

Carlton J. Spotswood, MSN, APRN, PMHNP

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EntheoNurse.com

Education:

Masters of Science in Nursing: Psychiatric-Mental Health Nurse Practitioner <i>University of Southern Maine- Portland, ME</i>	5/2021
Bachelors of Science Nursing: Graduated Magna Cum Laude <i>University of Maine at Augusta- Augusta, ME</i>	5/2017
Bachelor of Arts: Major-Psychology; Minor-Community Health <i>State University of New York at Potsdam- Potsdam, NY</i>	5/2006
Associate of Applied Science: Nursing <i>Clinton Community College- Plattsburgh, NY</i>	5/2003
Licensed Practical Nursing Diploma <i>St. Lawrence-Lewis BOCES- Canton, NY</i>	5/2000

Licenses and Certifications:

APRN, State of Maine #CNP211185	Expires: 12/5/2022
RN License, State of Maine #RN53963	Expires: 12/5/2022
PMHNP certification # 2021036440 (ANCC)	Expires: 7/20/21
Board Certified Psychiatric-Mental Health Nurse (ANCC)	Expires: 9/2025

Work Experience:

PMHNP- Integrated Behavioral Health at Winthrop Family Medicine <i>Maine General Medical Center- Winthrop, ME</i>	8/21 to current
RN Charge Nurse- Emergency Department Behavioral Health Suite/Inpatient MH and Detox <i>Maine General Medical Center- Augusta, ME</i>	1/14 to 7/21
Adjunct Undergraduate Clinical Faculty (Mental Health Nursing) <i>University of Maine at Fort Kent</i>	9/18-9/20
Per Diem Charge Nurse- (30 day private substance abuse rehabilitation program) <i>McLean Hospital (#1 psychiatric hospital in the nation) Borden Cottage location- Camden, ME</i>	5/16-12/20
Per Diem Floor Nurse-P6 (geriatric/medical psychiatry) <i>Maine Medical Center- Portland, ME</i>	9/15-10/16

RN Charge Nurse- 2/11-1/14
Riverview Psychiatric Center- *Augusta, ME*

Travel Nurse- Supplemental Healthcare 6/07-2/11
Riverview Psychiatric Center- *Augusta, ME*
Broughton State Hospital- *Morganton, NC*

Charge Nurse- Inpatient Mental Health Services and ED evaluations
Claxton-Hepburn Medical Center- *Ogdensburg, NY*
Charge Nurse/ ED Mental Health Assessment Nurse 6/07-6/07
Per Diem- RN, LPN, MHW 6/01-6/07

Professional Organizations:

APNA
ANA
OPENurses
International Association of Psychedelic Nurses

Awards:

School of Nursing Outstanding Student Research/Scholar- University of Southern Maine: Spring 2021
APNA Student Scholar- National Conference 2020
Outstanding Nurse Alumna Award- University of Maine: Fort Kent: May, 2019
Travel Nurse of the Month: Supplemental Healthcare: June, 2011
St. Lawrence Lewis BOCES: Hall of Fame: September, 2011
Army Nurse Corps "Spirit of Nursing" award recipient: August, 2000

MGMC Clinical Advancement Program recipient:
Level III- 2015 and 2016
Level IV- 2017 through 2020

Continuing Education:

Psychedelics Today: Navigating Psychedelics for Clinicians and Therapists
Psychedelics Today: Psychedelics and the Shadow: The Shadow Side of Psychedelia
Psychedelic.Support: Understanding Psilocybin: Effects, Neurobiology, and Therapeutic Approaches

Scholarly Activities:

Books Written:

The Microdosing Guidebook: *A Step-by-Step Manual to Improve Your Physical and Mental Health Through Psychedelic Medicine*

(in publication- Ulysses Press, release May 8th, 2022)

Master Class Trainer:

Psychedelics Today- Navigating Psychedelics: for Clinicians and Therapists

Title- Exploring Psilocybin

Title- Psychedelics & Serotonin Syndrome

Educational Programs I Have Worked On:

Psychedelic.Support- co-authored 8hr CE program for medical professionals

Title- Understanding Psilocybin: Effects, Neurobiology, and Therapeutic Approaches

Psychedelics in Psychiatry: 1.5hrs accredited program on EntheoNurse.com

Accredited through ANA Connecticut

Microdosing Magic Mind: found on EntheoNurse.com

Podium Presentations:

2021 American Psychiatric Nurses Association's National Conference

Louisville, KY: October 13-16, 2021 (upcoming)

Title- Psychedelics in Psychiatry: Exploring the Alternative Treatment Options for Mental Health Care

0.75 hr CEU offered- from American Psychiatric Nurse Association

2021 APNA New England's Annual Conference -

online: May 22nd, 2021

Title- Psychedelics in Psychiatry: Exploring the Potential Use of Psychedelics for the Improvement of Persistent and Intractable Mental Health Symptoms

1.5 hr CEU offered- from APNA New England

2020 APNA Nebraska's Annual Conference - Columbus, Nebraska

Online: August 14th, 2021

Title- Psychedelics in Psychiatry: Exploring the Potential Use of Psychedelics for the Improvement of Persistent and Intractable Mental Health Symptoms and Potential Implications for Nursing Practice

1.5 hrs CEU offered- from American Psychiatric Nurses Association

Grand Rounds: Maine General Medical Center

Augusta, Maine: November 14th, 2019

Title- Psychedelics in Psychiatry: Exploring the Potential Use of Psychedelics for the Improvement of Persistent and Intractable Mental Health Symptoms
1hr CEU offered- MGMC's Continuing Medication Education Program

2019 American Psychiatric Nurses Association's National Conference-

New Orleans, LA: October 2-5, 2019

Title- Psychedelics in Psychiatry: Exploring the Potential Use of Psychedelics for the Improvement of Persistent and Intractable Mental Health Symptoms
0.75 hr (pharmacology) CEU offered- from American Psychiatric Nurses Association

2019 ANA/OMNE Maine Annual Conference- Freeport, Maine: September 27-28, 2019

Title- Violence in Healthcare: Changes through Leadership and Education
1 hr CEU offered- from American Nurses Association

2019 Mt. Tam Psilocybin Summit- Online presentation: September 20-22, 2019

Title- When Disaster Strikes: Managing Worst Case Scenarios in Psilocybin Use Situations

Poster Presentations:

2021 American Psychiatric Nurse Association's National Conference:

Louisville, KY: October 13-16, 2021 (upcoming)

Titles:

- Microdosing Psychedelics: What Psychiatric Providers Need to Know
- Psychedelics and Psychiatry: What Psychiatric Nurses Need to Know
- Psychedelic-Assisted Psychotherapy

2019 OMNE Nursing Summit:

Augusta, Maine- March 13, 2019

Title- Violence in Healthcare: Changes through Leadership and Education

2019 American Psychiatric Nurse Association's National Conference:

New Orleans, LA: October 2-5, 2019

Title- Violence in Healthcare: Changes through Leadership and Education

2018 American Psychiatric Nurse Association National Conference:

Columbus, OH: October 24-27, 2018

Title- Violence in Healthcare: Changes through Leadership and Education

Professional Public Appearances:

Panel Participant:

2019 ANA/OMNE Maine Annual Conference-

Freeport, Maine: September 27-28, 2019

Topic- Violence in the Workplace

1hr CEU offered- from American Nurse Association

Dosed: Documentary screening & panel discussion-

Portland, Maine: January 22nd, 2020

Topics- Psychedelics in Healthcare and Current Trends

Podcast Interviews:

Nursing School Struggle- Episodes 7&8: December 23rd, 2019 and January 13th, 2020

Title- CJ “EntheoNurse” part I and CJ part II- “The Magical Properties of Psilocybin”

Topics- Entheogens, Psychedelics, Psilocybin, and Psych Nursing

The Stoned Ape Show- Episode 2: January 11th, 2020

Title- Healthy Psychedelic Experiences with the EntheoNurse, CJ Spotswood

Topics- Entheogens, Psychedelics, and Psych Nursing

PsychNP Cast- Episode in post-production

Title- Microdosing with C.J. the “EntheoNurse”

Professional Interviews:

Truffle Report (website) - C.J. Spotswood: The EntheoNurse- October 24th, 2020

Written by Carissa Kaye

Truffle Report- Psychedelic Side Effects: Microdosing Follow Up- January 29th, 2021

Written by Sean Lea

Truffle Report- Discussing Mindmed’s LSD Neutralizer- March 31st, 2021

Written by Sean Lea

Truffle Report- Wood Lover’s Paralysis: Psilocybin’s Rare Sickness- April 11th, 2021

Written by Sean Lea

References available upon request