

**Proposed Workshop Title:**

“The Role Of Psilocybin In The Cultivation Of Compassion and Empathy”

**Presenter:** James W. Jesso

**Abstract**

Statistically speaking, psilocybin use correlates with increased compassion and empathy. This correlation is not a trivial metric. It expresses a profound connection between our capacity to feel and our capacity for authentic relationships with the world around us. Furthermore, by examining this correlation from a trauma-informed, psychotherapeutic framework, we find an understanding of emotional healing and healthy emotional processes, with or without psilocybin on board.

This lecture will explore the essence of compassion and how a lack of it is related to early childhood trauma and emotional repression. Furthermore, it will explore the potential of psilocybin in the resolution of emotional trauma and the cultivation of healthier relationships.