

ELTE, Institute of Psychology

# PPK-PSY:64 Psychedelic Psychotherapies

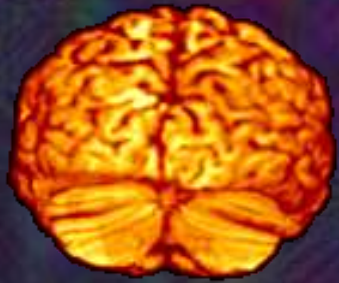
autumn semester 2024



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# Dr Levente Móró

**PhD / Psychology (cognitive neuroscience / social sciences)**

**[MSc / Information Technology ~ scientific  
researcher/engineer]**

**consciousness research, altered states of consciousness  
(dreaming, hypnosis, hallucinations, psychedelics)**



- **Consciousness Research Group, Centre for Cognitive Neuroscience, University of Turku, Finland**
- **Daath.hu - Hungarian Psychedelic Community**
- **Multidisciplinary Society for Psychedelic Research, Hungary**
- **DÁT2 Psy Help (party/festival harm reduction and crisis intervention)**
- **Hungarian Medical Cannabis Association**

**DRLEVE@IKI.FI**



# **Psychedelic Psychotherapies**

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

<b>[01] Sep 20</b>	<b>[01.1] Course Introduction and Overview</b>
	<b>[01.2] Altered State Assisted Therapies</b>
	<b>[01.3] The Broader Context of Psychedelics</b>
<b>[02] Oct 4</b>	<b>[02.1] Psychedelics: Substance Information</b>
	<b>[02.2] Psychology of Psychedelic Experience</b>
	<b>[02.3] Psychedelics: Research, Experiments, Healing</b>
<b>[03] Oct 18</b>	<b>[03.1] Psychedelic-Assisted Psychotherapies: Theory</b>
	<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>



# **[01.1] Course Introduction and Overview**

## **TOC**

**Description.**

**Topics.**

**Requirements.**

**Practical issues.**

**Overview of presentations.**



# 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

- **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**



# Requirements

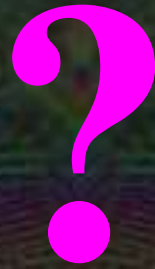
**active participation (allowed absences: 2 out of 6)**

**+ seminar coursework (compiling information)**

**+ oral-OR-written examination (optionally online)**



# Practical issues





# Overview 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**

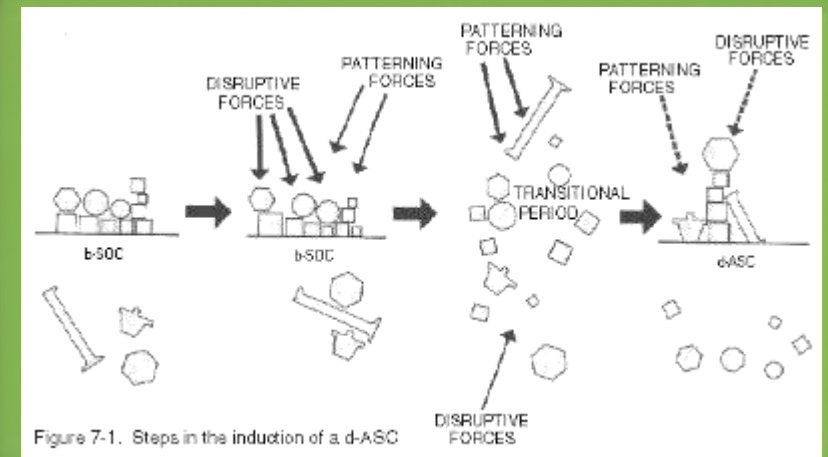
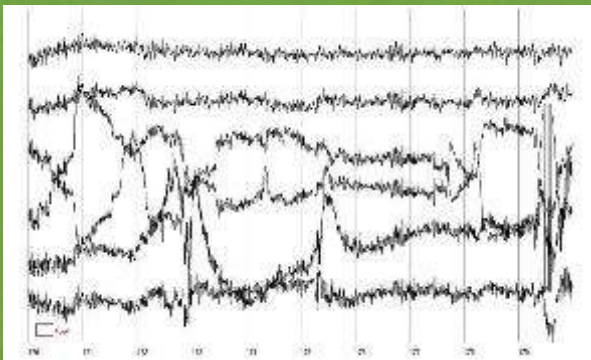
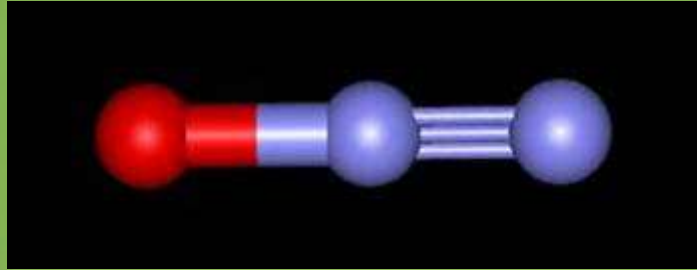
**([05] INTERACTIVE)**

**[06] Summary, Outlook and Resources**



# [01.2] Altered State Assisted Therapies

Sep 20





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

**Sep 20**

**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 20**

**Hallucinations: definitions and phenomena.**

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

**Other related substances.**

**Purposes of substance use.**

**The drug instrumentalisation hypothesis.**

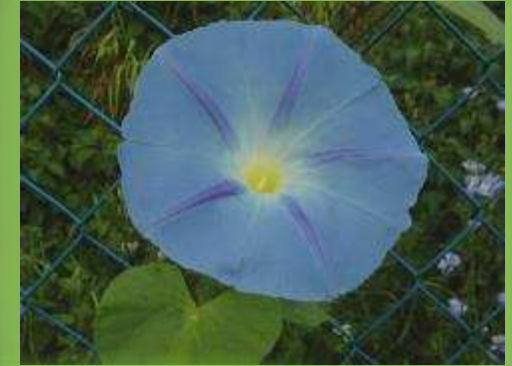
**Psychonaut subculture.**

**Biohacking.**



# [02.1] Psychedelics: Substance Information

Oct 4





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

**Oct 4**

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

**ayahuasca**

**cannabis**

**DMT**

**ibogaine**

**ketamine**

**LSD**

**MDMA**

**muscimol**

**psilocybin**

**salvinorin A**

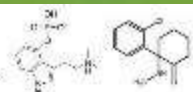


# [02.2] Psychology of Psychedelic Experience

Oct 4



Relative relationship of mystical experience to treatment outcome



Paper	Substance	Treatment	Outcome measure	Mystical exp. correlation size
Bogenschutz et al., 2015	psilocybin	Alcohol dependence	heavy drinking days %	-.85
García-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 (2-5 weeks)	-.59
Ross et al., 2016	psilocybin	End of life depression & anxiety	Depression (2-6 weeks)	-.49
Ross et al., 2016	psilocybin	End of life depression & anxiety	Anxiety (2-6 weeks)	-.42
Davis et al., 2020	psilocybin	Major Depressive Disorder	Depression (2-4 weeks)	-.41
Griffiths et al., 2016	psilocybin	End of life depression & anxiety	Depression (2-5 weeks)	-.36



Stanislav GROF  
LSD PSZICHOTERÁPIA

For the Hungarian  
Psychedelic Community  
Stan Grof



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

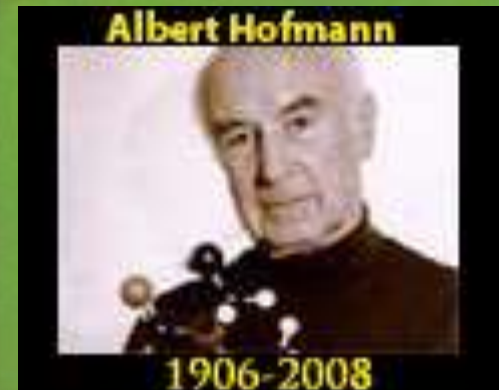
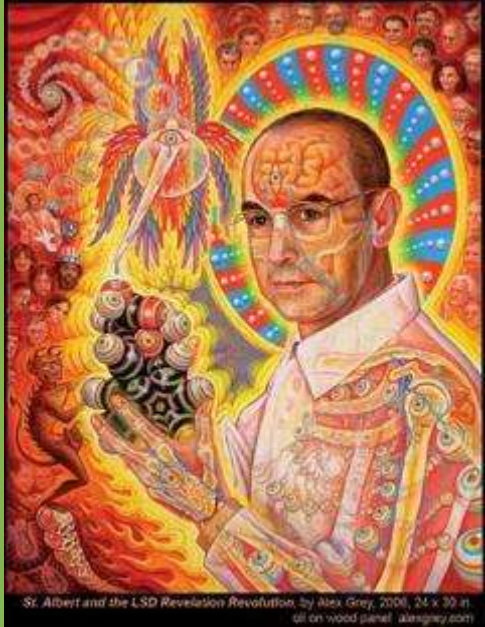
**Oct 4**

**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.**



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

Oct 4





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

**Oct 4**

**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 18**

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

**Therapist training process.**

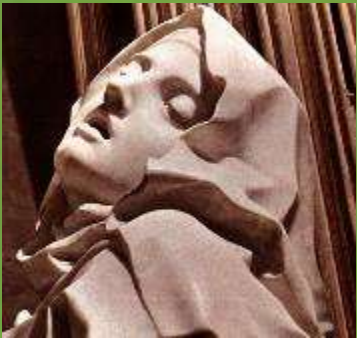
**Therapy protocols: MAPS, Johns Hopkins, Kenézy hospital.**



# [03.2] Psychedelic Assisted Psychotherapies: Practice I

Oct 18

## MDMA





# [03.2] Psychedelic Assisted Psychotherapies: Practice II

Oct 18

Psilocybin  
Ketamine



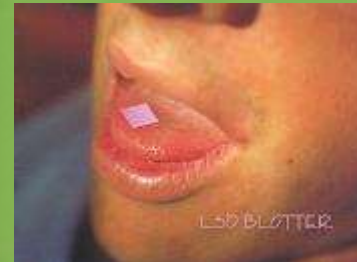


# [03.2] Psychedelic Assisted Psychotherapies: Practice III

Oct 18



LSD  
Ibogaine  
Ayahuasca





# **[04] Psychedelic Experience Integration**

**Nov 8**

**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.**



# [05] INTERACTIVE!

Nov 22

Practices and other surprises... :D





# **[06] Summary and Outlook**

**Dec 6**

**Summary of the course.**

**Near and far future perspectives.**

**Notable research institutions and organisations.**

**Top researchers and advocates.**

**Local and global psychedelic societies.**

**Conferences and meetings.**

**Professional journals.**

**Funding and academic career.**

**Media and online resources.**



**QUESTIONS**

**?**



# Psychedelic Psychotherapies

## presentations & seminar (6 x 3 h)

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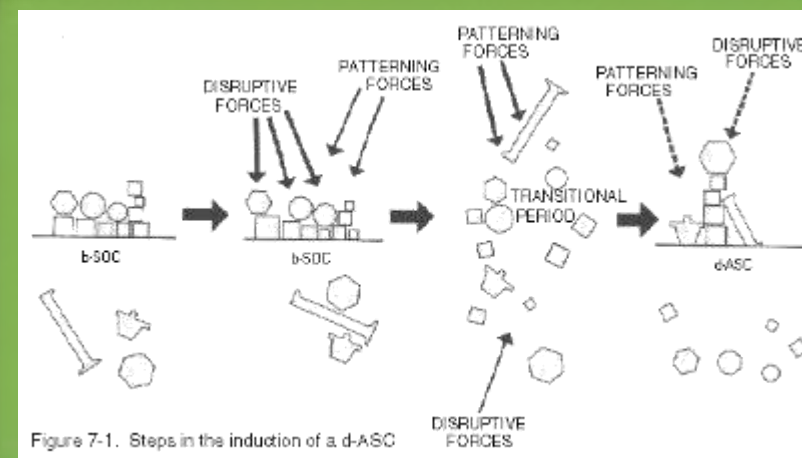
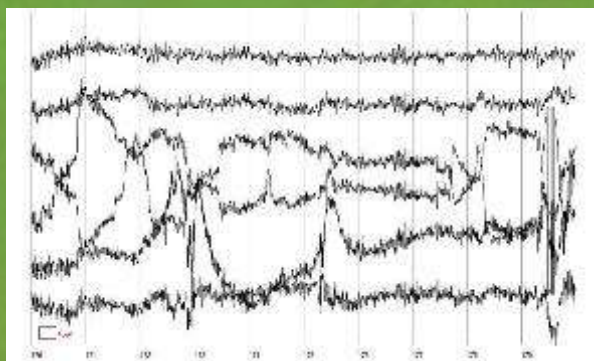
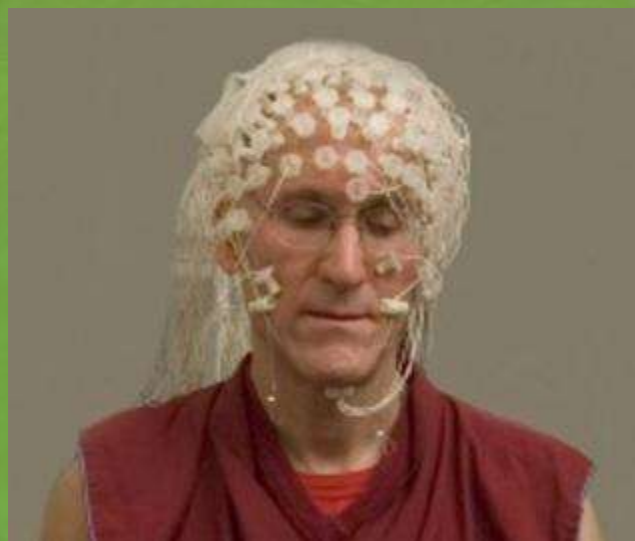
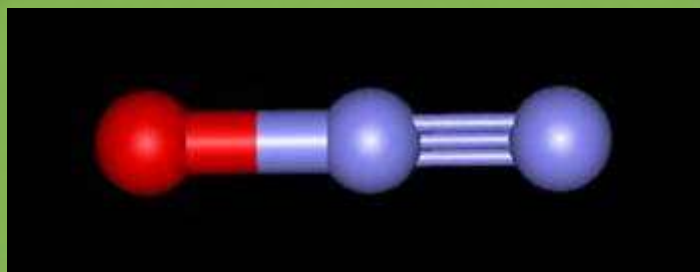


# Course Topics

- **altered states of consciousness**; psychedelics
- transpersonal psychology; trauma processing and regression;
- psychedelic research, experiments and healing
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- psychedelic and psycholytic therapies; therapist training; therapy protocols
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- psychedelic experience integration



## [01.2] Altered State Assisted Therapies





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

## **TOC**

**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.**



# Altered states of consciousness: definitions

“A temporary change in the overall pattern of subjective experience, such that the individual believes that his/her mental functioning is distinctly different from certain general norms for his/her normal waking state of consciousness.”



# Altered states of consciousness: phenomena

<b>Dreaming</b>	- spontaneously occurring	
<b>Hypnosis</b>	- physiologically induced	
<b>Meditation</b>	- psychologically induced	
<b>Hallucinations</b>	- pharmacologically induced	
<b>Trance states</b>	- pathologically induced	
<b>Hypnagogic state</b>	- natural	- sensory deprivation
<b>Lucid dreaming</b>	- spontaneous	- overstimulating
<b>Out-of-body exp.</b>	- pathologic	- repetition
<b>Religious exp.</b>	- deliberate	- body modifications
<b>Near-death exp.</b>	- reversible	- breathing
		- psychoactive agents



# William James (1842-1910)



**"[...] our normal waking consciousness, rational consciousness as we call it, is but one special type of consciousness, whilst all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different."**

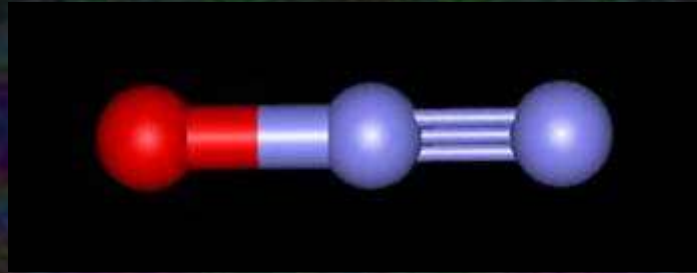
**"We may go through life without suspecting their existence; but apply the requisite stimulus, and at a touch they are there in all their completeness, definite types of mentality which probably somewhere have their field of application and adaptation."**

**"No account of the universe in its totality can be final which leaves these other forms of consciousness quite disregarded."**

*James W (1902) "The Varieties of Religious Experience"*



# William James and N<sub>2</sub>O



“The mind sees all the logical relations of being with an apparent subtlety and instantaneity to which its normal consciousness offers no parallel.”

“There are no differences but differences of degree between different degrees of difference and no difference.”

*James W (1882) "Subjective Effects of Nitrous Oxide"*



# Spontaneous, pathologic and induced states

<b>somnolence</b>	<b>high fever</b>	<b>jealousy</b>	<b>high velocity</b>
<b>sleepiness</b>	<b>delirium</b>	<b>brain fog</b>	<b>nociception</b>
<b>hypnagogic state</b>	<b>hysteria/tantrum</b>	<b>paranoia</b>	<b>orgasm</b>
<b>napping</b>	<b>deep depression</b>	<b>psychosis</b>	<b>post-orgasmic chill</b>
<b>deep sleep</b>	<b>agitation</b>	<b>"runner's high"</b>	<b>stimulatedness</b>
<b>dreaming REM/NREM</b>	<b>shock state</b>	<b>"contact high"</b>	<b>drowsiness</b>
<b>hypnopompic stage</b>	<b>catatonia</b>	<b>hyperventillation</b>	<b>hallucinating</b>
<b>sleepwalking</b>	<b>rage fit</b>	<b>anoxia</b>	<b>fasting</b>
<b>sleepwalking</b>	<b>fit of crying</b>	<b>depersonalisation</b>	<b>coma</b>
<b>narcolepsy</b>	<b>gelasmus</b>	<b>derealisation</b>	<b>DRUG STATES</b>



# **Physiological, pharmacological and psychological inductions**

**breathing  
movement  
diet  
pain  
posture  
sleeping  
perception  
sexuality  
space perception**

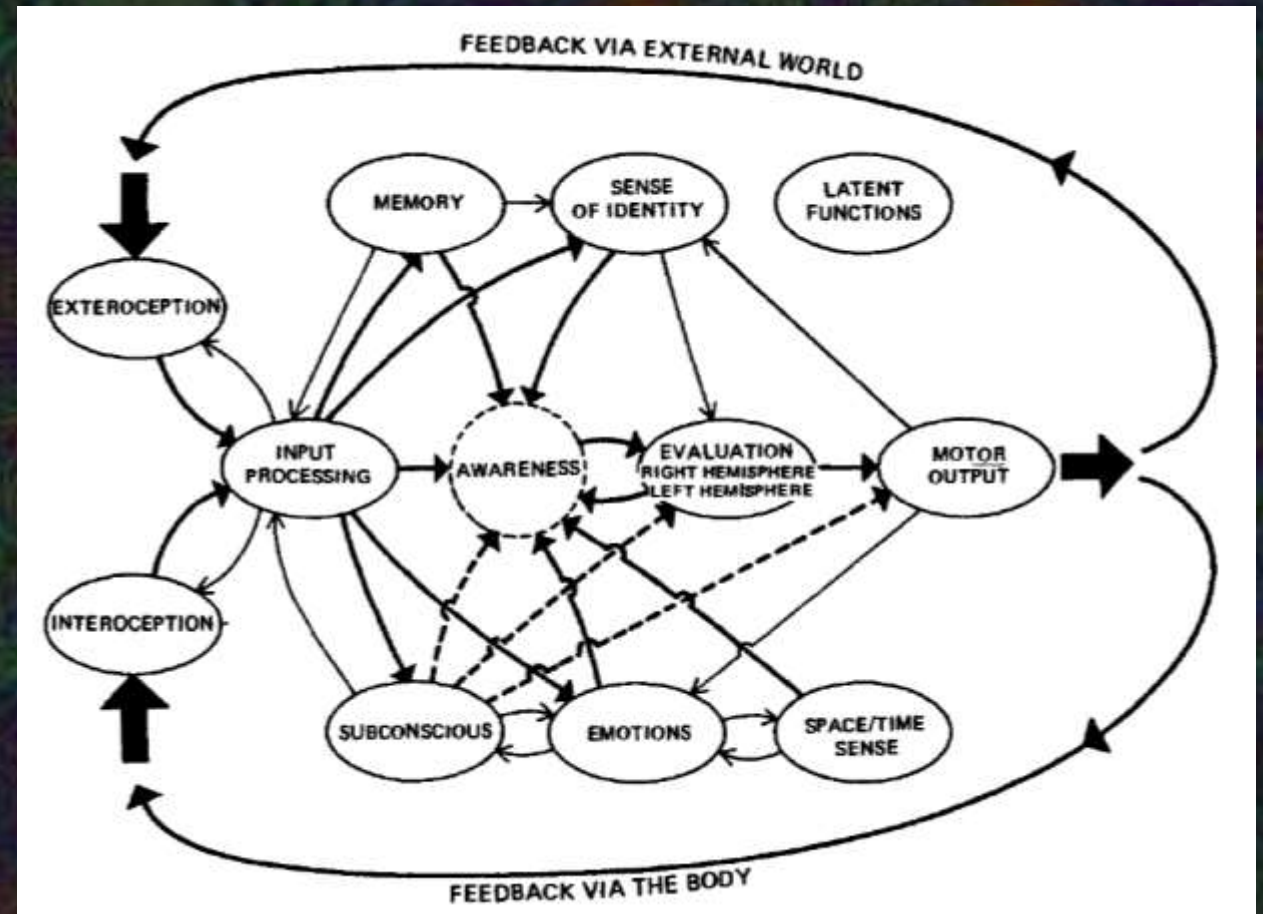
**stimulants  
depressants  
hallucinogens  
'smart drugs'  
performance enhancers**

**alertness  
emotions  
cognition  
memory  
phantasy  
motivation  
concentration  
attention  
social relations  
roles**



# Altering subsystems of consciousness

- (1) exteroception
- (2) interoception
- (3) input-processing
- (4) memory
- (5) sense of identity
- (6) emotions
- (7) evaluation / decision making
- (8) subconscious
- (9) motor output
- (10) space/time sense





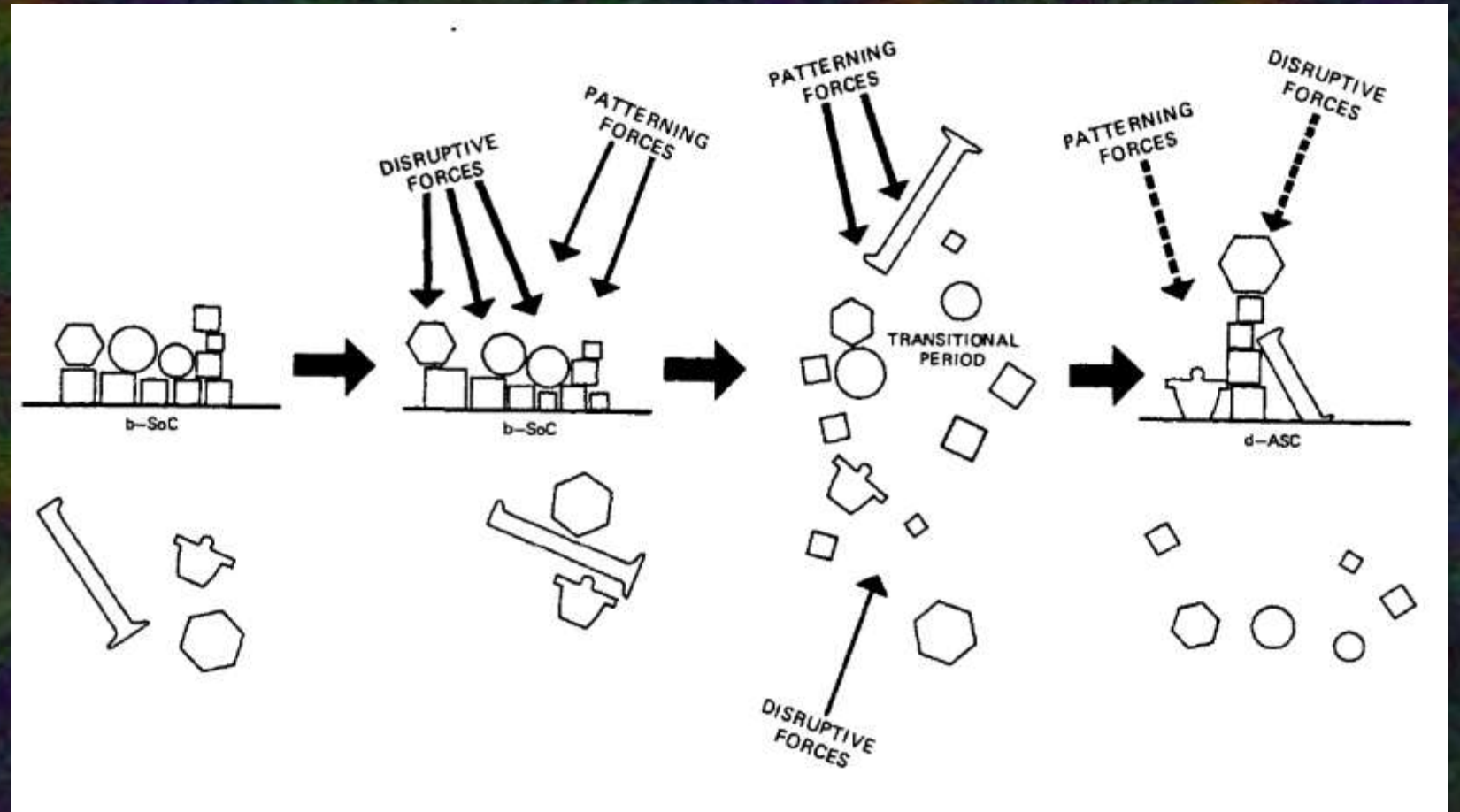
# Alteration process of the state of consciousness

(meta)stable b-SoC

+ disruptive forces  
+ patterning forces

-> temporary d-ASC

(+ time) -> b-SoC





# Therapeutic applications of ASC

**Lucid dreaming:** nightmare therapy

**Hypnosis:** anesthesia, psychotherapy

**Meditation:** stress relief

**Psilocybin:** depression, obsessive-compulsive disorder, nicotine addiction

**Psilocybin, LSD, LSA:** cluster headache

**MDMA, LSD:** psychotherapy

**MDMA:** post-traumatic stress disorder (PTSD) + ...

**LSD, psilocybin:** cancer patients' end-of-life anxiety (hospice)

**Ayahuasca:** depression, PTSD, drug abuse

**Ketamine:** depression

**Ibogaine:** opiate addiction

**LSD:** chronic alcohol disorder



# [!] 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						



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

## **Summary**

**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.**



**QUESTIONS**

**?**



# Psychedelic Psychotherapies

## presentations & seminar (6 x 3 h)

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# Course Topics

- altered states of consciousness; **psychedelics**
- transpersonal psychology; trauma processing and regression;
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# **[01.3] The Broader Context of Psychedelics**

## **TOC**

**Hallucinations: definitions and phenomena.**

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

**Other related substances.**

**Purposes of substance use.**

**The drug instrumentalisation hypothesis.**

**Psychonaut subculture.**

**Biohacking.**



# Hallucinations: definitions

Esquirol (1845): *“A man... who has the inward conviction of a presently perceived sensation at a moment when no external capable of arousing this sensation is within the field of his sense, is in a state of hallucination.”*

Horowitz (1975): *“Hallucinations are images based on immediately internal sources of information which are appraised as if they came from immediately external sources of information.”*

David (2004): *“A sensory experience which occurs in the absence of corresponding external stimulation of the relevant sensory organ, has a sufficient sense of reality to resemble a veridical perception, over which the subject does not feel s/he has direct and voluntary control, and which occurs in the awake state.”*



# Hallucinations: characteristics

**Sensory organs: auditory, visual, touch, olfactory etc.**  
**(+ emotions, focused attention, perceptual expectations)**

**Dispute:**

**”a sign of mental illness!” (medical)**

**”a normal phenomenon!” (psychological)**

**-> with or without neuro/psychiatric disorders**

- spontaneous: related to sleeping/dreaming**
- pathologic: related to illnesses**
- induced: related to hallucinogens**



# Hallucinations: phenomena

- **Spontaneous: related to sleeping/dreaming**
  - *hypnagogic* hallucinations (before falling asleep)
  - dreaming
  - *hypnopompic* hallucinations (before waking up)
  - sleep deprivation
- **Pathologic: related to illnesses**
  - alcohol deprivation (*delirium tremens*)
  - schizophrenia
  - Parkinson's disease
  - Charles Bonnet syndrome
  - Lhermitte peduncular hallucinosis
  - focal epilepsy
- **Induced: related to hallucinogens**
  - > (*see next page*)



# Hallucinogens: categories

## Deliriants (*acetylcholine*)

- hyosciamine, scopolamine, atropine  
(jimson weed, belladonna, angel's trumpet, henbane etc.)

## Dissociatives (*GABA, NMDA*)

- ketamine, phencyclidine, ibogaine, N2O

## Psychedelics (*serotonin*)

- LSD, mescaline, psilocybin, DMT, LSA  
(magic mushrooms, ayahuasca, yopo, morning glory)





# Other related substances

Depressants			Alcohol		
			Inhalants		
			Sleep medication, tranquilizers, anxiolytics ( <i>without a diagnosis or prescription</i> )		
			Medical drugs and alcohol combined		
			Heroin and other opiates		
			GHB, GBL		
Stimulants			Tobacco		
			Ecstasy (MDMA)		
			Amphetamine and other stimulants		
			Cocaine		
Hallucinogens	Deliriant		Jimson weed, angel's trumpet, henbane etc.		
	Dissociative		Ketamine		
			Nitrous oxide (N <sub>2</sub> O)		
			PCP		
	Psychedelic	Minor	Marijuana, hashish		
			New synthetic drugs (2C-B, 5-MeO-AMT etc.)		
			Ibogaine		
		Major	LSD		
			Psilocybe mushrooms		
			Mescaline cacti		
			Salvia divinorum		
			DMT (ayahuasca, yopo etc.)		
			LSA (morning glory, HBWR etc.)		
(fictive drug)			Relevine		Móro, Simon, Bárd, & Rác <span>z</span> (2011)



# Purposes of substance use

RELSPI	<b>Religious or spiritual practices</b>	SENS	Increasing sensation and pleasure
S-KNOW	<b>Self-knowledge and self-inspection</b>	ART	Stimulating artistic creativity/performance
S-MEDI	<b>Self-medication</b>	PHYS	Enhancing physical power
MOOD	Enhancing mood	REBEL	Rebellion or alternative lifestyle
BORED	Avoiding boredom and hopelessness	IDENT	Building personal identity and drawing attention
DEFIC	Offsetting a deficiency	MEMBER	Expressing membership in a group
SOCIAL	Increasing social contact	CURIO	Out of curiosity



# Purposes of substance use

	R E L S P I	S- K N O W	S- M E D I	M O O D	B O R E D	D E F I C	S O C I A L	S E N S	A R T	P H Y S	R E B E L	M E M B E R
Alcohol				4			6	2			2	3
Tobacco					2	7	2				2	3
Depressant medication			2									
Ecstasy (MDMA)				2				2		2		
Amphetamine, stimulants				2						7		
Nitrous oxide (N <sub>2</sub> O)				2								
Marijuana, hashish		2		2				2	3			
LSD	3	3										
Psilocybe mushrooms	3	3										
Salvia divinorum	2	2										



# Drug instrumentalisation hypothesis

**Most people who are regular consumers of psychoactive drugs are not drug addicts, nor will they ever become addicts!**

**"Drug instrumentalisation" as a two-step behavioral process:**  
**(1) the seeking and consumption of a psychoactive drug in order to change the present mental state into a previously learned mental state, which then allows for (2) better performance of other, previously established behaviors and better goal achievement.**



# Drug instrumentalisation hypothesis

1. Improved social interaction.
2. Facilitated sexual behavior.
3. Improved cognitive performance and counteracting fatigue.
4. Facilitated recovery from and coping with psychological stress.
5. Self-medication for mental problems.
6. Sensory curiosity – Expanded perception horizon.
7. Euphoria, hedonia, and high.
8. Improved physical appearance and attractiveness.
- + 9. Facilitating spiritual and religious activities.



# Human needs and psychedelics

Transcendence  
Self-actualisation  
(Esthetic)  
Cognitive  
Esteem  
Love  
Safety  
Physiological

≈

**Spiritual**

**Socio**

**Psycho**

**Bio**

Mystical  
experiences

?

Self-  
transcendence

Entheogenic  
churches

Noesis

Creativity

Psycho-  
therapy

Consciousness  
research

Altered  
states

Autognosis

Cluster  
headaches

Addiction  
therapy

Self-  
medication

...

Maslow (1943) A Theory of Human Motivation. *Psychological Review* 50, 370–396.



# Psychonaut subculture

**Psychonaut:** An explorer of the mind, who journeys into his/her psyche by using hallucinogenic drugs or other consciousness altering techniques.

## PSZICHONAUTÁK

Psychonauts believe that these spiritual experiences, when properly processed, lead to long-term and positive benefits in their everyday lives.



# Autognostic psychonauts

*autognosis* = “self-knowledge”

*psychonaut* = “sailor of the mind”

- historical and anecdotic evidence
- occasional seeking of consciousness-altering experiences
- personal investigations -> descriptive introspection
- drug self-experiments: roots of Western psychology
  - William James: nitrous oxide
  - Aldous Huxley: mescaline, LSD
  - Albert Hofmann: LSD, psilocybin
  - Alexander Shulgin: hundreds of self-synthesised psychoactive drugs
- rarely studied underground subculture





# Psychedelics in the 21<sup>st</sup> century

- Culture
- Science
  - Research
    - Survey: *general, recreational, subcultural, spiritual populations*
    - Experimental: *cell-level, animal, human experiments (healthy, non-naïve subjects, MD)*
  - Applications
    - Medicine/therapy
      - addictology (*alcohol, opiates, stimulants*)
      - psychotherapy
    - Hospice
- Religion





# Biohacking

Deliberate modification of the mind/body complex by various (biological, psychological, pharmacological, technological) agents, devices and techniques, for a conscious realisation of the potentials of human existence, aiming to enhance individual and social/societal life quality.





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

## **Summary**

**Hallucinations: definitions and phenomena.**

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

**Other related substances.**

**Purposes of substance use.**

**The drug instrumentalisation hypothesis.**

**Psychonaut subculture.**

**Biohacking.**



**QUESTIONS**

**?**



# Thank you for your attention!



*Next lecture:*

[02.1] Psychedelics: Substance Information

[02.2] Psychology of Psychedelic Experience

[02.3] Psychedelics: Research, Experiments, Healing

**Oct 4** Friday 14:00