Károli University, Institute of Psychology

ERPB-BP\$2636 Psychedelic Psychotherapy

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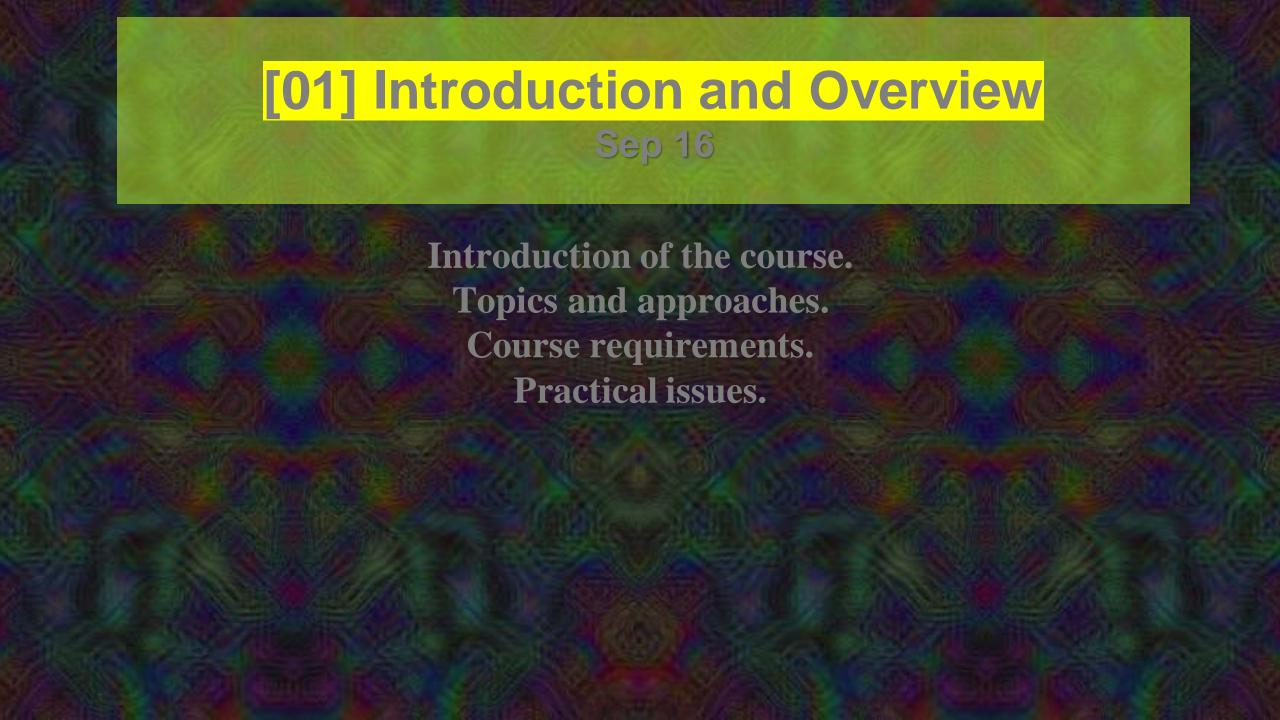


Psychedelic Psychotherapy presentations (12 x 1.5 h)

[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 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

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.

[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.

Hallucinations: definitions

Esquirol (1845): "A man... who has the inward conviction of a presently perceived sensation at a moment when no external capable of arousing this sensation is within the field of his sense, is in a state of hallucination."

Horowitz (1975): "Hallucinations are images based on immediately internal sources of information which are appraised as if they came from immediately external sources of information."

David (2004): "A sensory experience which occurs in the absence of corresponding external stimulation of the relevant sensory organ, has a sufficient sense of reality to resemble a veridical perception, over which the subject does not feel s/he has direct and voluntary control, and which occurs in the awake state."

Hallucinations: characteristics

Sensory organs: auditory, visual, touch, olfactory etc. (+ emotions, focused attention, perceptional expectations)

Dispute:

- "a sign of mental illness!" (medical)
- "a normal phenomenon!" (psychological)
- -> with or without neuro/psychiatric disorders
- spontaneous: related to sleeping/dreaming
- pathologic: related to illnesses
- induced: related to hallucinogens

Hallucinations: phenomena

- Spontaneous: related to sleeping/dreaming

- hypnagogic hallucinations (before falling asleep)
- dreaming
- hypnopompic hallucinations (before waking up)
- sleep deprivation

- Pathologic: related to illnesses

- alcohol deprivation (delirium tremens)
- schizophrenia
- Parkinson's disease
- Charles Bonnet syndrome
- Lhermitte peduncular hallucinosis
- focal epilepsy
- Induced: related to hallucinogens
 - -> (see next page)

Hallucinogens: categories

Deliriants (acetylcholine)

- hyosciamine, scopolamine, atropine (jimson weed, belladonna, angel's trumpet, henbane etc.)

Dissociatives (GABA, NMDA)

- ketamine, phencyclidine, ibogaine, N2O

Psychedelics (serotonin)

- LSD, mescaline, psilocybin, DMT, LSA (magic mushrooms, ayahuasca, yopo, morning glory)



Other related substances

Depressants		A CHARLE	Alcohol	THE PARTY HAVE BEEN AS A SHARE OF THE PA			
			Inhalants				
			Sleep medication, tranquilizers, anxiolytics (without a diagnosis of	or prescription)			
HI Y			Medical drugs and alcohol combined				
The second			Heroin and other opiates	系数件 [按注] · 表 在 不 不 A X 4 A			
			GHB, GBL				
Stimulants			Tobacco				
			Ecstasy (MDMA)				
			Amphetamine and other stimulants				
			Cocaine				
Hallucinogens	Deliriant		Jimson weed, angel's trumpet, henbane etc.				
	Dissociative		Ketamine	THE RESERVE THE PARTY OF THE PA			
			Nitrous oxide (N ₂ O)	SWITTER WITH SECTION OF STREET			
	STATE WAS BUILDING	E 200	PCP CONTROL OF THE POPULATION				
A STATE	Psychedelic	Minor	Marijuana, hashish	(A)			
			New synthetic drugs (2C-B, 5-MeO-AMT etc.)				
			Ibogaine				
	The sale	Major	LSD LSD				
	Carle Laborator		Psilocybe mushrooms				
			Mescaline cacti				
	SEAR IN		Salvia divinorum	THE WHILE SHOULD BE A SECOND			
			DMT (ayahuasca, yopo etc.)				
W. Commission of the Commissio	A STATE OF	A COL	LSA (morning glory, HBWR etc.)	KENIGH BURNER LANGES			
(fictive drug)	A KING OF THE		Relevine	Móró, Simon, Bárd, & Rácz (2011)			

Purposes of substance use

RELSPI	Religious or spiritual practices
S-KNOW	Self-knowledge and self-inspection
S-MEDI	Self-medication
MOOD	Enhancing mood
BORED	Avoiding boredom and hopelessness
DEFIC	Offsetting a deficiency
SOCIAL	Increasing social contact

SENS	increasing sensation and pleasure
ART	Stimulating artistic creativity/performance
PHYS	Enhancing physical power
REBEL	Rebellion or alternative lifestyle
IDENT	Building personal identity and drawing attention
MEMBER	Expressing membership in a group
CURIO	Out of curiosity

Purposes of substance use

	RELSPI	S- K N O W	S- M E D	M 0 0 D	B O R E D	D E F I C	S O C I A L	S E N S	A R T	P H Y S	R E B E L	MEMBER
Alcohol				4			6	2			2	3
Tobacco					2	7	2				2	3
Depressant medication			2									
Ecstasy (MDMA)				2				2		2		
Amphetamine, stimulants				2						7		
Nitrous oxide (N2O)				2								
Marijuana, hashish		2		2				2	3			
LSD	3	3										
Psilocybe mushrooms	3	3										
Salvia divinorum	2	2										

Drug instrumentalisation hypothesis

- Most people who are regular consumers of psychoactive drugs are not drug addicts, nor will they ever become addicts.
- Drug instrumentalisation as a two-step behavioral process: (1) the seeking and consumption of a psychoactive drug in order to change the present mental state into a previously learned mental state, which then allows for (2) better performance of other, previously established behaviors and better goal achievement.

Müller & Schumann (2011) Drugs as instruments - A new framework for non-addictive drug use

Drug instrumentalisation hypothesis

- 1. Improved social interaction.
- 2. Facilitated sexual behavior.
- 3. Improved cognitive performance and counteracting fatigue.
- 4. Facilitated recovery from and coping with psychological stress.
- 5. Self-medication for mental problems.
- 6. Sensory curiosity Expanded perception horizon.
- 7. Euphoria, hedonia, and high.
- 8. Improved physical appearance and attractiveness.
- + 9. Facilitating spiritual and religious activities.

Human needs and psychedelics

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Transcendence
Self-actualisation

(Esthetic)

Cognitive

Esteem

Love

Safety

Physiological

Spiritual

Socio

Psycho

Bio

Mystical experiences

Entheogenic churches

Creativity

Altered states

Cluster headaches Selftranscendence

Noesis

Psychotherapy

Addiction therapy

Consciousness research

Autognosis

Selfmedication

Maslow (1943) A Theory of Human Motivation. Psychological Review 50, 370-396.

Psychonaut subculture

Psychonaut: An explorer of the mind, who journeys into his/her psyche by using hallucinogenic drugs or other consciousness altering techniques.

PSZICHONAUTÁK

Psychonauts believe that these spiritual experiences, when properly processed, lead to long-term and positive benefits in their everyday lives.

Autognostic psychonauts

autognosis = "self-knowledge"

psychonaut = "sailor of the mind"

- historical and anecdotic evidence
- occasional seeking of consiousness-altering experiences
- personal investigations -> descriptive introspection
- drug self-experiments: roots of Western psychology

William James: nitrous oxide

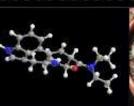
Aldous Huxley: mescaline, LSD

Albert Hofmann: LSD, psilocybin

Alexander Shulgin: hundreds of self-synthetised psychoactive drugs

- rarely studied underground subculture









Psychedelics in the 21st century

- Culture
- Science
 - Research
 - Survey: general, recreational, subcultural, spiritual populations
 - Experimental: cell-level, animal, human experiments (healthy, non-naïve subjects, MD)
 - Applications
 - Medicine/therapy
 - addictology (alcohol, opiates, stimulants)
 - psychotherapy
 - Hospice
- -Religion



Biohacking

Deliberate modification of the mind/body complex by various (biological, psychological, pharmacological, technological) agents, devices and techniques, for a conscious realisation of the potentials of human existence, aiming to enhance individual and social/societal life quality.



Thank you for your attention!



Next lecture:

[04] Psychedelics: Substance Information Oct 07 Thursday 10:45