

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 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

[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.

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, perceptual 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

Deliriant (*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	Alcohol		
	Inhalants		
	Sleep medication, tranquilizers, anxiolytics (<i>without a diagnosis or prescription</i>)		
	Medical drugs and alcohol combined		
	Heroin and other opiates		
	GHB, GBL		
Stimulants	Tobacco		
	Ecstasy (MDMA)		
	Amphetamine and other stimulants		
	Cocaine		
Hallucinogens	Deliriant	Jimson weed, angel's trumpet, henbane etc.	
	Dissociative	Ketamine	
		Nitrous oxide (N ₂ O)	
		PCP	
	Psychedelic	Minor	Marijuana, hashish
			New synthetic drugs (2C-B, 5-MeO-AMT etc.)
			Ibogaine
		Major	LSD
			Psilocybe mushrooms
			Mescaline cacti
Salvia divinorum			
DMT (ayahuasca, yopo etc.)			
LSA (morning glory, HBWR etc.)			
(fictive drug)	Relevine		

Purposes of substance use

RELSPI	Religious or spiritual practices	SENS	Increasing sensation and pleasure
S-KNOW	Self-knowledge and self-inspection	ART	Stimulating artistic creativity/performance
S-MEDI	Self-medication	PHYS	Enhancing physical power
MOOD	Enhancing mood	REBEL	Rebellion or alternative lifestyle
BORED	Avoiding boredom and hopelessness	IDENT	Building personal identity and drawing attention
DEFIC	Offsetting a deficiency	MEMBER	Expressing membership in a group
SOCIAL	Increasing social contact	CURIO	Out of curiosity

Purposes of substance use

	REL SPI	S- KNOW	S- MEDI	MOOD	BORED	DEFIC	SOCIAL	SENS	ART	PHYS	REBEL	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 (N ₂ O)				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.

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

Transcendence
Self-actualisation
(Esthetic)
Cognitive
Esteem
Love
Safety
Physiological

≈

Spiritual

Socio

Psycho

Bio

Mystical
experiences

?

Self-
transcendence

Entheogenic
churches

Noesis

Creativity

Psycho-
therapy

Consciousness
research

Altered
states

Autognosis

Cluster
headaches

Addiction
therapy

Self-
medication

...

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 consciousness-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-synthesised 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