

ELTE, Institute of Psychology

# PPK-PSY:64 Psychedelic Psychotherapies

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# Psychedelic Psychotherapies presentations & seminar (6 x 3 h)

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



# Course assignment

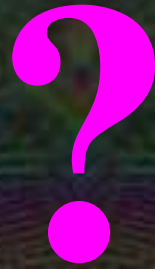
Find information about psychedelic research, therapies, regulation etc.

Browse the web, use a search engine or AI (just double check because it hallucinates!)

- **Psychedelic research institutes (USA, EU, other):** name and web link, possible university affiliation, year
- **Psychedelic researchers:** look for publications (e.g., Google Scholar) for the first & last authors of the most cited articles, with links (e.g., LinkedIn); "big names" & their special topics at conferences/webinars
- **Psychedelic "industry":** summary of patents, financing, stock market and shares, Research & Development companies and their worth in M USD, see e.g. [psychedelicalpha.com](http://psychedelicalpha.com) - with links
- **Psychedelic therapy trainings:** comparison of ongoing therapist trainings (institute, pre-requirements, duration, price)
- **Psychedelic conferences:** live and online (webinars), previous bigger events (e.g., MAPS, Breaking Convention, Stichting Open, Beyond Psychedelics, MIND etc.)
- **Psychedelic retreat centers:** ayahuasca-, ibogaine- and magic mushroom retreats; aya are plenty!, European ones are few, with links to them or to collective/catalogue/database pages
- **Psychedelic societies:** research and/or public education societies, list with links, per country; Europe only, just provide list/map pages with overview, a brief introduction about their activities
- **Psychedelic integration circles:** experience integration / sharing groups - where, what type of (Europe only)
- **Ketamine clinics:** world and Hungary - what for, what type of (state/private), what kind of services, price level; relation to relevant institutes (university, hospital, clinic etc.)
- **other, whatever you like: ...**



# 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.**



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

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

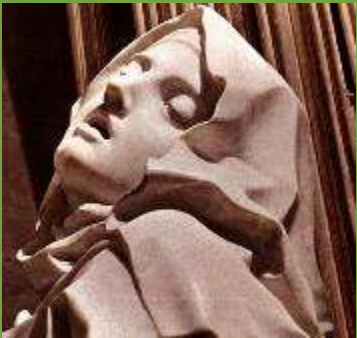
**Therapist training process.**

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



# [03.2] Psychedelic Assisted Psychotherapies: Practice I

## MDMA





# [03.2] Psychedelic Assisted Psychotherapies: Practice II

**Psilocybin**  
**Ketamine**





# [03.2] Psychedelic Assisted Psychotherapies: Practice III



LSD  
Ibogaine  
Ayahuasca







# Substances x Properties

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



# Topics of presentations

[01.1] Course Introduction and Overview

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[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**



# **[04] Psychedelic Experience Integration**

## **TOC**

**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**

**e.g.: hospice – reflections on life and (imminent) death**



# 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 (, *The body keeps the score.* ”)**
- **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 snitch!) in certain cases**



# **[04] Psychedelic Experience Integration**

## **Summary**

**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.**



**QUESTIONS**





**Thank you for your attention!**



*Next lecture:*

[05] INTERACTIVE! practices and other surprises... :D

**Nov 22 Friday 14:15**