

ELTE, Institute of Psychology

# PPK-PSY:64 Psychedelic Psychotherapies

autumn semester 2024



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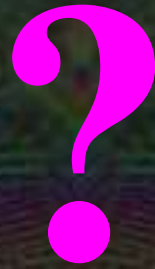
# **Psychedelic Psychotherapies**

## **presentations & seminar (6 x 3 h)**

- |                    |   |
|--------------------|---|
| <b>[01] Sep 20</b> | <b>[01.1] Course Introduction and Overview</b><br><b>[01.2] Altered State Assisted Therapies</b><br><b>[01.3] The Broader Context of Psychedelics</b>                 |
| <b>[02] Oct 4</b>  | <b>[02.1] Psychedelics: Substance Information</b><br><b>[02.2] Psychology of Psychedelic Experience</b><br><b>[02.3] Psychedelics: Research, Experiments, Healing</b> |
| <b>[03] Oct 18</b> | <b>[03.1] Psychedelic-Assisted Psychotherapies: Theory</b><br><b>[03.2] Psychedelic-Assisted Psychotherapies: Practice</b>  |
| <b>[04] Nov 8</b>  | <b>[04] Psychedelic Experience Integration</b>  |
| <b>[05] Nov 22</b> | <b>[05] INTERACTIVE! practices and other surprises... :D</b>  |
| <b>[06] Dec 6</b>  | <b>[06] Summary and Outlook</b>   |



# Practical issues





## **[01.2] Altered State Assisted Therapies**

**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.**



# **[01.3] The Broader Context of Psychedelics**

**Hallucinations: definitions and phenomena.**

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

**Other related substances.**

**Purposes of substance use.**

**The drug instrumentalisation hypothesis.**

**Psychonaut subculture.**

**Biohacking.**



# **[02.1] Psychedelics: Substance Information**

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

**MDMA**

**psilocybin**

**ketamine**

**LSD**

**ibogaine**

**ayahuasca**



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

**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.**



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

**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.**



# Topics of presentations

[01.1] Course Introduction and Overview

[01.2] Altered State Assisted Therapies

[01.3] The Broader Context of Psychedelics

[02.1] Psychedelics: Substance Information

[02.2] Psychology of Psychedelic Experience

[02.3] Psychedelics: Research, Experiments, Healing

[03.1] Psychedelic Assisted Psychotherapies: Theory

[03.2] Psychedelic Assisted Psychotherapies: Practice

[04] Psychedelic Experience Integration

([05] INTERACTIVE)

[06] 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**







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

## **TOC**

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

**Therapist training process.**

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



# **[!] Roles of a therapist**

- **preparing clients to independent substance use**
- **„trip sitting” (passive)**
- **„trip guiding” (active)**
- **therapy sessions, before and after substance use**
- **presence at administered substance intake in clinical setting**
- **personal experience integration**
- **leading group integration circles**
- **psycare (acute crisis intervention)**
- **case studies, scientific publications, public education etc.**



# Ethical principles

- ...as usually in the work of psychologist/psychotherapist
- + special situation due to the client's altered state of consciousness
- sensitive, 'reprogrammable' state, (neuro)plasticity
- like hypnosis: suggestibility, susceptibility, receptivity
- access to traumatic memories may re-traumatise
- possibility to abuses (both directions!)
- protocol: more than one therapist, same sex + opposite sex
- audio recording (anonymity / data protection!)
- clientwork: based on protocol, reflections, development, supervision



# Psychedelic and psycholytic therapies

- **psychedelic: bigger dose - e.g. alcoholism (USA)**
- **psycholytic: small/medium dose - psychotherapy (Europe)**
- **optimal intensity, duration, accessibility**
- **Switzerland: president of psycholytic association - special permit whatever-with-whatever**
- **(Dr Peter Gasser)**



# Lay and underground therapies

- **non-medicalised models as alternatives**
- **e.g. ceremonies, retreats (ayahuasca, ibogaine)**
- **lay therapist: takes substance with client (main therapist 'sober')**
- **black or gray zone, uncontrollability**
- **continuum:**
  - **psychedelic psychotherapy (drug provided on-site)**
  - **client arrives in an ASC to therapy session**
  - **visiting the client who calls (already took the drug)**
  - **being a 'sitter' at the client's home or retreat (starting before intake)**
- **lower protection for the client - no professional control hierarchy**
- **unlicensed practice -> quackery/charlatanry (+ tax evasion)**
- **to increase informedness is both needed and useful!**



# *Therapist's personal experience...?*

- **increasing empathy, knowing a state of consciousness**
- **dynamics of the drug's effects**
- **quasi-obligatory professional requirement in the 'golden age'!**
- **observation of others' experiences ('contact high' / transference)**
- **increases client's trust - e.g. in drug-naïve subjects(?)**
- **(will be) part of MAPS therapist training!**



# *Indications*

- **Clinical (after other treatments):**
  - depression: ketamine, psilocybin
  - PTSD: MDMA
  - addictions: ibogaine, psilocybin
  - ...
- **Psychotherapy:**
  - end-life anxiety: psilocybin, LSD
  - traumas: MDMA, LSD
  - relationship and family therapy: MDMA
  - ...
- ...
  - ...



# ***The therapeutic process***

- **ongoing therapeutic relationship/agreement (nexus, trust, paperwork)**
- **pre-screening, medical examination, exclusion, contraindications**
- **informing, education, written consent of agreement**
- **problem -> drug (and not vice versa!); non-drug alternatives**
- **secure setting (e.g. therapy clinic) - safety protocol**
- **secure set: 'optimal'/'ideal' timing, motivation, state**
- **securing drug: legal source, purity, dosing (per kg, metabolism)**
- **'allergy test' / 'adaptation dose' ?**
- **emergencies: sedation, restricting, on-site treatment, external help**
- **(therapy methods - "best practice")**



# ***The mental process***

- **onset (oral: cca. 15-45 min) - change, uncertainty, bodily feelings**
- **safe environment and accepting persons**
- **acknowledging and accepting the ASC**
- **approaching the therapeutic theme**
- **self-reflection, external point-of-view, understanding others differently**
- **deconditioning, stopping usual repetitions**
- **redirecting associations, new alternatives**
- **increasing self-valuations, acceptance, forgiveness**
- **mystical/unity experience**
- **returning, ending, 'grounding'**
- **reflections, talk-through, integration, change of attitude/behaviour**



# Therapist training

- **Ongoing e.g.: CIIS, MAPS, MIND/OVID, IPI, Alef Trust**
  - **CIIS (USA): 150 hours / spring to autumn, live/online/hybrid cohort, \$9300**
  - **MAPS (USA): a few months, \$5000**
  - **MIND (DE): 2 years (integration, 'augmentation'), €15000**
  - **IPI - Integrative Psychiatry Institute (USA): 150 hours / 10 months, \$7000**
  - **Alef Trust (UK): 12 months, £3000**
- **100-150 hours, ~ <1 - 2 years**
- **(accredited) certificate, CE/CME credits**
- **Hungary: planning!**



# Requirements for starting therapist training

- **psychotherapist (HU: higher degree of education!)**
- **MD, clinical psychologist (w/o psychotherapy training)**
- **relationship/couples therapist, coach, alternative therapist (min. BA/BSc)**
- **pastor, (psychiatric)nurse, social worker, addictologist, PhD, PsyD**
- **abroad: special (ethnicity, LGBTQIA+, physical disabilities etc.)**
- **discount, quota etc.**



# Therapist training process

- **mainly online ("live")**
- **e.g. clinical researchers, therapists, psychedelic celebrities**
- **"pre-assembled" materials**
- **lectures, roundtables**
- **bigger group seminars**
- **smaller group sessions**
- **community fora**
- **teaching assistants**
- **optional ketamine! :D**
- **supervision**
- **+ recertification**



# ***Therapist training in Hungary***

- **Psychedelic psychotherapist**
  - Method-specific phase of accredited psychotherapist training
- **Psychedelic therapist**
  - MA+ professional (clinical psychologist etc.)
- **Psychedelic co-therapist**
  - Member of the team - possibly different/relevant background and/or BA/BSc
- **Psychedelic experience integrator**
  - e.g. coach
  - personal + "integration circles"



# *Psychedelic therapies in Hungary*

- **within the healthcare system**
- **agreement on requirements with Ministry (personnel, venue)**
- **MD with prescription license**
- **medication importing license**
- **drug control laws! (can result in fines!)**
- **transport, storage, access, logging etc.**
- **psychedelic clinic model: licensee + co-workers/assistants**
- **ketamine -> MDMA -> psilocybin -> ...**

**need to establish: therapy association + company (clinic)**



# Therapy protocols: MAPS

## MDMA

- in the clinical phase, it was possible to volunteer
- 'Orphan Drug', 'Breakthrough Therapy', 'Special Protocol Assessment'
- placebo-controlled, double-blind, randomised, 'cross-over' experiment
- Phase 3, MAPP1&MAPP2, 15 locations: USA, Canada, Israel
- Sessions: Preparatory, Experimental, Integrative
- indication: severe PTSD (veterans, victims of sexual violence)
- PTSD treatment success: placebo 32%, MDMA: 67%
- (+ autism, end-life anxiety, eating disorders)
- 2024: FDA did not accept Lycos' (ex MAPS PBC) application :(



# Therapy protocols: Johns Hopkins

## PSILOCYBIN

- **(Johns Hopkins University, School of Medicine, Baltimore, MD, USA)**
- **indication: smoking (nicotine) cessation**
- **weekly sessions for 3 months**
- **cognitive-behavioural therapy (CBT)**
- **surveys, interviews, MRI**
- **RCT: psilocybin or nicotine**
- **2 occasions psilocybin-assisted**
- **(possible to switch from placebo to psilocybin after 3 months!)**
- **follow-up at: 3, 6, 12 months**



# Therapy protocols: Kenézy hospital

## KETAMINE

- **Debrecen, department of innovative psychiatric rehabilitation**
- **since 2015**
- **decreased depression symptoms already 4 hours after infusion**
- **but symptoms return after 7–10 days**
- **-> infusion treatment, 'impulse therapy' (4-6 infusions / 2-3 weeks)**
- **diminished suicidal tendencies**
- **full healing in 7 out of 8 patients! (\*until 2017)**
- **paid by healthcare**



# **[03.1] Psychedelic Assisted Psychotherapies: Theory Summary**

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

**Therapist training process.**

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



**QUESTIONS**

**?**



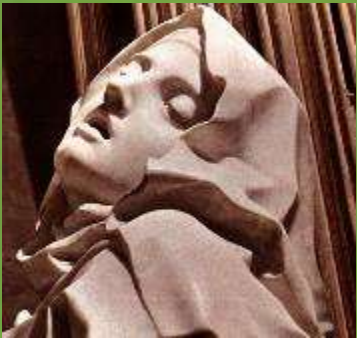
# Course Topics

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- 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**



# [03.2] Psychedelic Assisted Psychotherapies: Practice I

## MDMA





# MDMA timeline

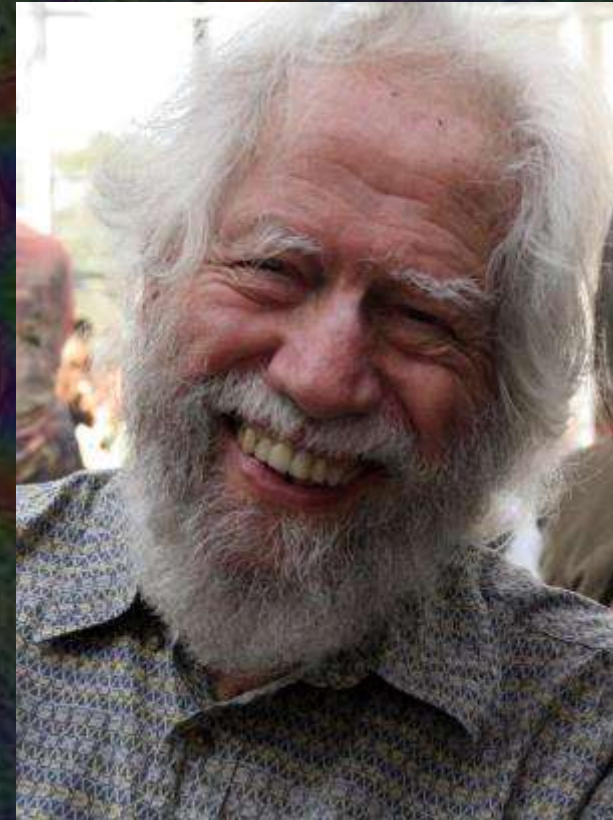
- **1912: synthesis and patent (Merck) @ DE**
- **1965: resynthesis (Alexander 'Sasha' Shulgin) @ USA**
- **1976: Leo Zeff psychotherapy application (psychologist, lay)**
- **1978: 1st publication on subjective effects (Shulgin & Nichols)**
- **1980- psychedelic therapies (20 kg MDMA!)**
- **1985: banning of MDMA (USA: Schedule I)**
- **1986: establishing MAPS**
- **2011: publication: PTSD experiment results**
- **2017: FDA approval ('Breakthrough Therapy' + Phase 3)**
- **2018: publication: social phobia in adult autists (ASD)**
- **2024: FDA rejection :( needs more info on efficacy & safety**



# MDMA

Alexander Shulgin lab notes, September 1976

**"I feel absolutely clean inside, and there is nothing but pure euphoria. I have never felt so great or believed this to be possible. The cleanliness, clarity, and marvelous feeling of solid inner strength continued throughout the rest of the day and evening. I am overcome by the profundity of the experience..."**





# [!] Substances x Properties

	<b>MDMA</b>	psilocybin	ketamine	LSD	ibogaine	ayahuasca
<b>Duration</b>	<b>4-6 h</b>	4-6 h	few hours	8-12 h	days!	4-6 h
<b>Bodily discomfort</b>	on the contrary 😊	-	(no body...)	-	yes	yes
<b>Addiction potential</b>	yes (euphoria)	-	possibly	-	does not want to repeat...	-
<b>Weak condition risks</b>	possible (cardiovasc.)	-	-	-	possible (vomiting)	possible (vomiting)
<b>Talk therapy under influence</b>	+	-	...	-	...	-



# [!] Substances x Indications

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
Tobacco addiction						
Substance use disorders						
End-of-life anxiety						



## [03.2] Psychedelic Assisted Psychotherapies: Practice II

Psilocybin  
Ketamine







# Substances x Properties

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Duration	4-6 h	4-6 h	few hours	8-12 h	days!	4-6 h
Bodily discomfort	on the contrary 😊	-	(no body...)	-	yes	yes
Addiction potential	yes (euphoria)	-	possibly	-	does not want to repeat...	-
Weak condition risks	possible (cardiovasc.)	-	-	-	possible (vomiting)	possible (vomiting)
Talk therapy under influence	+	-	...	-	...	-



# [!] Substances x Indications

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
Tobacco addiction						
Substance use disorders						
End-of-life anxiety						



# [!] Substances x Properties

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Duration	4-6 h	4-6 h	few hours	8-12 h	days!	4-6 h
Bodily discomfort	on the contrary 😊	-	(no body...)	-	yes	yes
Addiction potential	yes (euphoria)	-	possibly	-	does not want to repeat...	-
Weak condition risks	possible (cardiovasc.)	-	!	-	possible (vomiting)	possible (vomiting)
Talk therapy under influence	+	-	...	-	...	-



# [!] Substances x Indications

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
Tobacco addiction						
Substance use disorders						
End-of-life anxiety						



# [03.2] Psychedelic Assisted Psychotherapies: Practice III



LSD  
Ibogaine  
Ayahuasca





# [!] Substances x Properties

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
<b>Duration</b>	4-6 h	4-6 h	few hours	8-12 h	days!	4-6 h
<b>Bodily discomfort</b>	on the contrary 😊	-	(no body...)	-	yes	yes
<b>Addiction potential</b>	yes (euphoria)	-	possibly	-	does not want to repeat...	-
<b>Weak condition risks</b>	possible (cardiovasc.)	-	-	-	possible (vomiting)	possible (vomiting)
<b>Talk therapy under influence</b>	+	-	...	-	...	-



# [!] Substances x Indications

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
Tobacco addiction						
Substance use disorders						
End-of-life anxiety						



# [!] Substances x Properties

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Duration	4-6 h	4-6 h	few hours	8-12 h	days!	4-6 h
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Weak condition risks	possible (cardiovasc.)	-	-	-	possible (vomiting)	possible (vomiting)
Talk therapy under influence	+	-	...	-	...	-



# [!] Substances x Indications

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
<b>Tobacco addiction</b>						
<b>Substance use disorders</b>						
End-of-life anxiety						





# Substances x Properties

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
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Talk therapy under influence	+	-	...	-	...	-



# [!] Substances x Indications

	MDMA	psilocybin	ketamine	LSD	ibogaine	ayahuasca
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
Tobacco addiction						
<b>Substance use disorders</b>						
End-of-life anxiety						



**QUESTIONS**

**?**



# Thank you for your attention!



*Next lecture:*

[04] Psychedelic Experience Integration

**Nov 8** Friday 14:15