

— CREATIVES EDITION

Reconnect to the source *of your work.*

For creative professionals whose work has become an obligation — and who are ready to remember why it matters.

THE DATA ON CREATIVES

"Artists are the emotional immune system of society — and the most systematically depleted."

73%

of creative professionals report symptoms of burnout, with the highest rates among those who monetised their passion
Creative Industries Federation, 2022

+60%

increase in divergent thinking and creative ideation measured after psilocybin-assisted therapy
Lebedev et al., Psychopharmacology, 2016

When your gift *becomes your burden.*

The creative professional faces a form of burnout with a unique and devastating character: the progressive death of intrinsic motivation. When what was once a calling becomes a deliverable, when the creative process is mediated entirely by client approval, algorithmic pressure, and commercial survival, something essential is severed. This is not a productivity problem. It is a meaning crisis.

73%

of creative professionals report burnout — highest among those who monetised their passion

Creative Industries Federation, 2022

58%

experience creative block lasting more than 3 months in any given year

Adobe State of Creativity Report, 2023

41%

would leave the creative industries if financial circumstances allowed

Creative Industries Federation, 2022

The creative who presents with block, depletion, or imposter syndrome is not lacking discipline or technique. They are experiencing a **neurological and existential disconnection from the intrinsic motivational system** that originally produced their finest work. Standard interventions — mentorship, creative coaching, sabbaticals, craft workshops — address the output without touching the source.

"The loss of creative motivation is among the most distressing forms of identity disruption — it is the self losing contact with the self."

— Ryan & Deci, *Self-Determination Theory, Psychological Review, 2000*

Psilocybin restores *what depletion takes.*

The evidence base for psilocybin-assisted therapy now extends directly into creativity and openness research, with findings particularly relevant to creative professionals experiencing depletion, block, and meaning collapse.

DIVERGENT THINKING

Lebedev et al. (Psychopharmacology, 2016) demonstrated that psilocybin significantly enhanced divergent thinking — the generative, associative cognition that underlies creative work — in both acute and follow-up assessment. Structural rigidity dissolves.

OPENNESS TO EXPERIENCE

MacLean et al. (Journal of Psychopharmacology, 2011) found lasting increases in openness — one of the five core personality dimensions — following a single psilocybin session. This is among the only known interventions to produce sustained personality change in adults.

AWE & INTRINSIC MOTIVATION

The mystical-type experience reliably induced by supervised psilocybin is strongly correlated with restored sense of wonder and reconnection to intrinsic motivational systems (Griffiths et al., 2016). Creatives describe returning to the feeling that originally drove their work.

DEFAULT MODE NETWORK

By quieting the self-critical, ruminative DMN, psilocybin dissolves the inner critic that chronic imposter syndrome and commercial pressure have amplified. The creative mind is freed from its own surveillance. Carhart-Harris et al., PNAS, 2012.

Six days. Return to source.

Day 1 Arrival & Clinical Orientation

Welcome to the Alentejo — an ancient landscape 2 hours south of Lisbon. Settle into the eco-luxury lodge, meet your clinical team and fellow participants. Psychometric profiling, clinical intake, and therapeutic goal-setting with Dr. Aileen Alegado (Clinical Psychologist, AHPRA) and Dr. Anthony Bloch. Private chef dinner. Rest.

Day 2 First Psilocybin Session

Clinically supervised psilocybin-assisted therapy. Individually held within a full clinical container by credentialed clinicians, with individual therapeutic support throughout. Evening: guided journaling and rest.

Day 3 First Integration Day

Individual and group integration sessions with the clinical team. Optional afternoon activities: forest bathing, walking meditation, sound healing, massage, cold water therapy, and somatic movement. Guided vision and leadership reflection. Space for journaling.

Day 4 Second Psilocybin Session

Second clinically supervised psilocybin session, building on integration from Day 3. Clinical team present throughout. Evening debrief, nourishing organic dinner, supported rest.

Day 5 Full Integration Day

Deep integration and consolidation. Values clarification, identity work, and 90-day re-entry framework. Activities: meditation, somatic practices, massage, cold water therapy, forest bathing, sound healing. Group closing ceremony. Celebratory private chef dinner.

Day 6 Departure

Final individual integration check-in with the clinical team. Departure with a structured post-retreat integration plan, 90-day support framework, and continued access to your clinical facilitators.

WHAT'S INCLUDED

- 6 nights, eco-luxury lodge, Alentejo, Portugal
- 2 clinically supervised psilocybin sessions
- Full integration program & 90-day framework
- Sound healing & somatic movement
- Guided journaling & vision work
- Private chef · all organic meals & beverages
- Pre-retreat preparation (clinical screening)
- Forest bathing & walking meditation
- Cold water therapy & massage
- 24hr on-site lodge staff

AUD \$8,500 – \$10,000 *per person · varies by room type & inclusions · min. 6 participants*

Why this, over everything else

	ENVISION RETREAT	CREATIVE COACHING	CRAFT WORKSHOP	WELLNESS RETREAT
Neurological-level change	✓ Neuroplasticity-based	✗ Cognitive only	✗ Skill-based	✗ Symptomatic
Intrinsic motivation restored	✓ Evidence-based	Partial	✗	✗
Creative openness & divergence	✓ Peer-reviewed data	Subjective	Skill-based only	✗
Clinical supervision	✓ AHPRA psychologist	✗	✗	✗

	ENVISION RETREAT	CREATIVE COACHING	CRAFT WORKSHOP	WELLNESS RETREAT
Identity-level integration	✓ Schema Therapy + ACT	Partial	✗	✗

Limited to 8 participants. June 16-22, 2026.

ALENTEJO, PORTUGAL · PORTUGAL · CLINICALLY SUPERVISED

Enquiries: Dr. Aileen Alegado · envisionwellnessretreats.com