

Károli University, Institute of Psychology

ERP-BPS2636 Psychedelic Psychotherapy

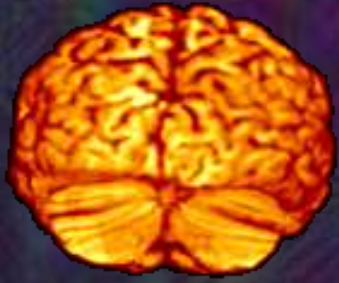
autumn semester 2021



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Dr Levente Móró

PhD / Psychology (cognitive neuroscience / social sciences)

**[MSc / Information Technology ~ scientific
researcher/engineer]**

**consciousness research, altered states of consciousness
(dreaming, hypnosis, hallucinations, psychedelics)**

- **Consciousness Research Group, Centre for Cognitive Neuroscience, University of Turku, Finland**
- **Daath.hu - Hungarian Psychedelic Community**
- **Multidisciplinary Society for Psychedelic Research, Hungary**
- **DÁT2 Psy Help (party/festival harm reduction and crisis intervention)**
- **Hungarian Medical Cannabis Association**



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Psychedelic Psychotherapy presentations (12 x 1.5 h)

- [01] Sep 16 Introduction and Overview
- [02] Sep 23 **Altered State Assisted Therapies**
- [03] Sep 30 The Broader Context of Psychedelics
- [04] Oct 07 Psychedelics: Substance Information
- [05] Oct 14 Psychology of Psychedelic Experience
- [06] Oct 21 Psychedelics: Research, Experiments, Healing
- [07] Nov 04 Psychedelic-Assisted Psychotherapies: Theory
- [08] Nov 11 Psychedelic-Assisted Psychotherapies: Practice I
- [09] Nov 18 Psychedelic-Assisted Psychotherapies: Practice II
- [10] Nov 25 Psychedelic-Assisted Psychotherapies: Practice III
- [11] Dec 02 Psychedelic Experience Integration
- [12] Dec 09 Summary and Outlook

[01] Introduction and Overview

Sep 16

Introduction of the course.

Topics and approaches.

Course requirements.

Practical issues.

Course Description

The course introduces students to the rising field of psychedelic psychotherapies that are expected to have a major impact on mental health care worldwide within a few years. It focuses on the background information, requirements, techniques and protocols that psychologists need to know when working in psychedelics-assisted therapies, or with clients who wish to integrate their previous psychedelic experiences.

Requirements: active participation (allowed absences: 3 out of 10)
 + submitted course paper (translation, essay etc.)
 + oral-OR-written examination (optionally online)

Course Topics

- **altered states of consciousness**; psychedelics
- transpersonal psychology; trauma processing and regression;
- psychedelic research, experiments and healing
- psychometric measuring; addictions and dependence; assisted psychotherapies; ethics
- psychedelic and psycholytic therapies; therapist training; therapy protocols
- MDMA, psilocybin, ketamine, LSD, ibogaine, ayahuasca
- psychedelic experience integration

[02] Altered State Assisted Therapies

Sep 23

Altered states of consciousness (ASC): definitions and phenomena.

Spontaneous, pathological and induced states.

Physiological, pharmacological and psychological inductions.

Altering subsystems of consciousness.

Therapeutic applications of ASC.

[02] Altered State Assisted Therapies

Sep 23

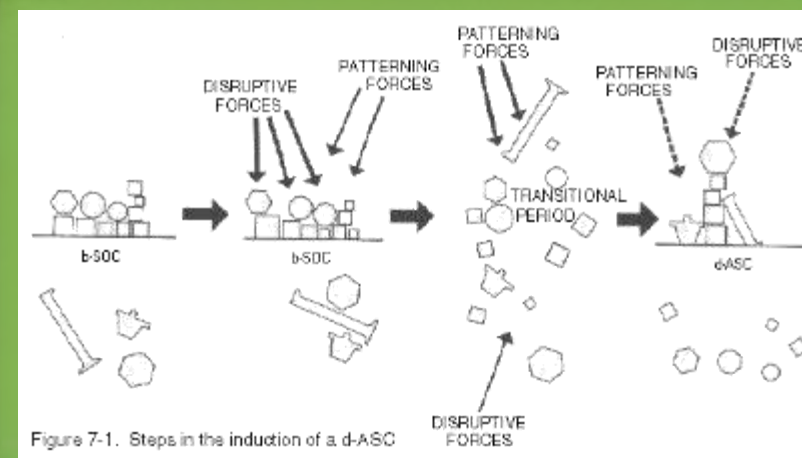
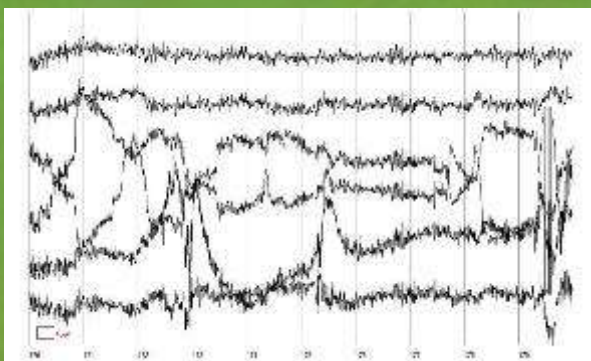
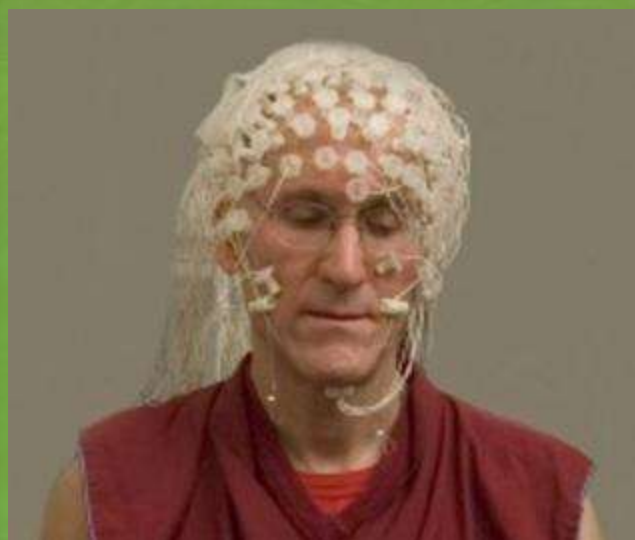
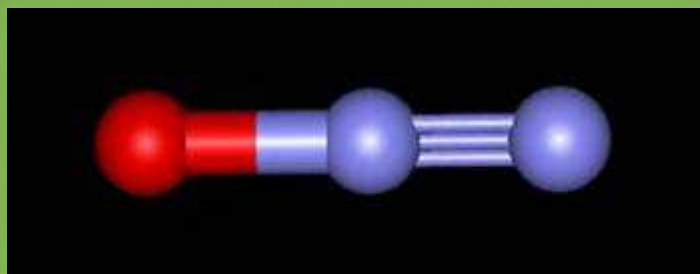


Figure 7-1. Steps in the induction of a d-ASC

Altered states of consciousness: definitions

“A temporary change in the overall pattern of subjective experience, such that the individual believes that his/her mental functioning is distinctly different from certain general norms for his/her normal waking state of consciousness.”

Altered states of consciousness: phenomena

Dreaming	- spontaneously occurring	
Hypnosis	- physiologically induced	
Meditation	- psychologically induced	
Hallucinations	- pharmacologically induced	
Trance states	- pathologically induced	
Hypnagogic state	- natural	- sensory deprivation
Lucid dreaming	- spontaneous	- overstimulating
Out-of-body exp.	- pathologic	- repetition
Religious exp.	- deliberate	- body modifications
Near-death exp.	- reversible	- breathing
		- psychoactive agents

William James (1842-1910)



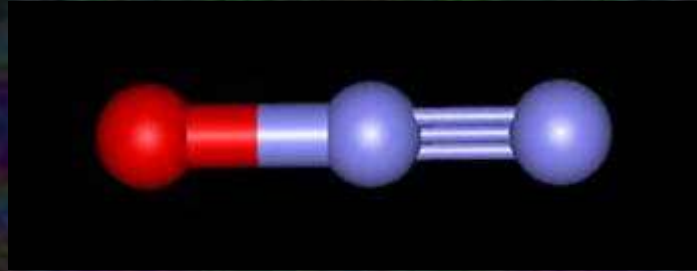
"[...] our normal waking consciousness, rational consciousness as we call it, is but one special type of consciousness, whilst all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different."

"We may go through life without suspecting their existence; but apply the requisite stimulus, and at a touch they are there in all their completeness, definite types of mentality which probably somewhere have their field of application and adaptation."

"No account of the universe in its totality can be final which leaves these other forms of consciousness quite disregarded."

James W (1902) "The Varieties of Religious Experience"

William James and N₂O



“The mind sees all the logical relations of being with an apparent subtlety and instantaneity to which its normal consciousness offers no parallel.”

“There are no differences but differences of degree between different degrees of difference and no difference.”

James W (1882) "Subjective Effects of Nitrous Oxide"

Spontaneous, pathologic and induced states

somnolence

sleepiness

hypnagogic state

napping

deep sleep

dreaming REM/NREM

hypnopompic stage

sleepwalking

sleeptalking

narcolepsy

high fever

delirium

hysteria/tantrum

deep depression

agitation

shock state

catatonia

rage fit

fit of crying

gelasmus

jealousy

brain fog

paranoia

psychosis

"runner's high"

"contact high"

hyperventillation

anoxia

depersonalisation

derealisation

high velocity

nociception

orgasm

post-orgasmic chill

stimulatedness

drowsiness

hallucinating

fasting

coma

DRUG STATES

Physiological, pharmacological and psychological inductions

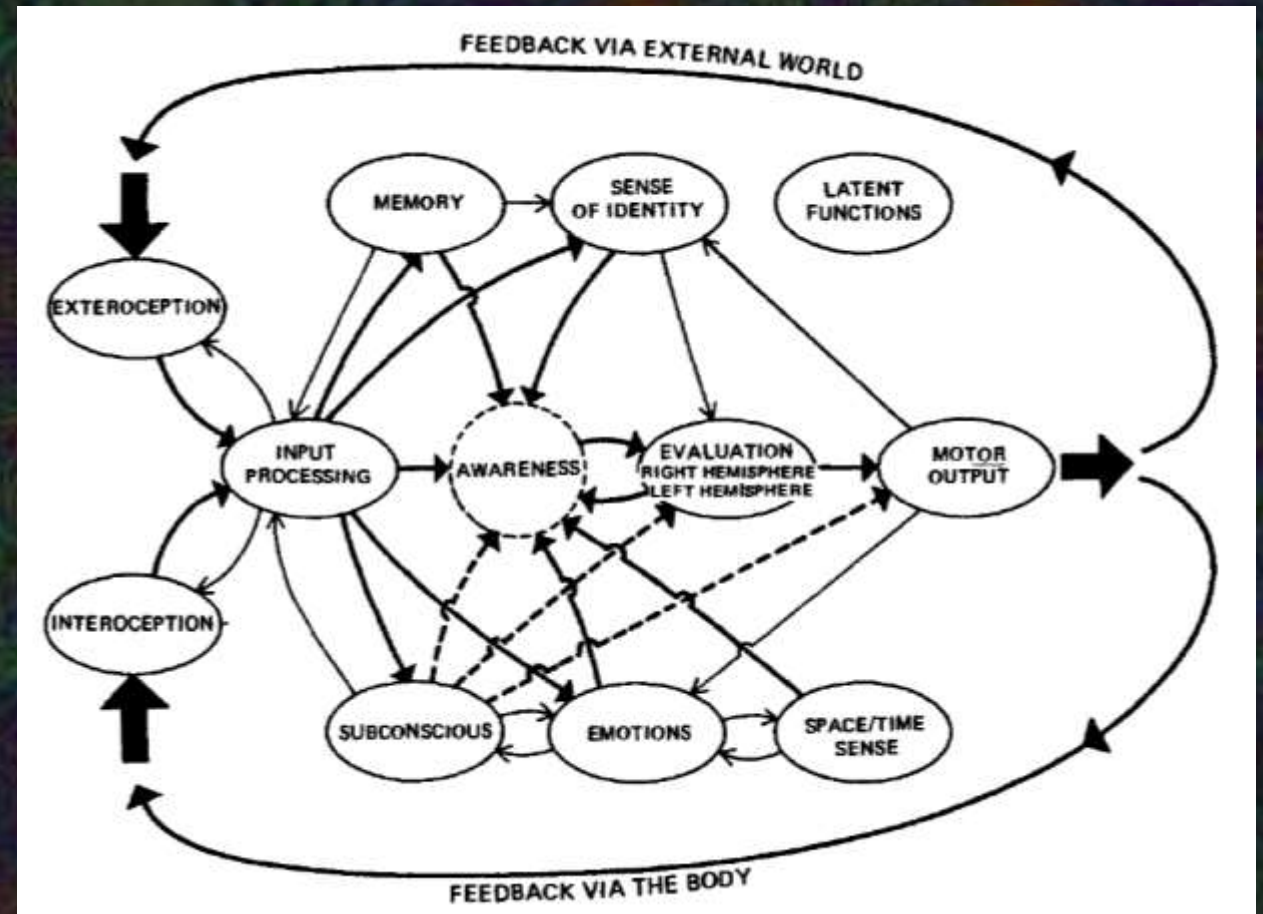
breathing
movement
diet
pain
posture
sleeping
perception
sexuality
space perception

stimulants
depressants
hallucinogens
'smart drugs'
performance enhancers

alertness
emotions
cognition
memory
phantasy
motivation
concentration
attention
social relations
roles

Altering subsystems of consciousness

- (1) exteroception
- (2) interoception
- (3) input-processing
- (4) memory
- (5) sense of identity
- (6) emotions
- (7) evaluation / decision making
- (8) subconscious
- (9) motor output
- (10) space/time sense



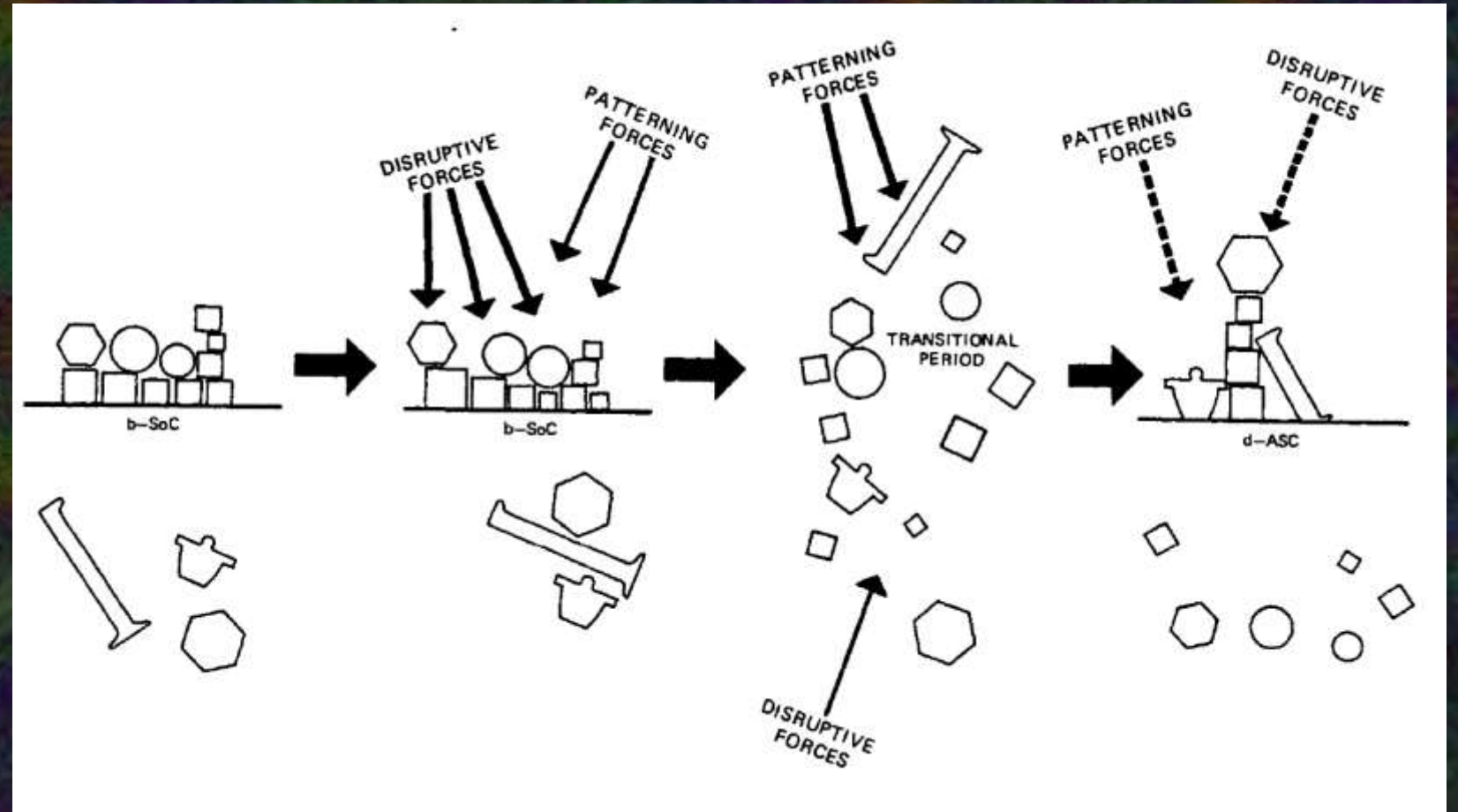
Alteration process of the state of consciousness

(meta)stable b-SoC

+ disruptive forces
+ patterning forces

-> temporary d-ASC

(+ time) -> b-SoC



Therapeutic applications of ASC

Lucid dreaming: nightmare therapy

Hypnosis: anesthesia, psychotherapy

Meditation: stress relief

Psilocybin: depression, obsessive-compulsive disorder, nicotine addiction

Psilocybin, LSD, LSA: cluster headache

MDMA, LSD: psychotherapy

MDMA: post-traumatic stress disorder (PTSD)

LSD, psilocybin: cancer patients' end-of-life anxiety (hospice)

Ayahuasca: depression, PTSD, drug abuse

Ketamine: depression

Ibogaine: opiate addiction

LSD: chronic alcohol disorder

Thank you for your attention!



Next lecture:

[03] The Broader Context of Psychedelics

Sep 30 Thursday 10:45