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”State of the art on psychedelic research”

Iker Puente, PhD

Integral European Conference (IEC)

Siófok, Hungary, 27 May 2018

INVESTIGACIÓN Y PSICOTERAPIA PSICODÉLICA

Pasado, presente y futuro

Iker Puente

Prólogo de Stanislav Grof



Diálogos con

Stanislav Grof, Claudio Naranjo, James Fadiman, William Richards,
David Nichols, Rick Doblin, Amanda Feilding, Torsten Passie, Jordi Riba,
Roland Griffiths, José Carlos Bouso, Michael y Ann Mithoefer,
Alicia Danforth, Robin Carhart-Harris, Jeffrey Guss



la liebre de marzo

Psychedelic psychotherapy and research: history

- 1st Phase: 1947-1970. First studies and beginning of research.
- 2nd Phase: 1971-1989. Prohibition of studies and other uses.
- 3rd Phase: 1990-2005. Beginning of new studies and research.
- 4rd Phase: 2006-2016. Positive outcomes, change of social perception, blossoming of research, publications and positive media coverage.
- Today: many studies in some of the most prestigious universities of the world: Johns Hopkins, Harvard, NYU, UCLA, Imperial College London... using MDMA, psilocybin, ketamine, LSD...



Amid-tartrate
= 0,1 mg (100 µg) zur oralen
auch s.c. oder i.v. (Injektion 25)
Abreichung mit etwas klärendem 0,1 mg

Velsid
(LSD 25)

Eigenschaften
In sehr kleinen Dosen
Effektstörungen,
außert werden verdrängt.
Die Wirkung tritt nach
allgemeinen 5-12 Stunden
ein.

Velsid
(LSD 25)

Psychedelic psychotherapy and research: history

- First uses of pharmacological agents to influence the state of mind and feeling in psychotherapy:
 - Late 19th century: ether, chloroform and hashish.
 - Late 19th century: cocaine (S. Freud).
 - 1920 y 1930s: narcoanalysis (con barbiturics).

Psychedelic psychotherapy and research: history

- Ritual, religious and therapeutic use of the so-called hallucinogens for thousands of years in many different cultures.
- Scientific research of these substances began in the XX century.
- 1920s: first experiments in humans, especially with mescaline (not for psychotherapy).
- 1931. Baroni: mescaline and seeds of datura as an adjunct to psychoanalysis.

Psychedelic psychotherapy and research: history

- 1947. Stoll. First clinical experiments with LSD.
 - LSD. Discovered in 1943 by Albert Hoffman.
 - The psychodynamic effects of the experience with hallucinogens were discovered.
 - LSD research generated a lot of interest among the psychotherapeutic community.
 - First attempts to use LSD as an adjunct in psychotherapy.
 - Method developed in Europe: *psicolític* therapy

Other methods and approaches

- “Model psychosis” approach.
- Psicolitic therapy.
- Psychedelic therapy.
- Hipnodelic therapy.
- Group psychotherapy with LSD.
- Anaclitic therapy with LSD.
- LSD, psilocybin, mescaline, DMT, DPT....

Psicolitic therapy

- Hanscarl Leuner, 1950s.
- Developed *Guided Affective Imagery* technique.
- Low doses of LSD could:
 - Intensify and deepen the appearance of images;
 - Induce regression and cathartic experiences;
 - Be useful for psychotherapy;
 - Leuner keep his license since 1986 (using LSD and other psychedelics: 2-CB...).

Psicolitic therapy

- Ronald Sandison, English psychiatrist. In 1954 he published results of his research with:
 - Intensification of affects and updating of abreactive memories;
 - Significant improvement in the neurotic condition and symptoms of patients after a single administration;
 - Useful substance as an adjunct to psychotherapy;
 - Liberates tensions and dissolves conflicts of the mind;
 - *Psicolisis* (from the Greek *lysis*=dissolution).

Psicolitic therapy

- 1960. *First European Symposium for Psychotherapy under LSD-25*. Gottingen, Germany.
- Coined the term *psicolisis* for this psychoterapeutic method.
- Based of the concepts of classical psychoanalysis.
- Objective: to reinforce the activation of unconscious memories, emotional impulses and conflicts with low doses of LSD
- Between 15 and 100 sessions using low-medium doses of LSD (50 a 100ug).

Psychedelic *therapy*

- Origin. 1953 Hoffer and Osmond, Canada. They used high doses of LSD in alcoholics.
 - Objective: induce a state similar to *delirium tremens*.
 - Patients who only had negative experience did not improve;
 - There were significant improvements in patients who reported having had positive experiences, and specifically **religious or transcendent experiences**;
 - From their observations they laid the foundations of psychedelic therapy (*for alcoholism*).
 - *Psychedelic*: mind manifesting

Psychedelic *therapy*

- Objective: to induce mystical or peak *experiences* in their patients as a basis for their therapeutic action.
- High doses of LSD (250-600ug) and reduced number of sessions with LSD (between 1-3) + preparation and integration.
- Careful preparation of the patient and the environment: *set y el setting*.
- Ego death → transcendence= peak or mystical experience.
- Human potentials development Vs psychoanalysis.
- Changes in the strategy and philosophy of life, hierarchy of values, personality...







Psychedelic *therapy*

- Role of the therapist:
 - **Facilitator of the process** and the experience that the participant lives during the session;
 - Minimal intervention and little verbal communication: very internalized sessions;
 - Minimal interpretation during the sessions, accompanying the participant in the process, without judging the experience;

Psychedelic *therapy*

- Used with:
 - Alcoholics.
 - Neurotic patients (difficult to treat with other methods);
 - Other addictions (heroin...).
 - Anxiety and depression in cancer terminal patients.
 - Psychiatrists, therapist and nurses in training.
 - Members of the clergy: priests...

Psychedelic *therapy*

- Between 1957 y 1973, more than 2500 patients were treated at the Spring Grove Hospital at the NIMH Psychiatric Research Center de Maryland.
- Most notable results: in the treatment of alcoholism, and as palliative for terminal cancer patients;
- Several authors pointed out that the mystical experiences induced during psychedelic therapy operated as the main catalyst for the recovery of their patients.

2nd Phase: 1971-1989. Prohibition of studies

- At the beginning the research in the field was expanding rapidly: +1000 articles...
- Social events during 1960s in the US (massive use in recreational and uncontrolled contexts, “bad trips”, mass protests...) generated social alarm and negative and sensationalistic press.
- 1966: legal *prohibition of these* substances took place (1st in California and US and later in the rest of the world).
- There was an almost complete cessation of research during 1970s and until the beginning of the 1990s. .





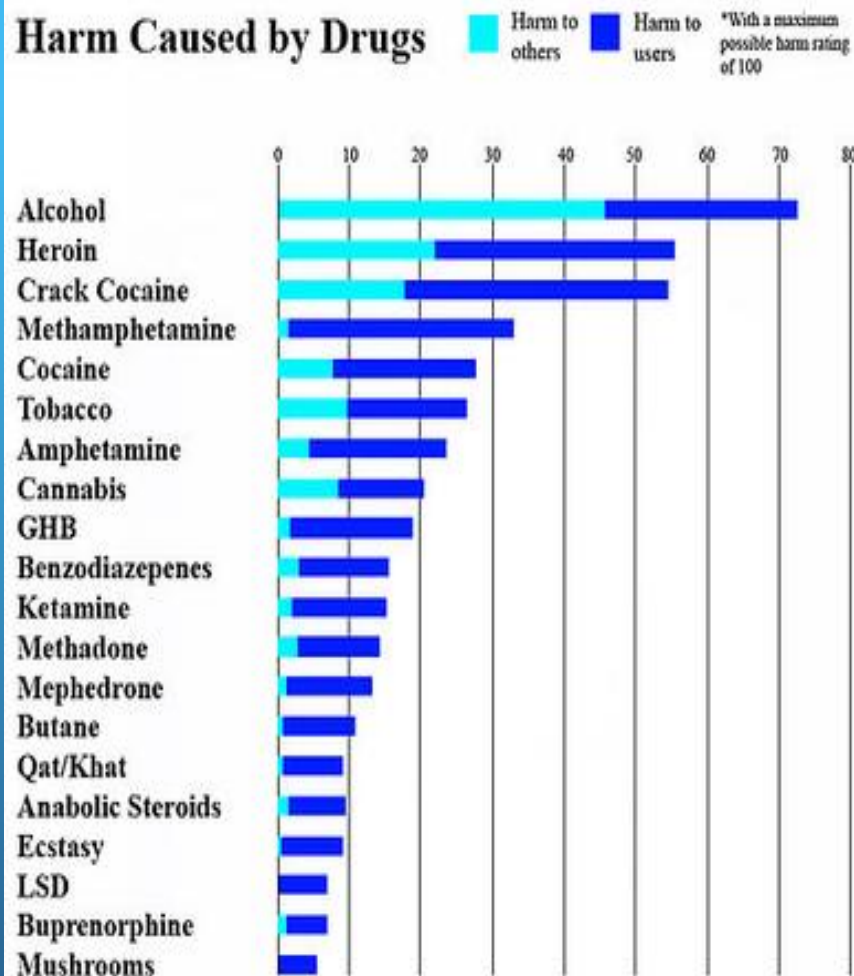








Harm Caused by Drugs



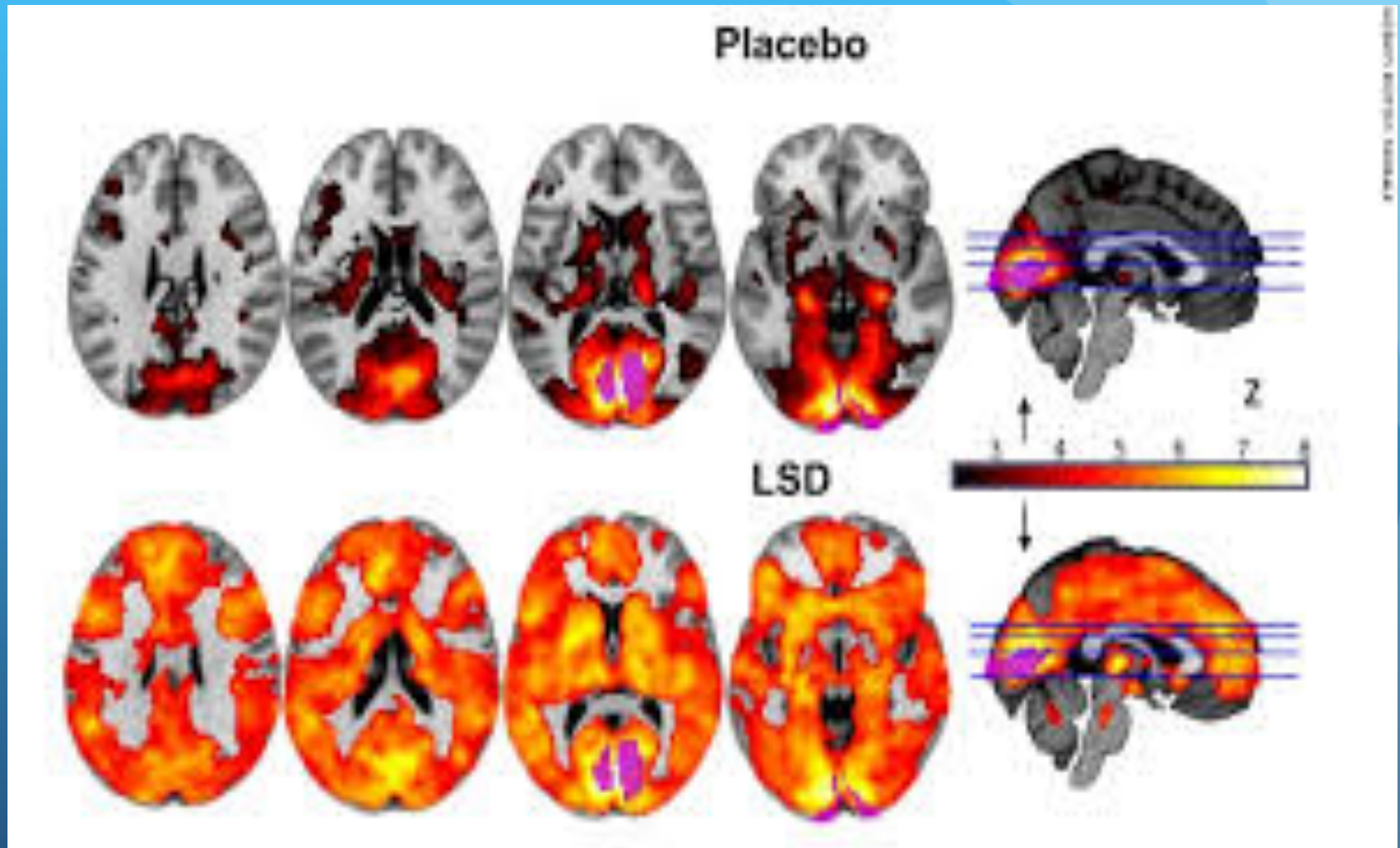
Adapted from "Drug harms in the UK: a multi-criteria decision analysis", by David Nutt, Leslie King and Lawrence Phillips, on behalf of the Independent Scientific Committee on Drugs. The Lancet.

3rd Phase: 1990-2006. New studies.

- At the end of the 1980s and beginning of the 1990s new perspectives were opened for the first time for an adequate consideration of the therapeutic potential of these substances (1988-1993, Switzerland; 1992, US).
- Since then, new research has been conducted with **different populations and pharmacological agents**: alcoholics (using ketamine and psilocybin), people suffering for post-traumatic stress disorder (with MDMA assisted psychotherapy), terminal cancer patients (with psilocybin and MDMA), depression (ketamine and psilocybin), nicotine addiction (with psilocybin) in the US, Europe (Switzerland, England, Spain, Germany...) and other countries (Israel, Brazil, Colombia...).

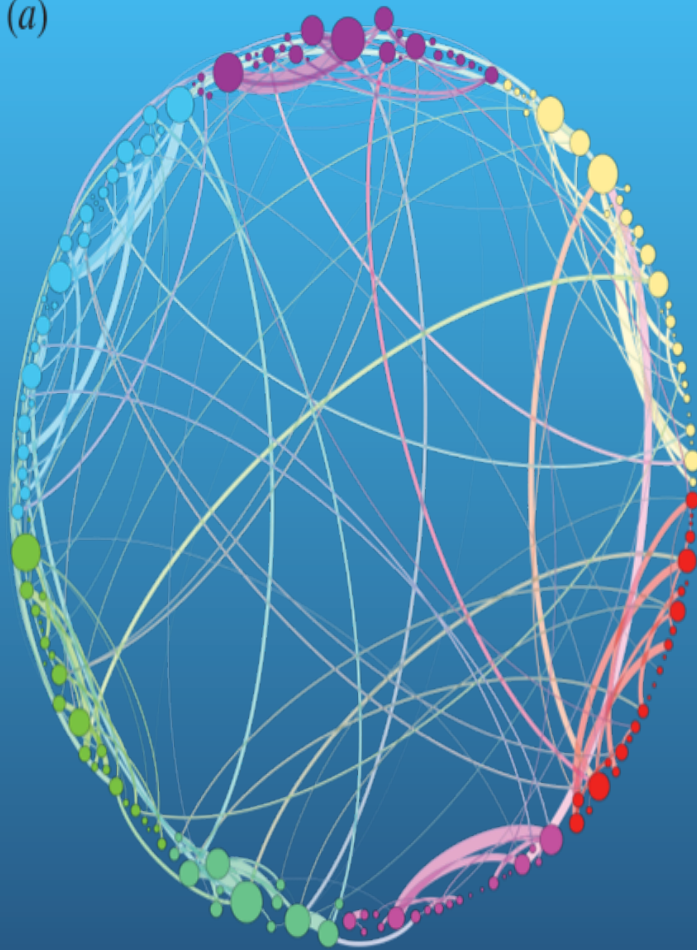


Neuroimaging studies

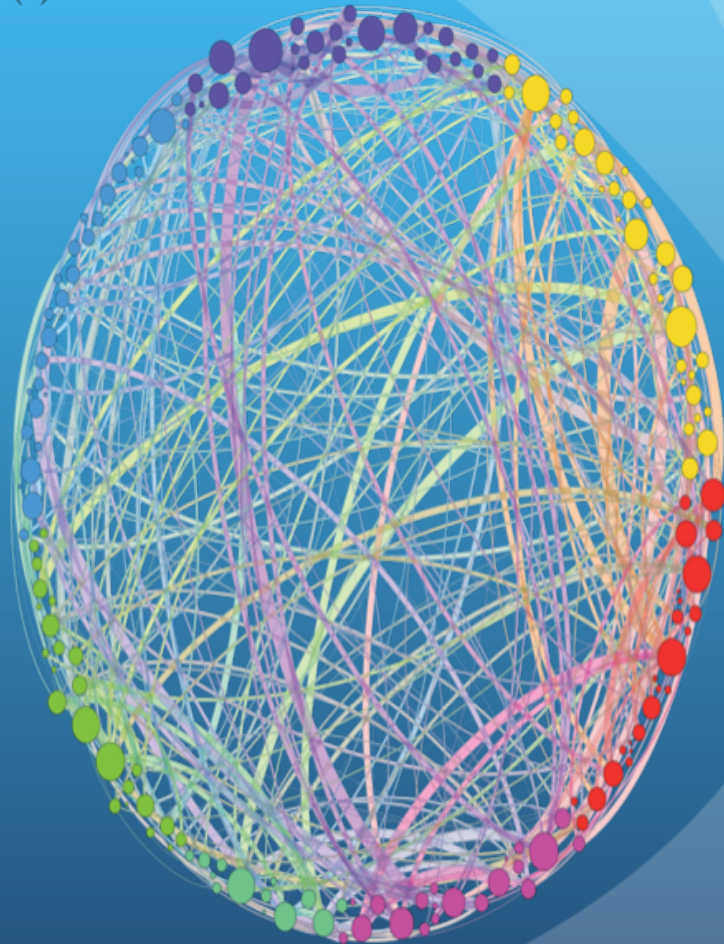


Neuroimaging studies

(a)



(b)



4th Phase: 2006-2017. Positive outcomes, change of social perception, blossoming of research, publications and positive media coverage.

- **MDMA:** for PTSD; social anxiety in people of the autistic spectrum; anxiety in terminal cancer patients; alcoholism.
- **PSILOCYBIN:** depression and anxiety in terminal cancer patients; major depression; alcoholism, nicotine addiction and other addictions; OCD; mystical experiences in healthy subjects; religious leaders; in long term meditators...
- **KETAMINE:** depression; alcoholism and other addictions.
- Ayahuasca, ibogaine, LSD, salvidorine-A, 5-meo-DMT, DMT...
- Increasing openness towards this therapeutic modality. More publications, new studies, positive media coverage and Public Education (books, conferences, documentaries...).

ORIGINAL INVESTIGATION

Psilocybin can occasion mystical-type experiences having substantial and sustained personal meaning and spiritual significance

R. R. Griffiths · W. A. Richards · U. McCann · R. Jesse

Received: 20 January 2006 / Accepted: 27 May 2006

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Abstract

Rationale Although psilocybin has been used for centuries for religious purposes, little is known scientifically about its acute and persisting effects.

obscure the study design, six additional volunteers received methylphenidate in the first two sessions and unblinded psilocybin in a third session. The 8-h sessions were conducted individually. Volunteers were encouraged to close

4rd Phase: 2006-2017

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4rd Phase: 2006-2017

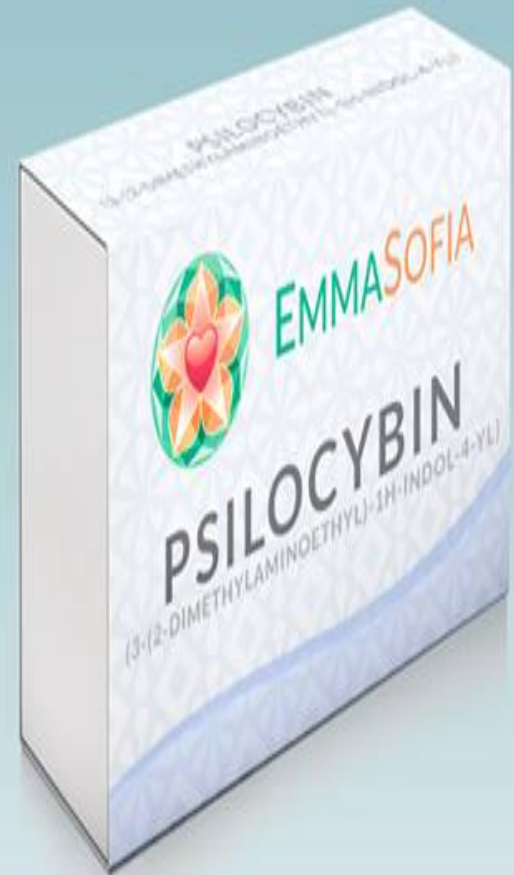
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5th Phase: 2017-2021/2023: reintroduction of psychedelics as medicines in the Western world

- 2018: beginning of the Phase 3 studies with MDMA assisted psychotherapy for the treatment of PTSD and with psilocybin assisted psychotherapy for the treatment of major depression in US and Europe.
- Phase 3 studies: between 10-20 simultaneous studies in different centers and countries; if the results are positive, **MDMA might become a prescription medicine for the treatment of PTSD in 2021 in the US and in around 2023 in Europe.** And also psilocybin for the treatment of major depression.



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**THANK YOU for your
attention!**

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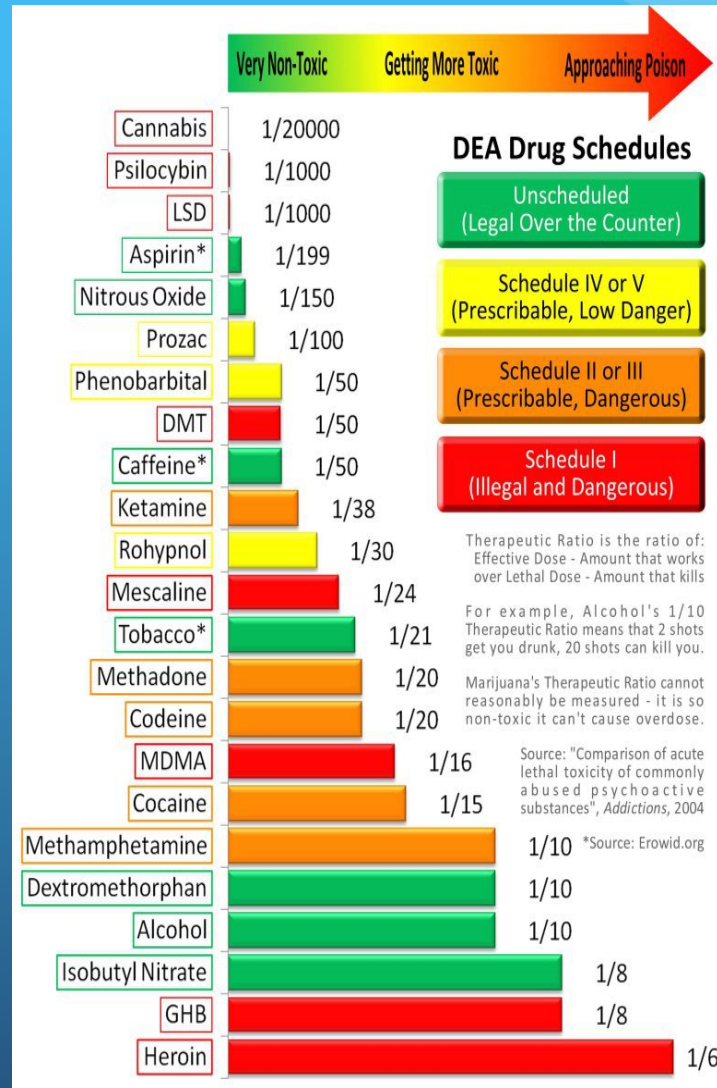
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Effect-dose vs lethal-dose ratio



Drug-related deaths in England and Wales



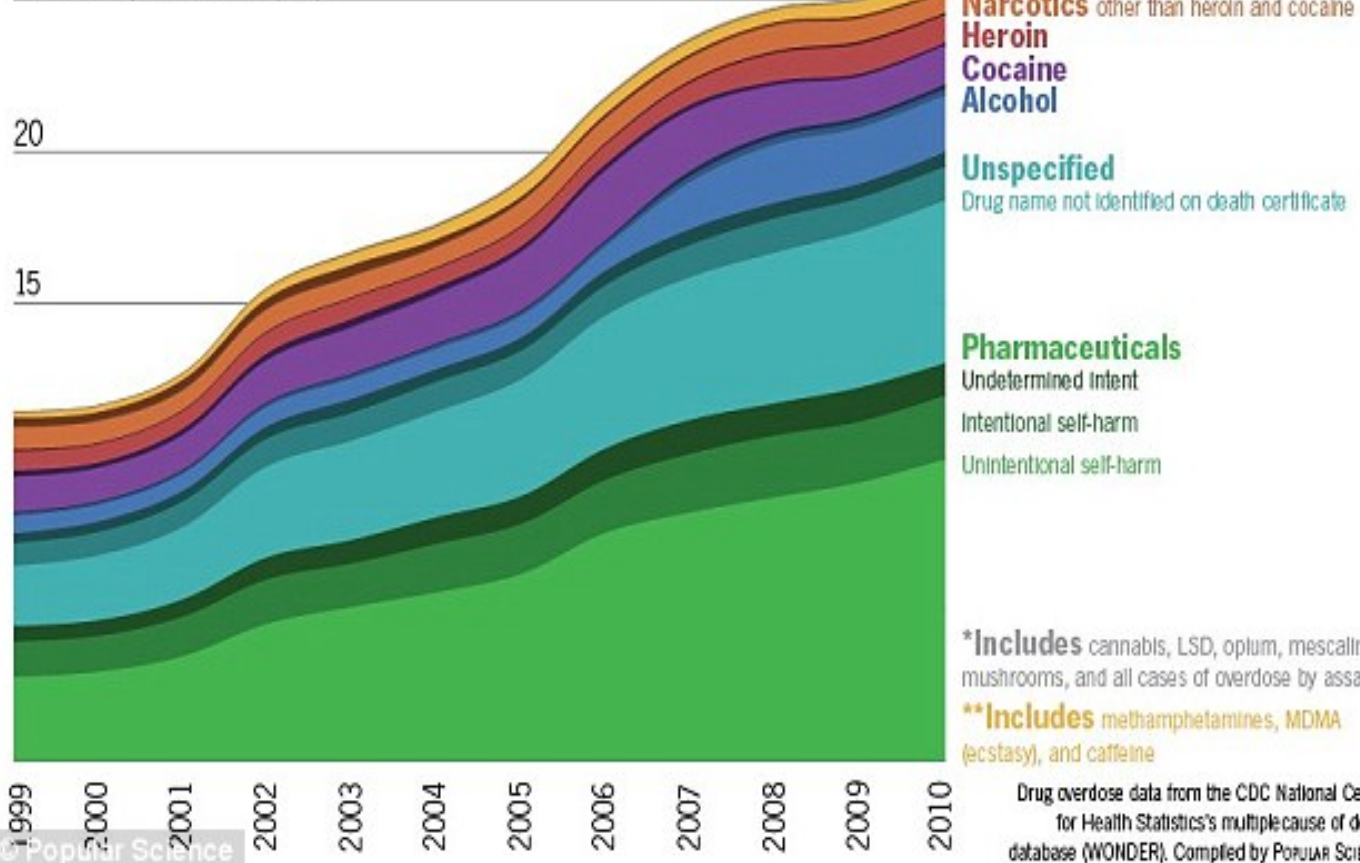
Alcohol	Heroin/Morphine	Anti-depression medication
Paracetamol	Cocaine	Ecstasy/MDMA/Amphetamines

Data from the Office of National Statistics (ONS) on alcohol and drug-related deaths from 2010-2012 in England and Wales. Data omitted on deaths from other prescription drugs. Each 'man' symbol represents around 75 people.

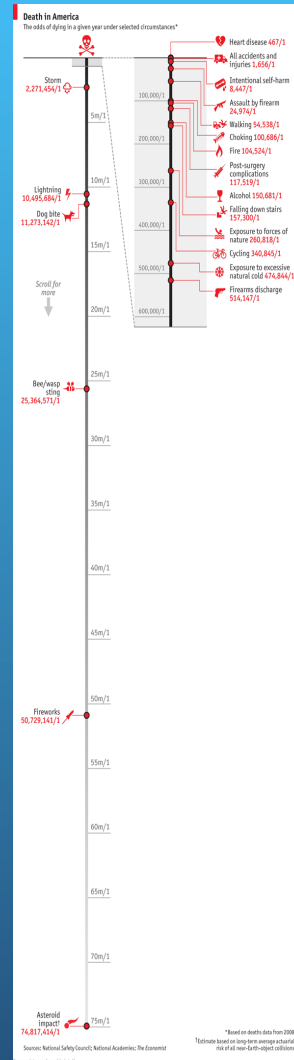
For the latest information on the War on Drugs, visit www.TheProhibitionPost.com

U.S. DRUG OVERDOSES

25 deaths per 100,000 people



Death causes probability USA 2008



Death causes probability USA 2008

