

PSYCHEDELICS AND THE ALTERED STATE OF MIND

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Psychedelic-Assisted Therapy: An Emerging Best Practice for Trauma Care?

Trauma Background:

- Trauma is the exposure to actual or threatened death, serious injury, or sexual violence in one (or more) ways
- Individuals who experience trauma are at a higher risk of mental, physical, and biological problems
 - Typical trauma work is often derailed by flashbacks and other emotions, causing the process to be very painful and lengthy



Evidence of Effectiveness:

- In trials for MDMA-assisted therapy, those treated reported “increased self-awareness and understanding” (89%), “increased ability to feel emotions” (68%), and “improved relationships in general” (58%)” and “found that 85.7% of those treated with 75 mg MDMA doses no longer met criteria for PTSD at the end of treatment” (Hutchison et al., 2018, p. 424).
- These results are achieved quicker with only 18 hours of non-drug psychotherapy and 16 to 24 hours of MDMA-assisted therapy required. Whereas typical PTSD treatments, such as CBT and prolonged exposure, usually last at least eight to fifteen weeks (Hutchison et al., 2018, p. 425)



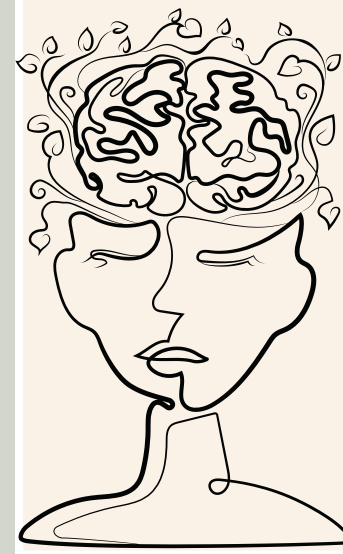
Supporting Use Going Forward:

- There is a need for policies regarding the scheduling and banning of psychedelics to be revised to ensure this treatment method can be legally available to clients’
 - Additional research and clinical trials are necessary to prove the efficacy and safety of psychedelic-assisted therapy, thereby increasing practitioner confidence in recommending it



Why Is This Practice Different:

- Psychedelics ease the feelings and flashbacks that individuals experience when recalling trauma
- Psychedelics allow individuals the ability to recall memories associated with their trauma and process them with reduced anxiety
- Psychedelics evoke feelings of closeness and reduce fear; this builds trust more quickly between therapist and client than in standard psychotherapy



Data From Research:

- Research on this topic has revealed that practitioners perceive this approach as efficacious yet emphasize the necessity for further clinical trials
- 50% of respondents believe this is an effective new practice, and 50% were neutral
 - Of those who were neutral, responses showed these practitioners required a better understanding of psychedelic-assisted therapy to recommend it to clients confidently



Other Uses:

- Psychedelics can also benefit individuals dealing with:
 - Anxiety Disorder
 - Substance Use Disorder
 - Alzheimer’s Disease
 - Parkinson's Disease
 - Obsessive Compulsive Disorder
 - Major Depression