

Oregon Psychological Association Webinar



An Introduction to Psychedelic Assisted Therapy for Oregon Psychologists

Presented by: Brian Pilecki, PhD

Friday, January 9, 2026

9:00am – 12:00pm PST

Register at opa.org

3 Hours of CEU

Speaker Bio



Brian Pilecki, PhD: Dr. Brian Pilecki is a clinical psychologist at Portland Psychotherapy that specializes in the treatment of anxiety disorders, trauma and PTSD, and psychedelic-assisted therapy. At Portland Psychotherapy, Brian

is an active researcher and a study therapist on several clinical trials including the investigation of the use of MDMA-assisted therapy for the treatment of social anxiety disorder and the use of 5-MeO-DMT for the treatment of treatment-resistant depression. He is a consultant and instructor for Fluence, a leading psychedelic training organization where he is involved in training psilocybin facilitators for Oregon's new psilocybin services program. Brian is also a co-founder of Portland Integration Network, a network of professionals offering specialized care related to psychedelics in Oregon. He is also the author of the book ACT-Informed Exposure for Anxiety and co-host of Altered States of Context, a podcast about psychotherapy and psychedelics.

Additional Speakers



Jason Luoma, PhD



Jenna Lejeune, PhD



Kyong Yi, LCSW

Course Description

Psychedelic-assisted therapy is showing promise as a highly effective form of mental health treatment and appears poised to become a major new form of mental health care moving forward. Patients participating in psychedelic-assisted therapy often relate that their sessions were among the most meaningful experiences in their life, often rating them similarly to events like the birth of a first child or getting married. Thus, these interventions don't just reduce suffering, they appear to increase meaning-making, fulfillment, and positive mental health. This workshop, led by presenters currently running clinical trials of this type of therapy, will provide psychologists with an evidence-based overview of this new clinical area. Differences between the most common psychedelics will be outlined and results from the most recent and rigorous clinical trials will be summarized. The basic model of psychedelic-assisted psychotherapy using ACT and CBT models will be explained with an emphasis on highlighting the importance of preparation and integration in obtaining therapeutic benefits from a psychedelic experience. Mechanisms of change will be discussed, including intriguing findings suggesting that psychedelic-assisted therapy may function more through increasing positive functioning, meaning, self-transcendence, flexibility, interpersonal engagement, and fulfillment rather than directly reducing symptoms. The current legal status of psychedelics will be reviewed, including recent state level initiatives in Oregon toward legal psychedelic service access. Diversity and equity issues will be reviewed including lack of access for underserved and non-majority populations and the risks of cultural appropriation involved in modern psychedelic science. We will also provide recommendations on obtaining further training for those who want to learn more. This workshop will help clinicians understand the current state of psychedelic science, as well as to have more informed and evidence-based conversations with clients about psychedelics and their potential risks and benefits, legal status, and timeline for public accessibility.

Learning Objectives

Participants will be able to describe the theory and practice of psychedelic assisted psychotherapy. Participants will be able to summarize research findings and current legal status of psychedelic assisted psychotherapy. Participants will be able to describe the role of psychotherapy in preparation for and integration of psychedelic experiences.