

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 (MDMA)
- [09] Nov 25 Psychedelic-Assisted Psychotherapies: Practice II (psilocybin, ketamine)
- [10] Dec 02 Psychedelic-Assisted Psychotherapies: Practice III (LSD, ibogaine, ayahuasca)
- [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.**



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

**Nov 11**

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

**Therapist training process.**

**Therapy protocols: MAPS, Johns Hopkins, Kenézy hospital.**



# [08] Psychedelic Assisted Psychotherapies: Practice I

Nov 18

## MDMA





# [09] Psychedelic Assisted Psychotherapies: Practice II

Nov 25

**Psilocybin**  
**Ketamine**





# [10] Psychedelic Assisted Psychotherapies: Practice III

Dec 2



LSD  
Ibogaine  
Ayahuasca





# **[11] Psychedelic Experience Integration**

**Dec 09**

**Client groups.**

**Conditions and environment of client-work.**

**Search for meaning, apprehension.**

**The lived body experience.**

**Psychedelic 'bypass' and ego inflation.**

**Non-pathologising language use.**

**Transference and counter-transference.**

**Data protection.**



# ***Psychedelic Experience Integration***

- **not psychedelic-assisted therapeutic session, but "post-work"**
- **in ideal case: paired with "pre-work" (preparation)**
- **in ideal case: as part of a longer client relationship**
- **in ideal case: soon after the experience**



# Client groups

**e.g.: integration of an ayahuasca ceremony**

**e.g.: talking about psychedelic use with self-knowledge intention**

**e.g.: making sense of an unintended/unexpected/difficult trip**

**e.g.: knowledgeable/educated preparation for a trip + its post-work**



# Conditions and environment of client-work

- **safe setting! ("hold the space")**
- **trust (based on previous fame/merits)**
- **safety measures, both directions**
- **data recording, data protection, discretion**
- **defining the limits of competence**



# Search for meaning, apprehension

- **knowing the client's life situation, life problems**
- **client-side ideology/world-view/human-ideal/metaphysics**
- **visions, symbols, archetypes**
- **questions asked and answers received**
- **focusing on intuitive processes**
- **deconditioning, change of attitude/behaviour**
- **+ transfer to everyday life: self-monitoring, old and new routines**



# The lived body experience

- **the body as a memory storage**
- **preverbal (perinatal, infant) experiences**
- **one-time, non-understood, non-reflected childhood experiences**
- **body temperature, skin contact, olfactory and oral experiences, nutrition**
- **("gut") feelings, preferences, disgusts, fears etc.**
- **blocks, inhibitions, automatisms etc.**
- **passively/subconsciously held self-defence mechanisms**
- **traumas, dissociations, depersonalisation-derealisation**
- **source of joy, well-being, openness, nearing, trust**



# Psychedelic 'bypass' and ego inflation

- **actually "spiritual bypass": over-emphasized importance**
- **negligence of other, more important (laborious) areas**
- **experience-centrism, experience-overloading, experience-repetition**
- **quantitative (self-)measurement, hierarchies, "levels"**
- **direction is ego-inflation - instead of ego-dissolution**
- **identity-building - mainly in social, for-profit environment**
- **megalomania, increased feeling of 'gnosis', obsessive transfer of 'knowledge' (to others)**



# Non-pathologising language use

- - "narcotic", "abuse", "deviance", "unreal" etc.
- - drug demonising, attributing malicious agency
- + knowledge of traditional healing frameworks
- + e.g. transfer of knowledge about medicinal plants
- + e.g. usage of psychointegration agents
- + e.g. experiencing altered states with autognostic intentions
- + accepting others' subjective realities



# Transference and counter-transference

- **transference: patient's feelings (toward others) projected on the therapist**
- **counter-transference: therapist's feelings (toward others or as reaction) in the direction of the patient**
- **anger, distrust, "parentising", "guruising", erotica, paranoia etc.**
- **delusions, exaggerations, errors from under-/overratings**



# Data protection

- **both directions!**
- **potential drug crime consequences for the client**
- **data recording: notes, audio records (symmetry recommended)**
- **data marking: identification (by voice/information), code/mark**
- **data storing: password-protected disk/partition/file container/zip**
- **unencrypted storage in the cloud = no data protection!**
- **no "shady" stuff (in the presence of witnesses / if recorded!)**
- **self-defense of personal (non-role) information**
- **professional discretion: collegial sharing of cases e.g. pseudonymous**
- **obligations by law to report (not to denunciate!) in certain cases**



**Thank you for your attention!**



*Next (last) lecture:*

**[12] Summary and Outlook**

**Dec 16 Thursday 10:45**