



TheraPsil Overview

Based in Victoria, Canada and established in 2019, TheraPsil is a non-profit coalition of healthcare professionals, patients, and advocates dedicated to obtaining legal access to psilocybin-assisted psychotherapy for Canadians. TheraPsil's mission includes:

- Compassionate Access
- Public Education
- Professional Training
- Research

For information about the TheraPsil team, visit <https://therapsil.ca/our-team/>

In January of 2017, TheraPsil's Founder, Dr. Bruce Tobin, applied to the Minister of Health for a special exemption that would enable him to legally possess and use psilocybin-mushrooms to treat patients experiencing end-of-life distress. Bruce assembled a team of highly qualified Doctors, Nurses and Therapists, all trained in psychedelic psychotherapy. Unfortunately, in early 2020, after 3 years of dialogue with Health Canada, the application was rejected "on the basis that there is insufficient evidence to demonstrate the medical need for psilocybin".

Determined to help suffering Canadians, TheraPsil's approach pivoted to support patients in their own individual applications to the Minister on compassionate grounds, and connect patients with qualified treatment facilitators, post-exemption. In addition to facilitating legal access, TheraPsil's work and mission include public education, training for health professionals and expanding research.

Legal Access

To be granted legal access to psilocybin for compassionate reasons, Canadians must apply to the Federal Minister of Health, the Hon. Patty Hajdu for a Section 56 exemption of the Controlled Drugs and Substances Act. In return, the Minister of Health is responsible for responding to these applications in a timely manner. Currently, TheraPsil's team is supportive of terminally-ill Canadians in palliative care, who are experiencing psychological distress, and who wish to obtain access to legal, safe and responsible psilocybin-assisted psychotherapy. Individuals interested in applying for legal access to psilocybin-assisted psychotherapy, and receiving support from TheraPsil's team for their applications to the Minister of Health, must meet the eligibility criteria below:

ELIGIBILITY CRITERIA

- 19+ Residents of British Columbia or Ontario, terminally ill and/or receiving palliative care
- As a result of your diagnosis, you experience end-of-life psychological distress (anxiety/depression/demoralization)
- You are **interested in trying psilocybin**, have identified a potential supply and are seeking legal protection and a supervised treatment program
- Your emotional distress has not successfully responded to other treatments

While TheraPsil’s team cannot guarantee the success of any exemption request, it will provide support to interested applicants that meet the eligibility criteria, and our patient inclusion criteria (PIC).

Public Education

In collaboration with local partners and public health care organizations across Canada, TheraPsil’s team members are developing a public education program, for both the general public and medical professionals. This program is focused on increasing awareness of the merits and limitations of psilocybin, and psychedelic-assisted psychotherapy.

Starting with a user-friendly, interactive website, strong privacy protection protocols and informative social media platforms, TheraPsil’s public education program will be expanded upon throughout the coming year. Community partners interested in partnering with TheraPsil on public education are invited to contact spencer@therapsil.ca

Professional Training

With increased demand for legal and compassionate access to psilocybin-assisted psychotherapy, TheraPsil is collaborating with other organizations to develop safe, engaging, and effective training for credentialed health professionals across Canada. Our Professional Training Committee of experienced health professionals is overseeing this program’s development. The committee is currently seeking partners and the appropriate legal exemptions to support professional training opportunities. Professionals interested in training opportunities, please contact info@therapsil.ca.

Research

Numerous international research institutions are facilitating clinical trials regarding the safe and effective application of psychedelic-assisted psychotherapy. In association with TheraPsil's work to expand compassionate access, public education, and professional training opportunities, team members are connecting with Canadian and international research partners to expand the knowledge and application of psilocybin and effective psychedelic-assisted psychotherapy.

For current research on psilocybin-assisted psychotherapy, visit www.therapsil.ca/research/

Get Involved

To join the TheraPsil Coalition, donate to our cause, or to become a patient, please email our Executive Director, Spencer Hawksell at spencer@therapsil.ca