

Title and Code of Course: Psychedelic Psychotherapy

Venue and Time of Course: online, Spring 2021

Instructor's Name: Dr Levente Móró, PhD

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Credit Point Value:	Number of Lessons per Week: 1	Type of Course: Lecture /Seminar	Method of Evaluation: <ul style="list-style-type: none">• Creating test questions• Test examination/• In-Class presentation/ In-Class activity/
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Course Description:

The course introduces students to the rising field of psychedelic psychotherapies that are expected to have a major impact on mental health care worldwide within a few years. It focuses on the background information, requirements, techniques and protocols that psychologists need to know when working in psychedelics-assisted therapies, or with clients who wish to integrate their previous psychedelic experiences.

Topics are:

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

Grades:

based on written or oral examination

Allowed absences: 2 lessons.

Topics and presentations	
1	<p>Psychedelic Psychotherapies</p> <ul style="list-style-type: none">• Altered states of consciousness (ASC): definitions and phenomena. Therapeutic applications of ASC. Spontaneous, pathological and induced states. Physiological, pharmacological and psychological inductions. Altering subsystems of consciousness. Subconscious processes. Hypnotherapy and autogenic training. Relaxation and meditation.

2		<p style="text-align: center;">The Broader Context of Psychedelics</p> <ul style="list-style-type: none"> • Hallucinations: definitions and phenomena. Hallucinogens: dissociative, deliriant, psychedelic. Other related substances. Purposes of substance use. The drug instrumentalisation hypotheses. Psychonaut subculture. Biohacking.
3		<p style="text-align: center;">Psychology of Psychedelic Experience</p> <ul style="list-style-type: none"> • Psychoeducation. Set and setting. Intention and integration. Deconditioning agents. Transpersonality and spirituality. Entheogens. Trauma processing and regression. Stanislav Grof and the perinatal matrix. Metaphysical considerations.
4		<p style="text-align: center;">Psychedelics: Research, Experiments, Healing</p> <ul style="list-style-type: none"> • 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.
5		<p style="text-align: center;">Psychedelic Assisted Psychotherapies: Theory</p> <ul style="list-style-type: none"> • Ethical principles. Psychedelic and psycholytic therapies. Lay and underground therapies. Therapist training process. Therapy protocols: MAPS, Johns Hopkins, Kenézy hospital.
6		<p style="text-align: center;">Psychedelic Assisted Psychotherapies: Practice</p> <ul style="list-style-type: none"> • MDMA • Psilocybin • Ketamine • LSD • Ibogaine • Ayahuasca
7		<p style="text-align: center;">Psychedelic Experience Integration</p> <ul style="list-style-type: none"> • 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.

Mandatory materials

- Bogenschutz, M. P., & Forcehimes, A. A. (2017). Development of a Psychotherapeutic Model for Psilocybin-Assisted Treatment of Alcoholism. *Journal of Humanistic Psychology*, 57(4), 389-414. doi: 10.1177/0022167816673493
- Danforth, A. (2010). Focusing-oriented Psychotherapy as a Supplement to Preparation for Psychedelic Therapy. *Journal of Transpersonal Psychology*, 41(2), 151-162.
- Frecska, E., Bokor, P., & Winkelman, M. (2016). The therapeutic potentials of ayahuasca: possible effects against various diseases of civilization. [Review]. *Frontiers in Pharmacology*, 7. doi: 10.3389/fphar.2016.00035
- Mithoefer, M. C., Wagner, M. T., Mithoefer, A. T., Jerome, L., & Doblin, R. (2011). The safety and efficacy of \pm 3,4-methylenedioxymethamphetamine-assisted psychotherapy in subjects with chronic, treatment-resistant posttraumatic stress disorder: the first randomized controlled pilot study. *Journal of Psychopharmacology (Oxford, England)*, 25(4), 439-452. doi: 10.1177/0269881110378371
- Nichols, D. E. (2016). Psychedelics. *Pharmacological Reviews*, 68(2), 264-355. doi: 10.1124/pr.115.011478
- Phelps, J. (2017). Developing Guidelines and Competencies for the Training of Psychedelic Therapists. *Journal of Humanistic Psychology*, 57(5), 450-487. doi: 10.1177/0022167817711304
- Schenberg, E. E. (2018). Psychedelic-Assisted Psychotherapy: A Paradigm Shift in Psychiatric Research and Development. *Frontiers in Pharmacology*, 9(733). doi: 10.3389/fphar.2018.00733
- Sessa, B., & Fischer, F. M. (2015). Underground MDMA-, LSD- and 2-CB-assisted individual and group psychotherapy in Zurich: Outcomes, implications and commentary. *Drug Science, Policy and Law*, 2. doi: 10.1177/2050324515578080
- Szabó, A., Horváth, L., & Szummer, C. (2014). Phenomenology and Altered States of Consciousness: A New Framework for Analysis? *Psychologia Hungarica Caroliensis*, 2(2), 7-29. doi: 10.12663/psychung.2.2014.2.1
- Winkelman, M. (1995). Psychointegrator Plants: Their Roles in Human Culture, Consciousness and Health. In M. Winkelman & W. Andritsky (Eds.), *Yearbook of Cross-Cultural Medicine and Psychotherapy* (pp. 9–53). Berlin: VWB.