

ELTE, Institute of Psychology

# PPK-PSY:64 Psychedelic Psychotherapies

autumn semester 2023



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# Psychedelic Psychotherapies presentations & seminar (5 x 4 h)

- |             |  |                            |
|-------------|--|----------------------------|
| [01] Sep 15 | [01.1] Course Introduction and Overview<br>[01.2] Altered State Assisted Therapies<br>[01.3] The Broader Context of Psychedelics                 |                            |
| [02] Oct 6  | [02.1] Psychedelics: Substance Information<br>[02.2] Psychology of Psychedelic Experience<br>[02.3] Psychedelics: Research, Experiments, Healing |                            |
| [03] Oct 27 | [03.1] Psychedelic-Assisted Psychotherapies: Theory<br>[03.2] Psychedelic-Assisted Psychotherapies: Practice                                     |                            |
| [04] Nov 17 | [04] Psychedelic Experience Integration  | 13:30-14:30<br>14:45-15:45 |
| [05] Dec 8  | [05] Summary and Outlook   | + fun part! 16:00-17:00    |

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

**Sep 15**

**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**

**Sep 15**

**Hallucinations: definitions and phenomena.**

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

**Other related substances.**

**Purposes of substance use.**

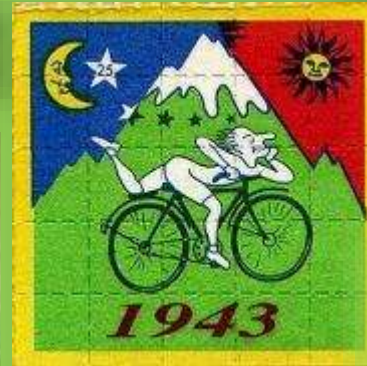
**The drug instrumentalisation hypothesis.**

**Psychonaut subculture.**

**Biohacking.**

# [02.1] Psychedelics: Substance Information

Oct 06



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

**Oct 6**

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

**ayahuasca**

**cannabis**

**DMT**

**ibogaine**

**ketamine**

**LSD**

**MDMA**

**muscimol**

**psilocybin**

**salvinorin A**

**LSA**

**mescaline**

# [02.2] Psychology of Psychedelic Experience

Oct 6



Relative relationship of mystical experience to treatment outcome



Paper	Substance	Treatment	Outcome measure	Mystical exp. correlation size
Bogdanich et al., 2015	psilocybin	Alcohol dependence	Heavy drinking days %	-.85
Garcia-Romeu et al., 2014	psilocybin	Tobacco addiction	Change in craving	-.65
Rothberg et al. 2020	ketamine	Alcohol dependence	Heavy drinking days %	-.62
Griffiths et al., 2016	psilocybin	End of life depression & anxiety	Anxiety (20 6 weeks)	-.59
Ross et al., 2016	psilocybin	End of life depression & anxiety	Depression (20 6 weeks)	-.49
Ross et al., 2016	psilocybin	End of life depression & anxiety	Anxiety (20 6 weeks)	-.42
Davis et al., 2020	psilocybin	Major Depressive Disorder	Depression (20 4 weeks)	-.41
Griffiths et al., 2016	psilocybin	End of life depression & anxiety	Depression (20 6 weeks)	-.36



Stanislav GROF  
**LSD PSZICHOTERÁPIA**

*For the Hungarian  
Psychedelic Community*  
Stan Grof

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

**Oct 6**

**Psychoeducation.**

**Theories and models.**

**Set and setting.**

**Intention and integration.**

**Deconditioning agents.**

**Transpersonality and spirituality.**

**Entheogens.**

**Trauma processing and regression.**

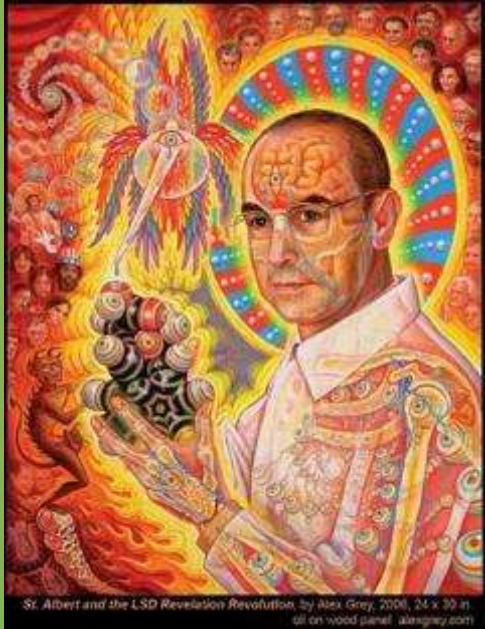
**Stanislav Grof and the perinatal matrix.**

**Metaphysical considerations.**



# [02.3] Psychedelics: Research, Experiments, Healing

Oct 6



BECKLEY  
FOUNDATION



MAPS  
MULTIDISCIPLINARY ASSOCIATION  
FOR PSYCHEDELIC STUDIES

Albert Hofmann



1906-2008

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

**Oct 6**

**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**

**Oct 27**

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

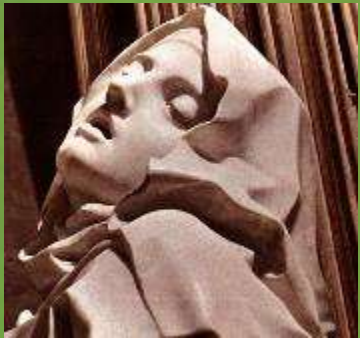
**Therapist training process.**

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

# [03.2] Psychedelic Assisted Psychotherapies: Practice I

Oct 27

## MDMA



# [03.2] Psychedelic Assisted Psychotherapies: Practice II

Oct 27

**Psilocybin**  
**Ketamine**



# [03.2] Psychedelic Assisted Psychotherapies: Practice III

Oct 27



LSD  
Ibogaine  
Ayahuasca





# Substances x Properties

	<b>Ayahuasca</b>	<b>Ibogaine</b>	<b>Ketamine</b>	<b>LSD</b>	<b>MDMA</b>	<b>Psilocybin</b>
<b>Duration</b>	~4-6 h	days!	few hours	8-12 h	~4-6 h	~4-6 h
<b>Bodily discomfort</b>	yes	yes	(no body...)	-	On the contrary! ☺	-
<b>Addictive potential</b>	-	Definitely not to repeat	some	-	yes (euphoria)	-
<b>Risky in weak patients</b>	may be (vomiting)	may be (vomiting)	-	-	may be (cardiovascular)	-
<b>Talk therapy under influence</b>	-	...	...	-	+	-

# [!] Substances x Indications

	Ayahuasca	Ibogaine	Ketamine	LSD	MDMA	Psilocybin
Post-traumatic stress disorder						
Major depressive disorder						
Alcohol dependence						
Tobacco addiction						
Substance use disorders						
End-of-life anxiety						



# Therapist's roles

- **preparing clients for substance use**
- **„trip sitting” (passive)**
- **„trip guiding” (active)**
- **pre- and post-intake therapeutical sessions**
- **present at administering a substance in a clinical setting**
- **experience integration 1-on-1**
- **leading integration circles (groups)**
- **psycare (crisis intervention)**
- **case reports, academic publication, public education etc.**

# 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!**



*Last lecture:*

[05] Summary and Outlook

**Dec 8 Friday 13:15**