



**Psychology**  
**Grand Rounds**



Where: Live Online

<https://weillcornell.zoom.us/j/93210081206>

Meeting ID: 932 1008 1206

When: 12:00pm-1:00pm

Thursday, September 21st, 2023



**Brian Pilecki, Ph.D.**

**Clinical Psychologist, Portland Psychotherapy**

Financial Disclosure: Dr. Pilecki has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Brian Pilecki is a clinical psychologist at Portland Psychotherapy that specializes in the treatment of anxiety disorders, trauma and PTSD, and psychedelic-assisted therapy. Dr. Pilecki practices from an orientation based in Acceptance and Commitment Therapy (ACT) and has extensive experience in the areas of mindfulness and meditation that he incorporates into therapy with clients. At Portland Psychotherapy, Dr. Pilecki is an active researcher and a study therapist on a clinical trial investigating the use of MDMA-assisted therapy for the treatment of social anxiety disorder and understanding processes of change in how psychedelic-assisted therapy works. He is a consultant and instructor for Fluence, a leading psychedelic training organization where he is involved in training psilocybin facilitators for Oregon's new psilocybin services program. Brian is also a co-founder of Portland Integration Network, a network of professionals offering specialized care related to psychedelics in Oregon. He is also the author of the book ACT-Informed Exposure for Anxiety and co-host of Altered States of Context, a podcast about psychotherapy and psychedelics.

**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.

*\*1 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](mailto:sth4009@med.cornell.edu) for additional CE information*

**REFERENCES**

1. Luoma, J. B., Chwyl, C., Bathje, G. J., Davis, A. K., & Lancelotta, R. (2020). A meta-analysis of placebo-controlled trials of psychedelic-assisted therapy. *Journal of Psychoactive Drugs*, 52(4), 289–299. <https://doi.org/10.1080/02791072.2020.1769878>
2. Watts, R., & Luoma, J. B. (2020). The use of the psychological flexibility model to support psychedelic assisted therapy. *Journal of Contextual Behavioral Science*, 15, 92–102. <https://doi.org/10.1016/j.jcbs.2019.12.004>
3. Williams, M. T., & Labate, B. C. (2019). Diversity, equity, and access in psychedelic medicine. *Journal of Psychedelic Studies*, 4(1), 1–3. <https://doi.org/10.1556/2054.2019.032>.

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