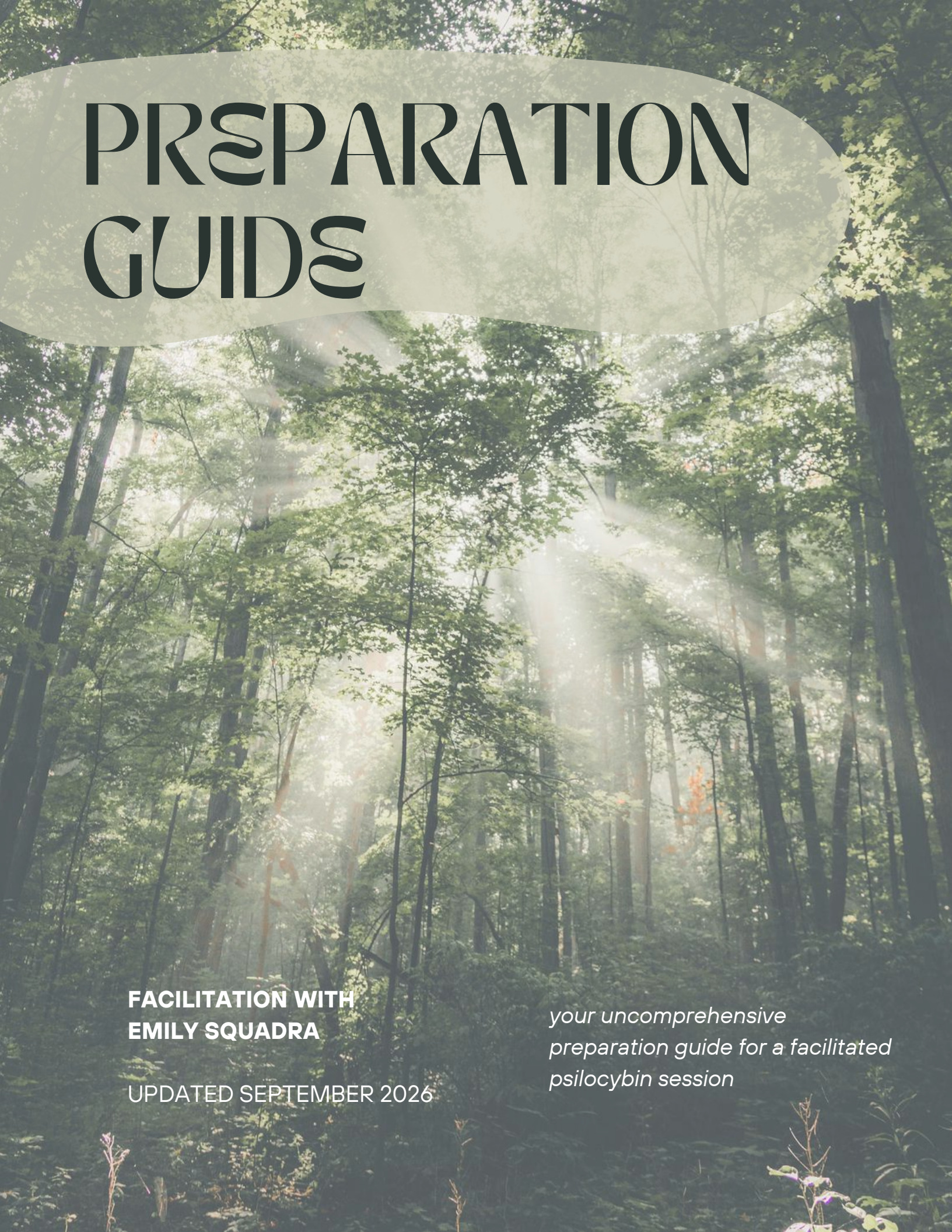




PREPARATION GUIDE

**FACILITATION WITH
EMILY SQUADRA**

UPDATED SEPTEMBER 2026

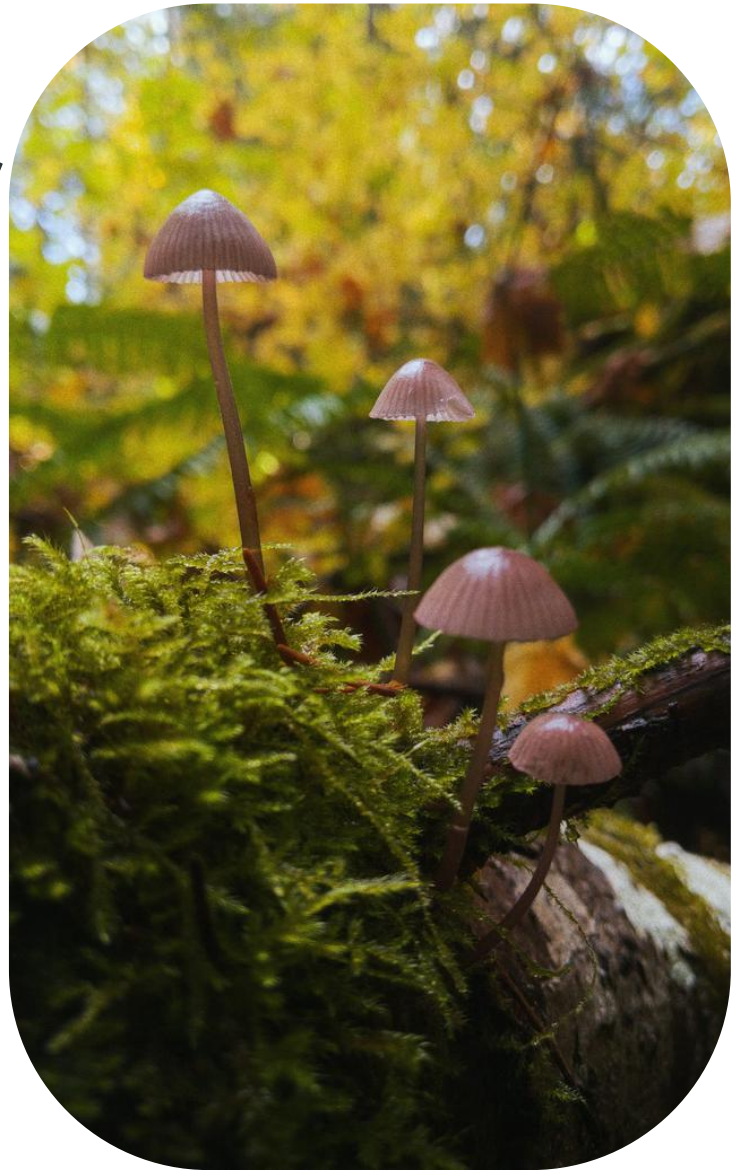
*your uncomprehensive
preparation guide for a facilitated
psilocybin session*

a time to remember

**IN OUR MODERN TIMES,
PEOPLE HAVE BEEN DRAWN
TO PSILOCYBIN
MUSHROOMS TO CURE
WHAT AILS THEM, BUT THIS
FUNGUS IS FAR FROM NEW
TECHNOLOGY.**

Cultivating a relationship with these ancient mushrooms can bring hope and joy to one's life. Respectfully and responsibly initiating an experience with psilocybin mushrooms has been invaluable for many people combatting existential dread or simply looking for a deeper connection to themselves and their community.

People have experienced an enhanced spirituality and freer flowing creativity resulting in a better quality of life. Clearing out the muck and tapping into things we thought we left behind in childhood, like joy, connection and clarity, have been propagated in abundance through this little mushroom.*



* everyone has a unique experience and there are no guarantees

what to expect

A TIMELINE OF THE OREGON SERVICE MODEL

Under the Oregon Psilocybin Services Act**, Oregon offers a three part service model where you will meet with your chosen certified facilitator each time.

- *Preparation Session* (1-2 hours): you and your facilitator meet to get to know each other. Backgrounds are discussed as well as intentions, questions or concerns.
- *Administration Session* (4-10 hours): you consumes psilocybin at a state licensed facility under the supervision of the facilitator. Facilitator will reach out within 48 hours after session.
- *Integration Session* (1-2 hours, potential for more): you and your facilitator meet post administration session to discuss what unfolded and how this experience can be woven into your waking life in a meaningful way. This relationship may continue.

It should be noted that psychedelics are not recommended for people who are pregnant, have taken lithium, are vulnerable to psychosis or who have serious heart conditions. If you have any questions about this, please talk to me, as there can be some exceptions.

** psilocybin mushrooms are still classified as a Schedule I federally illegal substance

dosage considerations

Starting low and going slow is the best method. If this is your first interaction with psilocybin, consider starting under a 2-gram dose, and even lower if you are sensitive to substances such as caffeine, alcohol or any kind of medication. If you are currently taking any SSRI's or other medication, this can be discussed with your facilitator and taken into consideration. You can have a second dose, or "booster," an hour or so after the first dose if you arrange to have that option

This introduction is to become acquainted with the sensations and headspace that a journey can deliver. After this introductory phase, a journeyer may consider a higher dose for their next psilocybin session if they feel called to do so.



what is your why?

DIG DEEP.

Before setting off on this journey, it is important to slow down and really think about why you are interested in this powerful experience.

Answering the following questions truthfully can take some time and reflection. Luckily, through the Oregon Psilocybin Services model, there will be a time and place to discuss these exact things with a licensed Oregon psilocybin facilitator.



potential experiences

THERE IS NO "RIGHT" EXPERIENCE TO HAVE, THERE IS ONLY THE ONE THAT YOU HAVE.

There is absolutely no guarantee of what kind of psilocybin experience you will have, as these are intrinsically unique and unpredictable experiences. People have felt extreme states of euphoria, oneness and love, while on the same journey encountered abject terror and what feels like death. On other journeys, it can seem like nothing much happens at all.

The facilitator's duty is not to direct a client in any way, but to simply be there with them as a compassionate, non-judgmental, vulnerable human soul sitting with another vulnerable human soul.



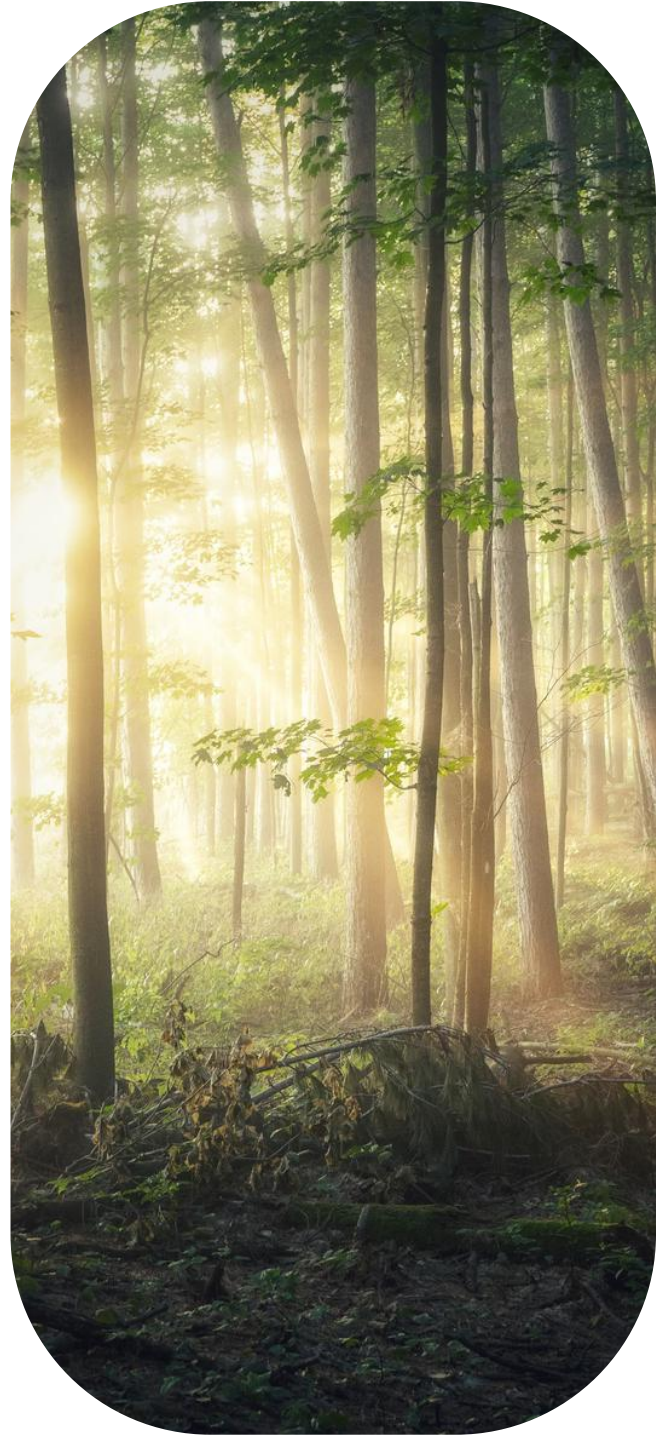
It is the facilitator's job to give you the courage to trust your own *inner healing guidance* and provide a safe and comfortable container for you to unfurl in. In this way, you can surrender to the session while feeling held, not having to worry about anything other than letting go and leaning into your experience.

self-care before

CULTIVATE A CALM, CLEAR AND SELF-CONNECTED HEAD, HEART AND BODY

This means the standard **good night's sleep, low screen-time, hydration and nourishment** as well as some mindfulness exercises like **simple breathwork practices, body scans and grounding techniques** that you can practice with a facilitator before the administration session.

Depending, you can consider preparing an "alter" with a smattering of significant objects like photos, oracle cards or natural materials. This can be a physical expansion of the intentions that you have set and helps to add dimension during the psilocybin session. While no candles or incense can be used in licensed Oregon service centers, water-based spritzes are allowed.



self-care after



AFTER A SESSION, IT IS LIKELY THAT YOU WILL FEEL SPENT, PHYSICALLY, EMOTIONALLY AND SPIRITUALLY.

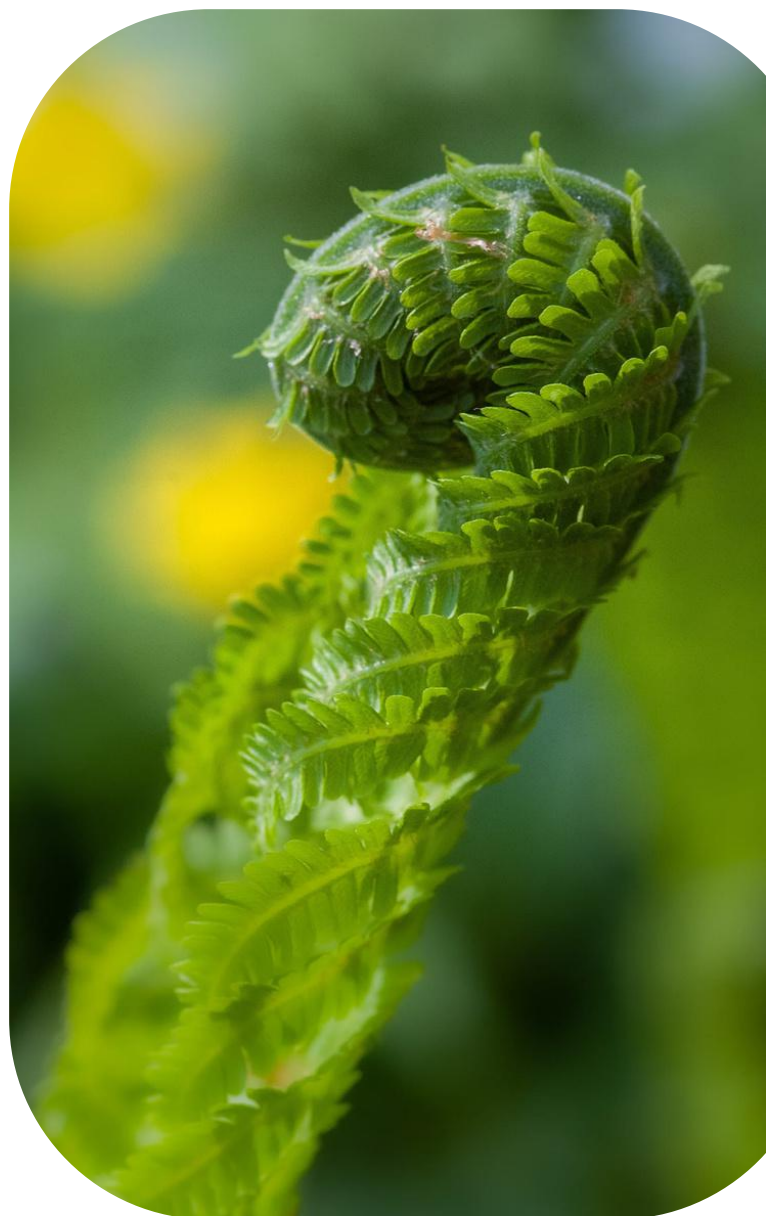
You will be following a previously discussed “transportation plan” to access safe transportation away from the service center at the conclusion of an administration session. Psilocybin sessions can leave people feeling vulnerable, raw and sensitive, so it is important to plan out a nourishing meal and safe, comfortable landing pad.

Taking it slow and easy the next few days is helpful to recover from this intense experience and start to process some of your journey. Mindful techniques and journaling can really help to start the integration phase. The next session will be the integration session, where the I will offer a supportive space for unpacking the journey.

integration

In the following weeks, months and years to come, the lessons from this intense emotional, spiritual and physical experience can be woven into your waking life. Some may argue this is the most important part - applying the pearls of wisdom you've found and creating real change in your every day lived experience. Integration can mean taking action, shifting or widening perspective, holding less tightly, aligning your life with your values or an infinite number of other things.

FIND WHAT IT
MEANS FOR YOU.





any questions?

Don't be shy! I am happy to be a sounding board for any thoughts or concerns that may arise before or after a psilocybin journey. E-mail me to schedule a time to chat:
emilypsquadra@gmail.com

JOURNALING QUESTIONS:

What are my intentions?

Is there anything I may be avoiding by pursuing this experience?

What is it I want to realize for myself, learn, or understand?

What kind of life does my heart desire?

Do I have any expectations of what this will be like?

Where did these expectations come from?

self-care before cheat sheet

The week before your journey sets the stage for what will unfold. It is best to be mindful and judicious about what you allow into your awareness for this formative week. Anything your mind and body consume becomes woven into the subconscious field that this deep journey plays out on. Take a break from everyday distractions so you can sink into a calm and clear container. But be gentle with yourself: perfection isn't the goal, just a noticeable shift.

Things to lean into:

- your mindfulness practice
- nourishing, simple meals
- consistent hydration
- calming herbal teas
- regular sleep schedule (7-9 hours)
- daily journaling & gratitude practice
- building an alter with precious objects, photos or cards
- gentle & connected body movement
- quiet & non-stimulating periods

Things to limit:

- stimulating foods & beverages (caffeine, alcohol, sugary, processed, salty, fried, sour, spicy)
- marijuana & and other recreational substances
- media (especially violent imagery or other emotionally charged media)
- distressing conversations or people
- intense physical activity
- running around from one thing to the next without time to pause

self-care before questions

Does anything on this sheet stir up emotions for me?
(withhold judgement and just notice)

Do any of these tips seem more challenging than another?

After a week of downregulation, what do I notice?

self-care after cheat sheet

The day after your journey you may feel sensitive and vulnerable. Be gentle with yourself - keep your schedule open and flexible. Take at least the next day or two off of work so you can be present for what came up on your journey. What wisdom did you come to realize? How can this be woven into your everyday life?

Things to lean into:

- cultivating a calm & clear inner and outer space
- daily journaling & inward reflection
- artistic expression - painting, drawing, sculpting, music, dancing
- connecting with nature - hiking, sitting with trees, mindful walks
- spending quality time with loved ones
- actively integrating actual practices you desire - breaking old habits, beginning new ones, finding more space in your day

Things to limit the week after:

- talking too much about your experience with anyone but your closest circle
- intellectually "figuring out" what it all means - focus on what feelings were activated instead
- going back to old routines as if nothing ever happened
- making large life changes like quitting your job or breaking up with a partner

Remember, there will be a session with me where we will discuss your integration plan for the weeks and months to come. We will collaborate on the best way towards crystalizing this experience into your life. It often begins with a small kernel of wisdom that can branch into all aspects of your life.

self-care after questions

What emotions are most alive and present in my body?

What are the pearls of wisdom that revealed themselves to me?

Write down feelings, themes, ideas or anything else I want to hold close after this journey:



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