

## Outline

### Types of Psychedelic Substances: What You Need to Know

Classic Psychedelics: LSD, Psilocybin, Mescaline, DMT

Empathogens: MDMA

Dissociatives: Ketamine, Dextromethorphan, Nitrous Oxide

Complex Psychedelics: Ayahuasca, Ibogaine

Other Atypical Psychedelics: Salvia Divinorum, Cannabis

### History & Context of Psychedelic Use: The Research

Epidemiology: Who uses, how, & how often

Pharmacology: How they work in the brain

Indigenous Use: How they work in culture

#### Safety

Addiction to psychedelics

MDMA is not ecstasy

Potency & purity of "street drugs"

Ibogaine & cardiac toxicity

#### Contemporary Research

PTSD

Addiction

End-of-life anxiety

Depression

OCD

Social anxiety

### Legal Avenues for Experiencing Psychedelics: Paths Clients May Take

Clinical Trials for MDMA & psilocybin

#### Cultural Tourism

South American ayahuasca tourism

Central American mushroom tourism

#### Contemporary Tourism

Mushroom tourism in the Netherlands, Jamaica

Church for ayahuasca & peyote

#### Legal Psychedelics

Ketamine & cannabis clinics

The strange case of Salvia

Exercise: Discuss psychedelics with your client

### Ethical Considerations for Your Clients

Sexual abuse in psychedelics communities

Outing & societal pushback

Isolation when your client has no community

Limitations of the related research

### Ethical Considerations in the Therapy Room

Assessment strategies to determine high risk

The entropic brain theory

Diagnoses that may benefit from psychedelic experiences

How to talk about future illegal activity

Spiritual bypassing: Using psychedelics to avoid working on yourself

Exercise: Navigate ethical challenges

### Psychotherapy Preparation & Integration

Non-directive counseling

Grounding techniques

The holotropic mind model

Exercise: Practice counseling techniques

### Live Webcast Schedule

(Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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## Objectives

1. Analyze known mechanisms of action for psychedelics, MDMA, and dissociatives as they relate to case conceptualization.
2. Evaluate recent clinical trials, other research on psychedelics, and their treatment implications.
3. Determine contraindications to using psychedelics in therapy, as well as other potential risks of use.
4. Appraise the basic concepts of psychedelic integration as related to clinical treatment.
5. Utilize clinical strategies to talk about psychedelics when your clients bring up their experiences in session.
6. Analyze the ethical challenges that may arise when discussing use of psychedelics in session.

**Target Audience:** Addiction Counselors • Case Managers • Counselors • Marriage and Family Therapists • Nurses • Psychologists • Psychotherapists • Social Workers • Therapists • Psychiatrists • Other Mental Health Professionals



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# Psychedelics, Hallucinogens and Entheogens

What Clinicians Need to Know

1 CE Hour of Ethics

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# Psychedelics, Hallucinogens and Entheogens

What Clinicians Need to Know

- Know who uses psychedelics & why
- Discover the latest clinical research on MDMA & other psychedelics
- Master assessment strategies to determine high risk
- Get essential techniques for harm reduction & integration work

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# Psychedelics, Hallucinogens and Entheogens: What Clinicians Need to Know

Would you be able to spot your clients' recreational use of psychedelics? What does psychedelic use mean for them (and you) in therapy? Would any of your clients benefit from a psychedelic experience? How will you know? How will you navigate the ethical dilemmas that may arise in session?

Many of us were taught nothing about psychedelics, or were given out-of-date information based on early Prohibition era stories and policies. Psychedelic-assisted psychotherapy is effective in the treatment of a variety of mental health conditions, and the FDA has both approved phase III clinical trials and expanded access. But there are gaps between clinician awareness of psychedelic use, how psychedelics are used in carefully designed clinical trials, and how your clients use them in the real world.

Attend this live, online training to bridge those gaps and confidently address your clients' questions and experiences. You'll acquire the skills you need to navigate common ethical dilemmas that may arise from talking with your clients about possibly illegal activity.

By attending this course, you'll discover why clients use psychedelic substances and how this may impact their treatment.

In this workshop, you will learn:

- Types of psychedelic substances & their effects
- How & why psychedelics are used
- How to talk to your clients about psychedelic substances
- Updates on research of the effectiveness of psychedelics

Sign up today, and get need-to-know information on psychedelic substances, a better understanding of the research and navigate these changing times!

## ..... Speaker .....

**Peter H Addy, PhD, LPC, LMHC**, has studied psychedelic substances and states and consciousness for 15 years. He earned a PhD in clinical psychology studying transcendence, wholeness, and transformation and conducted one of the earliest studies of the atypical psychedelic plant *Salvia divinorum* in humans. He continued refining his research and clinical skills at Yale University where he studied *Salvia* and other atypical psychedelics and co-founded the Yale Psychedelic Science Group. He has completed postdoctoral training in substance use disorder treatment, participated in non-directive harm reduction and integration training at Burning Man, and traveled to Mexico to learn about indigenous use of psychedelic plants among the Mazatec people. He is currently a psychotherapist in private practice in Washington and Oregon.

Dr. Addy has presented internationally on a variety of subjects related to spirituality and transpersonal states, psychedelic science, and research methodology. Participants consistently regarded his talks as informative, accessible, and humorous. He has written numerous scientific articles, book chapters, and popular press articles on typical and atypical psychedelics, substance abuse, and spirituality.

Speaker Disclosures:

Financial: Peter Addy maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Peter Addy has no relevant non-financial relationship to disclose.



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**Counselors** – AK, AL, AZ, CA, CO, CT, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, TN, TX, UT, VA, WI, WY

**Marriage and Family Therapists** – AK, AL, AR, AZ, CA, CO, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, SC, SD, TN, TX, UT, VA, WY

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**Social Workers** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

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