



FOR CLINICIANS TRAINING UNDER NEW MEXICO'S PSILOCYBIN RULES

- the view from our centre

Preparation, Experience, Integration

A first-hand, ACT-informed psilocybin retreat with four 90-minute integration sessions, built around what New Mexico’s rules emphasise.

DATES	LOCATION	CONTRIBUTION	PLACES
3–7 March 2027	Calella, near Barcelona	£2,300	Maximum 14

A deeply supported, ACT-informed psilocybin retreat for professionals training in psychedelic therapy. New Mexico’s rules stress that good practice is **not administration alone, but preparation, the mushroom experience, and thorough integration**. That is exactly how this retreat is built.

What makes it different

Most psychedelic retreats offer a powerful experience and little structured follow-through. This one is built the other way round: a multi-ceremony retreat in a legal setting, followed by **four extended 90-minute one-to-one integration sessions** that ground and amplify what began in ceremony, so new perspectives translate into lasting behavior change.

The sessions run to 90 minutes for a reason: the extra length brings **trauma-focused, imaginal-exposure integration** within reach, so deeply held patterns can be met and reprocessed, not merely discussed. This is the re-experiencing method behind our published results.

Relevant to your New Mexico training

- Preparation, administration and integration applied throughout the retreat: learn how the integration of one ceremony may become preparation for the next
- First-hand, professionally supported group psilocybin experiences
- Trauma-focused, somatic integration that applies to New Mexico’s needs and emphasis
- Relevant to your continuing education in psychedelic therapy (ask us about eligibility)
- Led by highly qualified specialists in psychedelic therapy, research and trauma work

The evidence — the approach rests on two peer-reviewed papers.
Trajectories of psychedelic-assisted change ([Journal of Psychedelic Studies, Whitfield et al., 2026](#)). This retreat programme's effects were measured critically to find statistically significant gains sustained at long-term follow-up, across all measures.
A Spectrum of Selves ([Frontiers in Psychiatry, Whitfield, 2021](#)). The model of self and parts work that guides the integration. Both papers are available through open access.

Facilitated by



Henry Whitfield MSc
ACBS peer-reviewed ACT trainer and trauma specialist (Advanced TIR); PhD candidate in psychedelic-assisted ACT



Dr Robert Krause
Psychiatric APRN, former faculty member at Yale, Director of the Psychedelic-Assisted Therapy at the California Institute of Integral Studies



Margo Fisher PhD
Psychedelic guide on Imperial College psilocybin trials, Senior Authentic Relating Facilitator



Kate Hawke
Trauma and training specialist; New Mexico medical psilocybin regulatory committees, PhD dissertation on Death, Dying, and Expanded States of Consciousness.



Scan to read the research and apply

Application-based booking

£2,300, accommodation and meals included (concessionary fees on request). Early registration: £2150 (\$2865 USD as of Oct. 15) with discount for application and payment before November 30.
New Mexico trainees: ask how this retreat fits your training pathway and continuing education.

Apply at psychflex.co.uk

