

Károli University, Institute of Psychology

# ERP-BPS2636 Psychedelic Psychotherapy

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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 11 Psychedelic-Assisted Psychotherapies: Theory
- [08] Nov 18 Psychedelic-Assisted Psychotherapies: Practice I
- [09] Nov 25 Psychedelic-Assisted Psychotherapies: Practice II
- [10] Dec 02 Psychedelic-Assisted Psychotherapies: Practice III
- [11] Dec 09 Psychedelic Experience Integration
- [12] Dec 16 Summary and Outlook



# 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**



# [01] Introduction and Overview

Sep 16

**Introduction of the course.  
Topics and approaches.  
Course requirements.  
Practical issues.**



# **[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.**



# [03] The Broader Context of Psychedelics

Sep 30

**Hallucinations: definitions and phenomena.**

**Hallucinogens: dissociative, deliriant, psychedelic.**

**Other related substances.**

**Purposes of substance use.**

**The drug instrumentalisation hypothesis.**

**Psychonaut subculture.**

**Biohacking.**



# [04] Psychedelics: Substance Information

Oct 07

History, physiology, psychology and phenomenology of psychedelics and related substances:

ayahuasca

cannabis

DMT

ibogaine

ketamine

LSD

MDMA

muscimol

psilocybin

salvinorin A

LSA

mescaline



# **[05] Psychology of Psychedelic Experience**

**Oct 14**

**Psychoeducation.**

**Theories and models.**

**Set and setting.**

**Intention and integration.**

**Deconditioning agents.**

**Transpersonality and spirituality.**

**Entheogens.**

**Trauma processing and regression.**

**Stanislav Grof and the perinatal matrix.**

**Metaphysical considerations.**



# **[06] Psychedelics: Research, Experiments, Healing**

**Oct 21**

**The dawn, golden age, pause and renaissance of psychedelic research.**

**Early results.**

**Current research directions.**

**Psychometric measuring instruments.**

**Treatments of addictions and dependence.**

**Hospice use: end-life anxiety.**



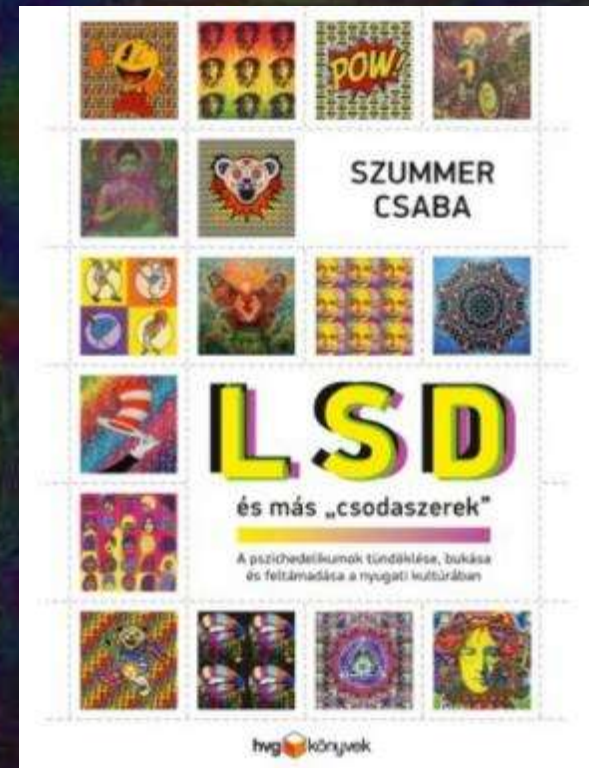
# *The dawn and golden age of psychedelic research*

- (end of) 19th century : peyote/mescaline self-experiments
- 1938/1943 Albert Hofmann & LSD!
- 1947- Sandoz LSD (free for researchers, recommended for psychiatrists)
- 1949- in the USA 'psychotomimetic'; later discovery of serotonin
- '50s :LSD-psychotherapy (treating alcoholism and depression)
- 1953-1973 C.I.A. project MKUltra : LSD, electroshock, hypnosis, torture
- 1956- Hungary: LSD, DET, DMT @ psychiatry (Stephen Szára)
- end of '50s: psilocybin isolation + synthesis (Albert Hofmann)
- '60s: Timothy Leary (1920-1996) @ Harvard psychology - LSD!
- 1960- Alexander 'Sasha' Shulgin: synthesis of 200+ novel psychoactives
- 1960-67 Stanislav Grof @ Prague: psychiatry research, 4000 LSD Ss



# The pause of psychedelic research

- '60s: youngsters, hippies, revolting, counterculture, anti-war etc.
- overpopularising, moral panic, repressive USA drug policies
- 1967 Timothy Leary: 'turn on, tune in and drop out'
- 1966/68/70 USA, 1971 UN psychotropic convention
- '70s and '80s: Nixon (+ Reagan) drug war
- impossible research (financing, career, materials)
- NIDA-sponsored animal research, deterrence
- (meanwhile in Switzerland: psycholytic therapies!)
- (meanwhile in USA: MDMA-psychotherapy 1977-85)





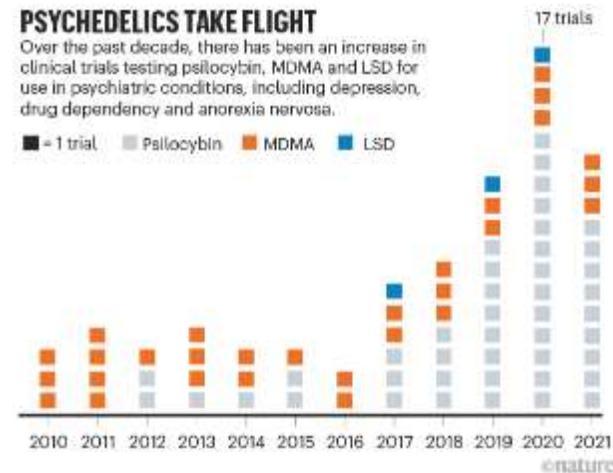
# *The renaissance of psychedelic research*

- **1986- MAPS: MDMA as medicine**
- **1990- Rick Strassman DMT studies (USA)**
- **2000- Johns Hopkins university (USA) psilocybin**
- **international conferences: 2010- MAPS (USA), 2010- ICPR (NL), 2011 MTPK (HU), 2011- Breaking Convention (UK), 2016- Beyond Psychedelics (CZ), ...**
- **Germany: Torsten Passie MDMA**
- **Switzerland: Zürich (+ Basel)**
- **UK: Beckley -> Imperial (David Nutt), neuroimaging studies**
- **psychedelic (research)societies/associations**
- **ketamine as antidepressant**



# Psychedelic research institutes

- **1986- Multidisciplinary Association for Psychedelic Studies (MAPS) (+PBC)**
- **Beckley Foundation (UK) (+ Beckley Psytech Ltd.)**
- **Heffter Research Institute (USA)**
- **University of Zurich (CH) Vollenweider lab**
- **+ Imperial (UK), Johns Hopkins (USA), Basel (CH) + companies (USD 2 Bn)**





# Early results

- **LSD 'model psychosis' -> personnel's self-experiments as training**
- **unsuccessful for treating depression, shock therapy**
- **increases re-living (regression)**
- **assisted approach: resolving blocks, hindrances, stagnations during the psychotherapeutic process**
- **experience approach: preparation, experiencing, integration**
- **combined with hypnosis ('hypnodelic therapy')**
- **alcoholism: LSD peak experience is a successful for abstinence (AA)**
- **treating childhood schizophrenia with LSD and psilocybin**
- **cf. Daath.hu » Könyvtár » Tanulmány » Gary Fisher » original text**



# Current research directions

- **clinics: ketamine » MDMA » psilocybin » LSD, ayahuasca, ibogaine**
- **+ everything else: DMT, 5-MeO-DMT, fly agaric mushroom**
- **+ new analogs! (also non-psychoactives!)**





# Psychometric measuring instruments

## APZ scale

- subjective experience reports, independent judges/assessors
- measuring the dimensions of ASC

### 1. Oceanic Boundlessness (OB)

derealisation and Ego-dissolution, increased sensation, positive basic mood, as during a mystical experience

### 2. Anxious Ego Dissolution (AED)

thought disturbances, Ego-dissolution, losing autonomy and self-control, agitation, anxiousness, paranoid feelings of emergency

### 3. Visionary Restructuralization (VR)

auditory and visual illusions, hallucinations, synaesthesia, notable changes in the meaning of various perceptions



# Treatments of addictions and dependence

- **Biological/neuropharmacological mechanisms (w/o therapy?)**
  - **psilocybin (USA; smoking cessation)**
  - **ayahuasca (Canada: Gabor Maté!)**
  - **ibogaine (Mexico + New-Zealand: opioids)**
  - **ketamine (Russia: heroin)**



# Hospice use: end-life anxiety

- alleviation of end-life anxiety in final stage cancer patients
- Johns Hopkins (USA) psilocybin
- New York University (USA) psilocybin
- Switzerland (LSD)





**Thank you for your attention!**



*Next lecture:*

**[07] Psychedelic-Assisted Psychotherapies: Theory**

**Nov 11 Thursday 10:45**