



Joy of Resilience

Workshop will
begin at 7:00 pm

Introduction to Plant Spirit Medicine

Presented by:

Joy Kimberly Jolie

Psychedelic Practitioner-in-Training

Certified Consulting Hypnotist

Certified NLP Practitioner

Certified CBT Practitioner

FACILITATOR INTRODUCTION



Joy Kimberly Jolie

- ☑️ Psychedelic Practitioner-in-Training – Psychedelic Association of Canada, Psychedelic Practitioners Academy
- ☑️ Certified Consulting Hypnotist
- ☑️ Certified NLP Practitioner
- ☑️ Certified CBT Practitioner



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WORKSHOP PURPOSE

Develop a basic understanding of the benefits and risks of using psychedelics within a therapeutic or medicinal framework.



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WORKSHOP OBJECTIVES

🌱 By the end of this workshop, participants will learn:

- 💧 Substance categories
- 💧 Mental health effects
- 💧 Risks & contraindications
- 💧 Ethical use & harm reduction
- 💧 Legal considerations
- 💧 Psychedelics and culture



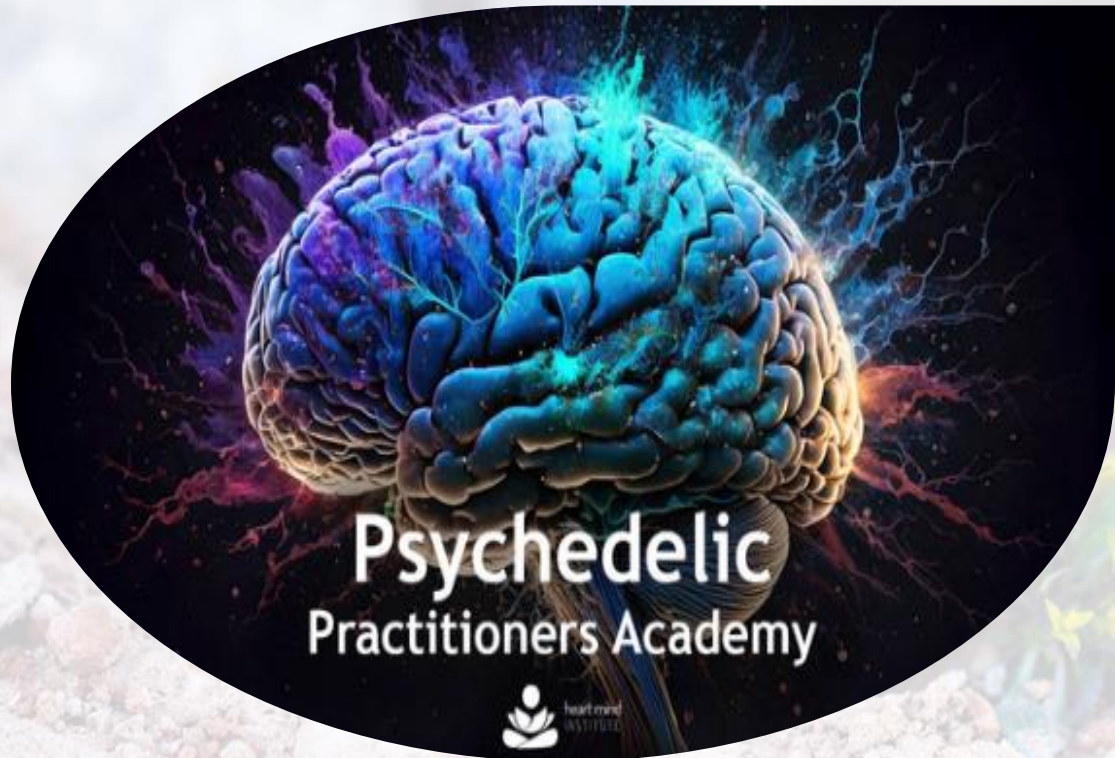
Note: Recreational use not covered

WHO IS JOY?

- ❖ Mother, Grandmother, Aunt, Sister
- ❖ Teacher/Student
- ❖ Certified Consulting Hypnotist
- ❖ Certified CBT/NLP Practitioner
- ❖ Certified Meditation Teacher
- ❖ Certified Resilience X Facilitator
- ❖ Healer/Guide
- ❖ Researcher
- ❖ "Opti-Realist"



HOW DID I LEARN ABOUT PSYCHEDELICS?



- 🌿 Psychedelic Practitioners Academy
- 🌿 Dosed Documentaries
- 🌿 Visionary: The Mysterious Origins of Human Consciousness – Graham Hancock
- 🌿 Magic Mushroom Kit Canada
- 🌿 Many books, videos, workshops

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GROUND RULES

- 🌱 Confidentiality
- 🌱 No how-to instructions
- 🌱 No sourcing substances
- 🌱 Respect all choices



WELCOME & GROUNDING

Topic:

Safety first —
regulate before
we educate



SHORT PRACTICE (3-4 MIN)



🌿 Guided grounding: breath, body awareness, orienting to the room

🌿 Key message:
Preparedness begins inside the nervous system.

QUESTIONS?



- ✔ Feel free to use the chat at any time
- ✔ Raise hand for questions if you would like to speak
- ✔ I'll be using Zoom chat occasionally to share links related to the workshop material
- ✔ The chat text file will be provided in a follow up email to those who registered for the workshop to do your own research

PSYCHEDELIC OVERVIEW

Let's understand the terminology and categorization of psychedelics

WHAT IS A 'PSYCHEDELIC'?

psychedelic /sīˈkī-dēlˈīk/ 

adjective

1. Of, characterized by, or generating hallucinations, distortions of perception, altered states of awareness, and occasionally states resembling psychosis.
2. Suggestive or evocative of an altered or hallucinatory state of perception.
"psychedelic patterns; psychedelic music."
3. Of, containing, generating, or reminiscent of drug-induced **hallucinations**, **distortions of perception**, **altered awareness** etc.
4. Having bright colours, abstract shapes, etc. reminiscent of drug-induced hallucinations or distortions of perception.
5. Producing distorted sensory perceptions and feelings or altered states of awareness or sometimes states resembling psychosis.
6. Having the vivid colors and bizarre patterns associated with psychedelic states.

noun

1. A drug, such as LSD or mescaline, that produces psychedelic effects.
2. Any **psychoactive** substance (such as **LSD** or **psilocybin**) which, when **consumed**, causes **perceptual** changes (sometimes **erratic** and **uncontrollable**), visual **hallucination**, and **altered awareness** of the **body** and **mind**.

interjection

1. **Awesome**, **cool**, **groovy**.

The American Heritage® Dictionary of the English Language, 5th Edition • More at [Wordnik](#)



Psychedelic is a generic **noun** used to identify a group of chemical substances that affect the brain/mind and human consciousness and perception



Psychedelic is also used as an **adjective** to describe distorted sensory, emotional, cognitive experiences, objects, or events



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CATEGORIES OF PSYCHEDELICS



1. Classic Psychedelics
(Serotonergic Psychedelics)
2. Entheogens
3. Entactogens / Empathogens
4. Dissociatives
5. Plant Medicine Traditions
(Cultural/Contextual Category)

Note: Some psychedelics fall into more than one category

CATEGORIES BY CHEMISTRY



-  **Tryptamines**
(psilocybin, DMT)
-  **Phenethylamines**
(mescaline, MDMA)
-  **Lysergamides**
(LSD)

CLASSIC PSYCHEDELICS CATEGORY

Serotonergic Psychedelics



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WHAT DOES "SEROTONERGIC" MEAN?

serotonergic /sěɾ"ə-tn-ûr'jĭk/

 **adjective**

- 💧 Activated by or capable of liberating serotonin, especially in transmitting nerve impulses.
- 💧 "serotonergic neurons; serotonergic drugs."
- 💧 Containing or releasing serotonin.

 **Serotonin**, also known as 5-hydroxytryptamine (5-HT), is a chemical messenger that acts as a neurotransmitter in the brain and a hormone in the gut, playing a crucial role in regulating mood, digestion, sleep, and other bodily functions. It is primarily produced in the gastrointestinal tract, with about 90% of the body's serotonin found there.

SEROTONERGIC PSYCHEDELICS – EFFECTS



Visual distortions or hallucinations



Altered sense of time and self (ego dissolution)



Spiritual or mystical experiences



EXAMPLES

- 🌿 Psilocybin (magic mushrooms)
- 🌿 LSD
- 🌿 DMT (including ayahuasca)
- 🌿 Mescaline (from peyote or San Pedro cactus)



MAGIC MUSHROOMS

🌿 Psilocybin is the active molecule producing the hallucinatory/mystical experience

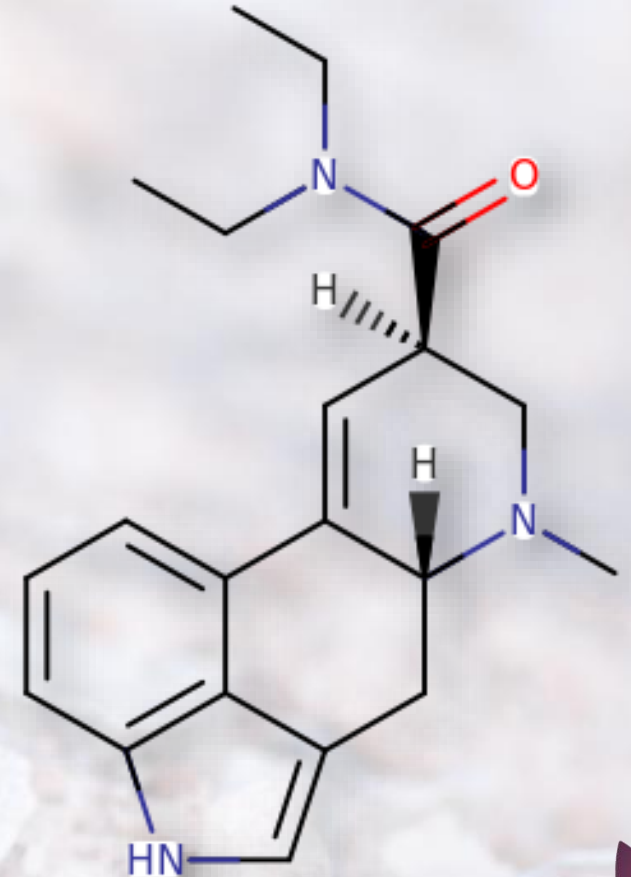
🌿 Examples:

- ◆ *Psilocybe cubensis*
- ◆ *Psilocybe semilanceata*
- ◆ *Psilocybe cyanescens*
- ◆ *Psilocybe azurescens*
- ◆ *Psilocybe mexicana*
- ◆ *Psilocybe tampanensis*
- ◆ *Psilocybe weilii*



LSD

- ☛ Lysergic acid diethylamide - (also known as Lysergide, LSD-25, LSD, L, Lucy, and Acid)
- ☛ The psychoactive effects of LSD were first discovered in 1943 by Albert Hofmann at Sandoz Laboratories



DMT



- 🌿 N,N-Dimethyltryptamine (also known as N,N-DMT, Dmitri, and "The Spirit Molecule") is a classical psychedelic substance of the tryptamine class
- 🌿 DMT is present in over 65 species of plants and has been identified as being a normal constituent of human metabolism and an endogenous neurotransmitter in certain rodents.

Source: <https://psychonautwiki.org/wiki/Dmt>

AYAHUASCA

- ❧ Prepared from Banisteriopsis caapi vine and a dimethyltryptamine (DMT)-containing plant
- ❧ Used by Indigenous cultures in the Amazon and Orinoco basins as part of traditional medicine and shamanism



Source: <https://en.wikipedia.org/wiki/Ayahuasca>

MESCALINE



- 🌿 **3,4,5-Trimethoxyphenethylamine** (also known as **mescaline**) is a naturally-occurring classical psychedelic substance of the phenethylamine class
- 🌿 Mescaline was first isolated from peyote in 1897 by the German chemist Arthur Heffter

ENTACTOGEN / EMPATHOGEN CATEGORY

MDMA (Ecstasy, Molly)



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WHAT DOES 'ENTACTOGEN' MEAN?

- ❖ Class of psychoactive drugs that produce empathy
- ❖ The term "**Entactogen**" was coined by **David E. Nichols** in 1986, derived from the Greek roots meaning "touching within."
- ❖ It was created as a more neutral alternative to "**Empathogen**", which emphasizes the drug's ability to induce feelings of empathy without negative connotations associated with the latter term.



Sources: <https://psychonautwiki.org/wiki/Entactogen> <https://en.wikipedia.org/wiki/Entactogen>

MDMA



3,4-Methylenedioxymethamphetamine

- 💧 MDMA was first synthesized in 1912 by Merck chemist **Anton Köllisch**
- 💧 Commonly known as **Ecstasy** in tablet form, and **Molly** in crystal form, is an entactogen with stimulant and minor psychedelic properties

Source: <https://psychonautwiki.org/wiki/Mdma>



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ENTHEOGENS CATEGORY

Discovering the God within

WHAT DOES 'ENTHEOGENIC' MEAN?

🌿 The term "entheogenic" is derived from the Greek words "entheos," meaning "god within," and "gen," meaning "to generate." It was coined in the late 20th century to describe psychoactive substances used in spiritual or religious contexts, emphasizing their role in inducing mystical experiences



EXAMPLES OF ENTHEOGENIC PSYCHEDELICS



- ✔ Cannabis
- ✔ Ayahuasca
- ✔ Psilocybin mushroom
- ✔ Colorado River toad bufotoxins
- ✔ Bolivian torch cactus (Mescaline)
- ✔ Mexican morning glory
- ✔ Nyakwána

Source: https://en.wikipedia.org/wiki/List_of_substances_used_in_rituals

COMPLETE LIST OF PSYCHEDELICS



🌿 A complete chart of **entheogenic psychedelics** and their uses can be found by clicking this link:

💧 https://en.wikipedia.org/wiki/List_of_substances_used_in_rituals

CANNABIS



🌿 Cannabis is not typically classified as a classic psychedelic, but high doses of THC, its main psychoactive compound, can produce psychedelic-like effects such as altered perception and mystical experiences. Unlike classic psychedelics like LSD or psilocybin, cannabis primarily acts on the endocannabinoid system rather than the serotonin receptors.

Source: <https://discovery.researcher.life/questions/is-marijuana-considered-a-psychedelic-substance/9164a23bd21eaeca4f22b9c26e65f56b417adda7>

WHAT ARE CBD AND THC?

 **Cannabidiol** – Clinical research on CBD has included studies related to the treatment of anxiety, addiction, psychosis, movement disorders, and pain, but there is insufficient high-quality evidence that CBD is effective for these conditions.^{[17][18][19]} CBD is sold as an herbal dietary supplement and promoted with unproven claims of particular therapeutic effects.

 **Tetrahydrocannabinol**, is the principal psychoactive compound found in cannabis that produces the "high" associated with marijuana use. It interacts with cannabinoid receptors in the brain, affecting mood, memory, and perception.

Sources: <https://en.wikipedia.org/wiki/Cannabidiol> <https://en.wikipedia.org/wiki/Tetrahydrocannabinol>

IBOGAINE



- ❧ **Ibogaine** is a psychoactive indole alkaloid derived from plants such as Tabernanthe iboga
- ❧ Traditionally used by Central African foragers
- ❧ Ibogaine exhibits complex pharmacology by interacting with multiple neurotransmitter systems, notably affecting opioid, serotonin, sigma, and NMDA receptors

DISSOCIATIVES CATEGORY

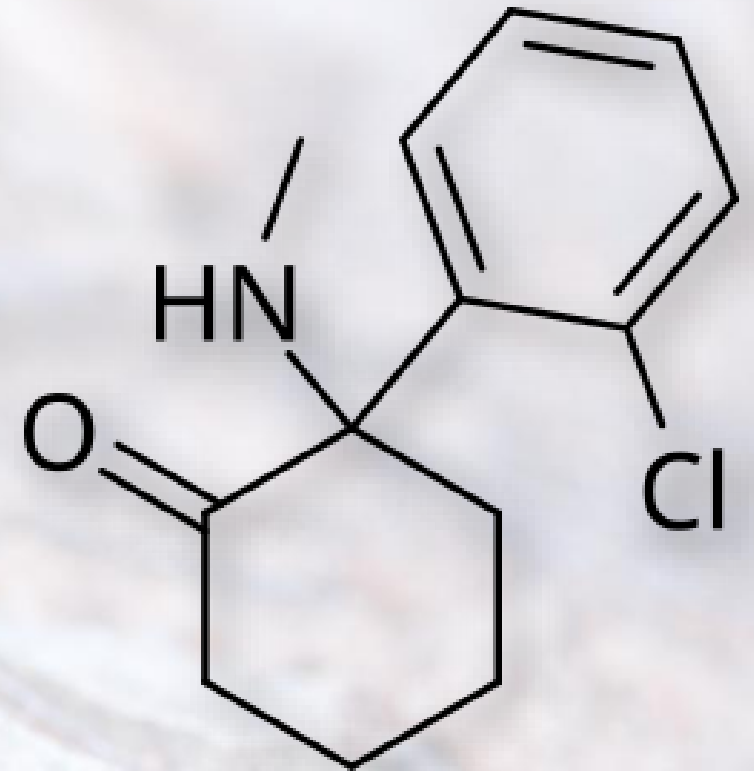
Used for pain, depression, anxiety



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KETAMINE

- 🌿 Developed in 1963 by Parke-Davis Laboratories, it was originally intended as a replacement for the surgical anesthetic phencyclidine (PCP).¹
- 🌿 At anesthetic doses, ketamine induces a state of dissociative anesthesia, a trance-like state providing pain relief, sedation, and amnesia



Source: <https://psychonautwiki.org/wiki/Ketamine>

INTEGRATION

Applying new insights after the psychedelic experience



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SPIRITUAL EXPERIENCES



🌿 Integration is part of the experience:

- 💧 What does it all mean?
- 💧 What are these mystical feelings about?
- 💧 How will my life change?
- 💧 Is change always necessary?
- 💧 Who will understand/ support me?



ADDITIONAL CONSIDERATIONS

Health risks, legal issues

WHO SHOULD AVOID PSYCHEDELICS?

- 🌿 Bipolar disorder
- 🌿 Schizophrenia
- 🌿 Severe depression with suicidal risk
- 🌿 Cardiac disease



PHYSICAL & MEDICAL RISKS



- ☛ All drugs have reactions at the physiological level
- ☛ Each individual will have their own unique experience
- ☛ Ensure you are in a safe place with an experienced '**trip sitter**' if you are new to psychedelics
- ☛ Watch for:
 - 💧 Heart rate changes
 - 💧 Blood pressure
 - 💧 Seizures
 - 💧 Medication interactions



PSYCHOLOGICAL PSYCHEDELIC RISKS

- 🌿 As with any drug or substance, use with caution
- 🌿 Possible occurrences of
 - 💧 Emotional overwhelm
 - 💧 Panic attacks
 - 💧 Persistent anxiety
 - 💧 Psychosis triggers
- 🌿 Arrange for an experienced **'trip sitter'** until familiar with the effects on your body



Source: <https://psychedelicrisks.org/>

HARM REDUCTION PRINCIPLES



- 🌿 Mental readiness
- 🌿 Medical screening
- 🌿 Trusted environment
- 🌿 Emergency planning

RED FLAGS

- 🌱 Using to escape crisis
- 🌱 Mixing multiple substances
- 🌱 Ignoring medical risks



LEGAL RISKS



- ❖ Laws vary widely
- ❖ Criminal charges possible
- ❖ Travel & employment consequences
- ❖ Canadian laws regarding psychedelics

CULTURAL & ETHICAL ISSUES

- ☛ Indigenous origins
- ☛ Cultural appropriation
- ☛ Retreat industry risks
- ☛ Power & consent concerns



ALTERNATIVES TO PSYCHEDELICS

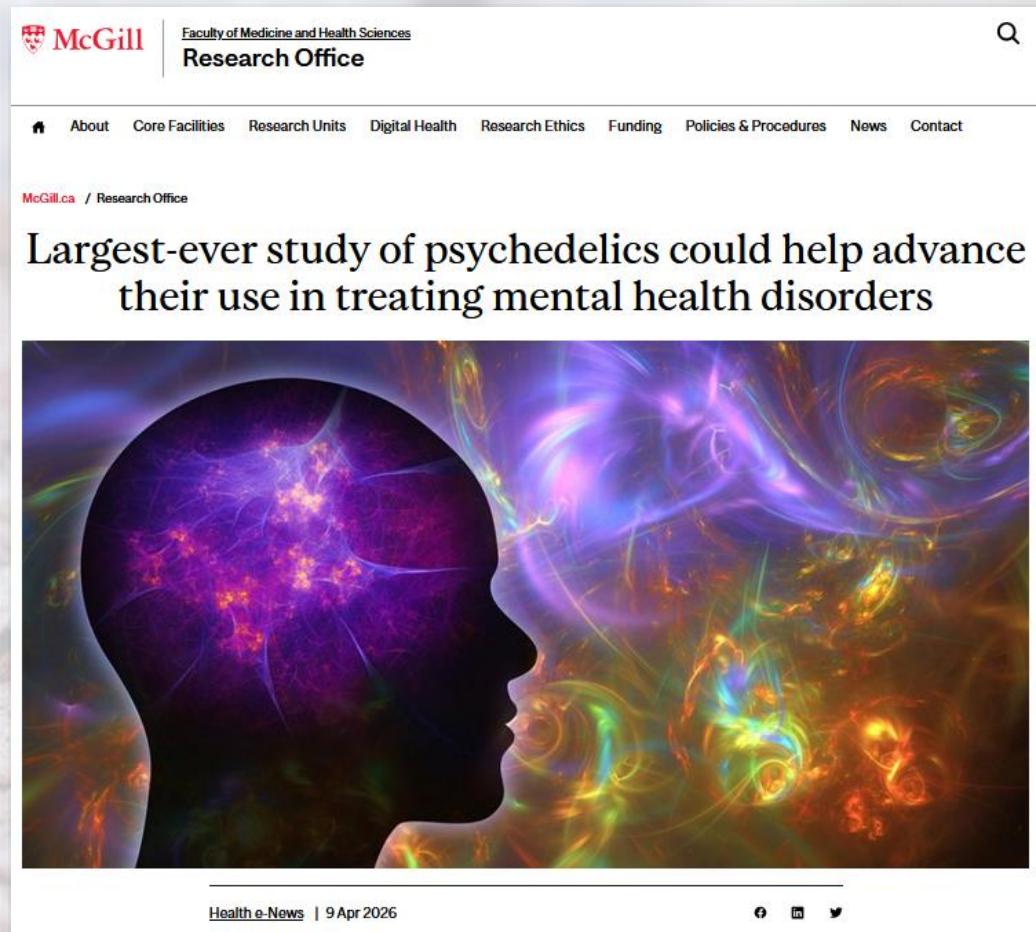
- 🌿 Breathwork
- 🌿 Somatic work
- 🌿 Meditation
- 🌿 Coaching
- 🌿 Therapy



PSYCHEDELICS RESEARCH

Depression, PTSD, End-of-life anxiety, Addiction recovery, Emphasis on clinical supervision

PSYCHEDELICS THERAPEUTIC RESEARCH



An international mega-analysis of psychedelic drug effects on brain circuit function” by Manesh Girn and Danilo Bzdok (Nature Medicine)

Source: <https://www.mcgill.ca/medhealthsci-research/article/largest-ever-study-psychedelics-could-help-advance-their-use-treating-mental-health>



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EXPLORATION RESOURCES



- ❧ [Psychedelic Association of Canada](#)
- ❧ [Psychedelic Practitioner Training](#)
- ❧ [The Canadian Psychedelic Businesses Association](#)
- ❧ [Psychedelic Law](#)
- ❧ [Ayahuasca Canada](#)
- ❧ [Crystal Roots Retreat](#)

SUPPORT RESOURCES

Centre for Addiction and Mental Health – Psychedelic Research

- 💧 Mental health professionals
- 💧 Addiction counselors
- 💧 Integration therapists
- 💧 Crisis services



ADDITIONAL RESEARCH

- 🌱 Johns Hopkins School of Medicine – World's largest psychedelic science research centre
- 🌱 PubMed: The Role of Psychedelics in Contemporary Psychological and Interdisciplinary Inquiry
- 🌱 Smithsonian Magazine - How Do Different Psychedelics Affect the Brain? Scientists Analyzed More Than 500 Neural Scans to Find Out
- 🌱 Harvard Study of Psychedelics



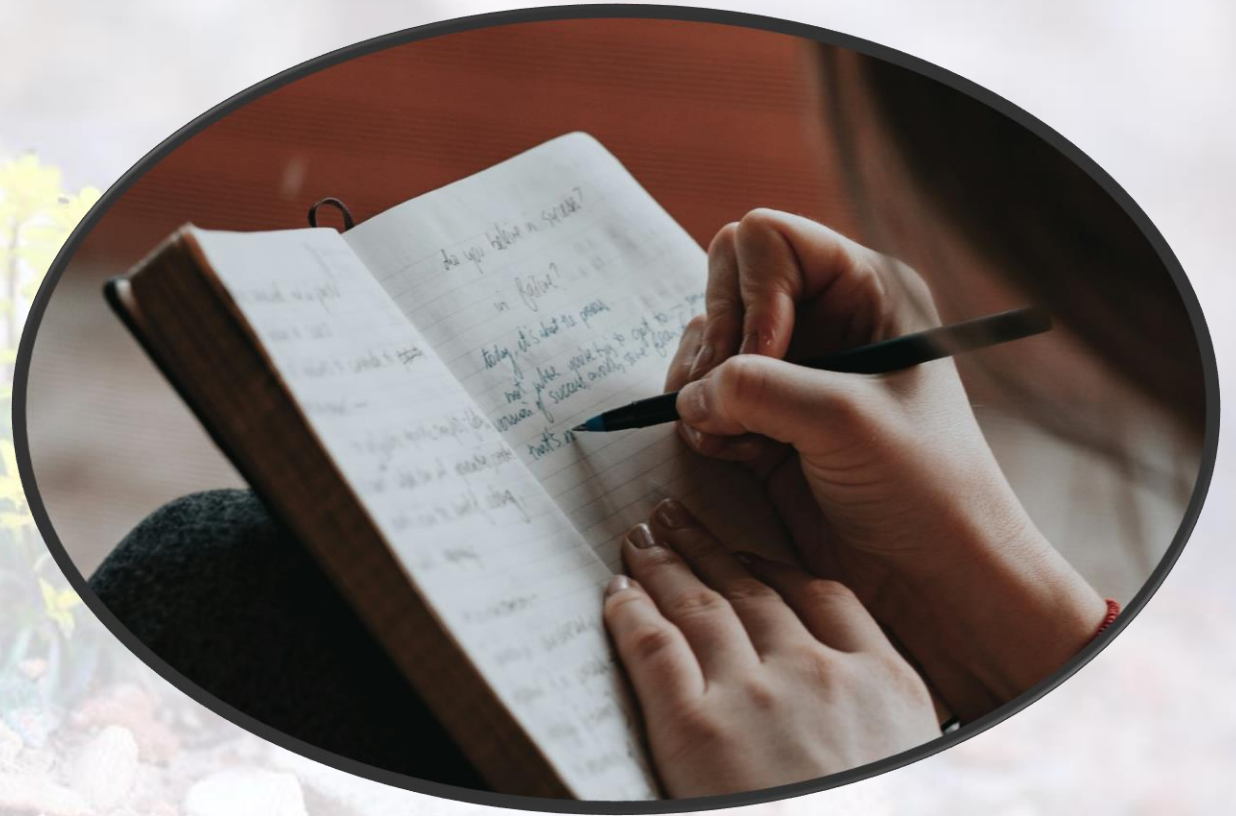
ADDITIONAL RESOURCES

- ❧ [Psychedelic Association of Canada](#) – Advocacy organization
- ❧ [Psychedelic Canada](#) – Non-profit advocacy organization
- ❧ [Multidisciplinary Association for Psychedelic Studies \(MAPS\)](#)
- ❧ [PsyCan](#) – Advocacy for Canadian businesses



JOURNALING SUGGESTIONS

- ❧ Do I have a knowledgeable person who will guide me if required?
- ❧ What am I truly seeking through the use of psychedelics?
- ❧ What alternatives exist?
- ❧ Have I done my research and am I fully aware of the risks?



CLOSING GROUNDING BREATH

**YOU DIDNT COME THIS
FAR TO ONLY COME
THIS FAR**

 Take a deep breath in, hold then release

- 💧 Let's take a few moments to quietly reflect on the information provided
- 💧 Remember that your life's journey is unique and sacred
- 💧 Honour your soul's calling to seek the divine
- 💧 No magic cures
- 💧 Safety over recklessness



Q&A & WRAP-UP

What did you learn? What is your next step?

REFLECTION:



🌿 Did you learn anything of value?

🌿 What is your next step?

🌿 How can I support you?

CONTACT INFORMATION



Joy Jolie

- ☐ Certified Consulting Hypnotist
- ☐ Certified NLP Practitioner
- ☐ Certified CBT Practitioner
- ☐ Certified Resilience X Facilitator

- 💧 (416) 948-8248
- 💧 info@joyofresilience.com
- 💧 <https://joyofresilience.com>
- 💧 https://www.youtube.com/@Joy_of_Resilience
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🌱 Your candid feedback is
always welcome. 😊

🌱 <https://bit.ly/JoRReview>

