ABSTRACT

Psychedelic-assisted therapy is emerging as a novel form of mental health treatment that is shown to be highly effective in early clinical trials. This presentation will provide an overview of this new clinical area. The basic model of psychedelic-assisted psychotherapy will be explained with an emphasis on highlighting the importance of preparation and integration in obtaining therapeutic benefits from a psychedelic experience. Mechanisms of change will be discussed, including intriguing findings suggesting that psychedelic-assisted therapy may exert its therapeutic effects through increasing meaning, self-transcendence, psychological flexibility, and interpersonal engagement. The current legal status of psychedelics will be reviewed, including recent state level initiatives toward legal psychedelic service access. Diversity and equity issues will be reviewed including lack of access for underserved and non-majority populations and the risks of cultural appropriation involved in modern psychedelic science.

LEARNING OBJECTIVES

1. Describe the model of psychedelic-assisted psychotherapy.
2. Discuss research findings and current legal status of psychedelic-assisted psychotherapy.
3. Identify underlying processes of change associated with therapeutic benefits.

REFERENCES


**CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact Stephanie Harper at sth4009@med.cornell.edu for additional CE information.**