

Working With Patients Who Use Psychedelics Outside the Clinical Setting

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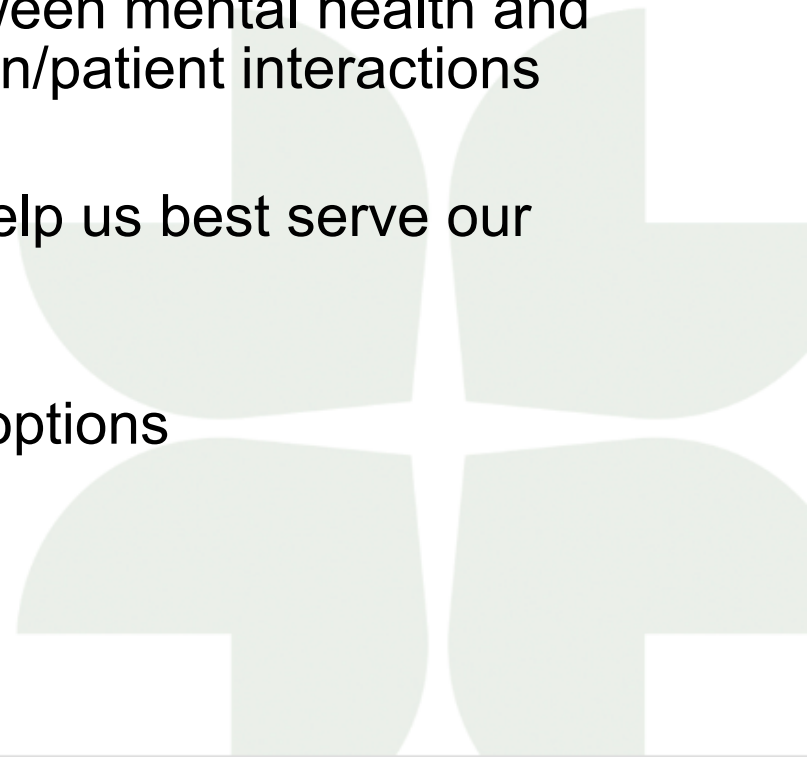


Disclosures

Saundra Jain, MA, PsyD, LPC – has served as a consultant, member of advisory boards, and/or speaker bureaus for Eli Lilly, Otsuka, Pamlab and Sunovion.



Learning Objectives

- Explore the current intersection between mental health and psychedelics as it pertains to clinician/patient interactions
 - Review 5 options we can utilize to help us best serve our patients
 - Review resources for each of the 5 options
- 

Patients Often Do Whatever It Takes To Find Relief

JELLO BIAFRA

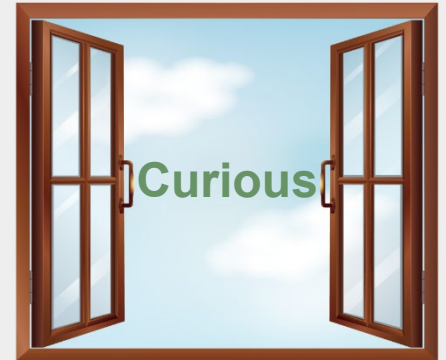
FOR EVERY
PROHIBITION
YOU CREATE,
YOU ALSO
CREATE AN
UNDERGROUND.



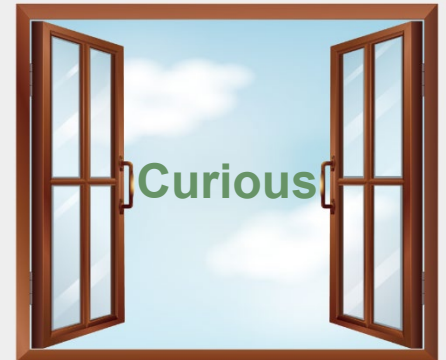
Prohibition
Jan 17, 1920 – Dec 5, 1933

3 Windows Into Psychedelics

Clinicians



Patients



What We Can Expect From Our Patients?

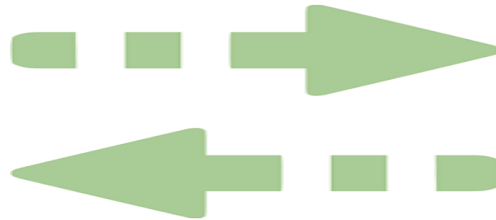
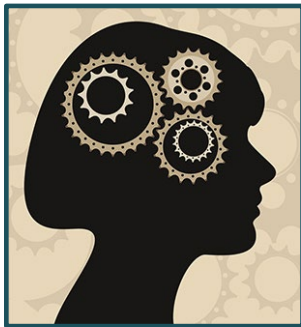


Questions...Questions...Questions

The Dilemma We As Clinicians Face

Q: I'm interested in taking a psychedelic substance and I've read the studies. Can you give me a psychedelic substance or help me find some?

A: "No, I can't help you with this. What you're asking for is illegal and as a therapist my number one concern is being mindful of any risks for us both."



How Might We Approach This Dilemma To Best Serve Our Patients?

“BE
CURIOUS,
NOT
JUDGMENTAL.”

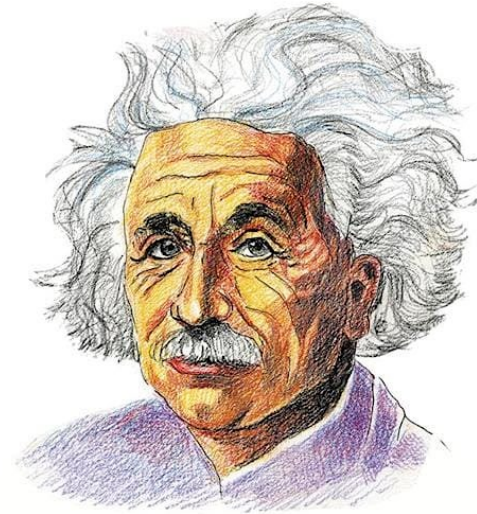
~ WALT WHITMAN ~



Curiosity is Medicine?

"I have no
Special
Talent
I am only
passionately
Curious"

Albert Einstein



Caution Is The Rule



- Consider how you want to handle these conversations before they happen and be prepared.
- Other than Ketamine, these substances are illegal.

The Need is Great!

Personal Stories of Tragedy

...multiple IED blasts,
best friend shot in the
head standing next to
me...many years no
treatment at all...

...depression, anxiety,
and PTSD...different
meds for ~ 10 years...yet
to find something that
works...

...suffer with anxiety,
depression, PMDD, and
ADHD...tried all
medications...
desperately need help...

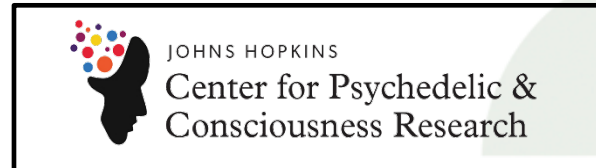
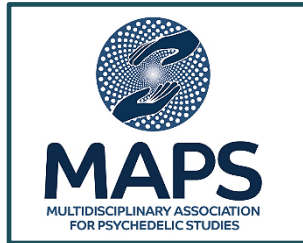
What Can We As Clinicians Offer?

How Can We Help Our Patients: Legal Psychedelic Experiences

OPTION 1: Join a Clinical Trial

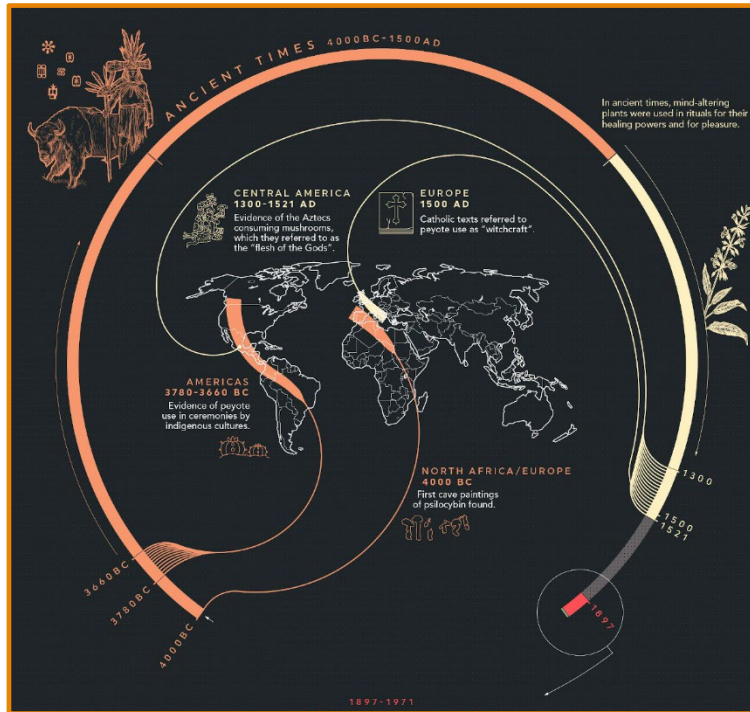


Clinical Trials: Who Paved the Way?



The History is Far-Reaching!

In ancient times (4000 BC - 1500 AD), mind-altering plants were used in rituals for their healing powers & for pleasure.



North Africa/Europe 4000 AD: First cave paintings of psilocybin found.



Europe 1500 AD: Catholic texts referred to peyote use as "witchcraft".

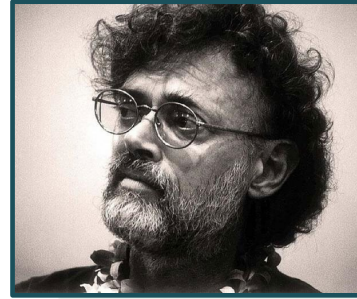
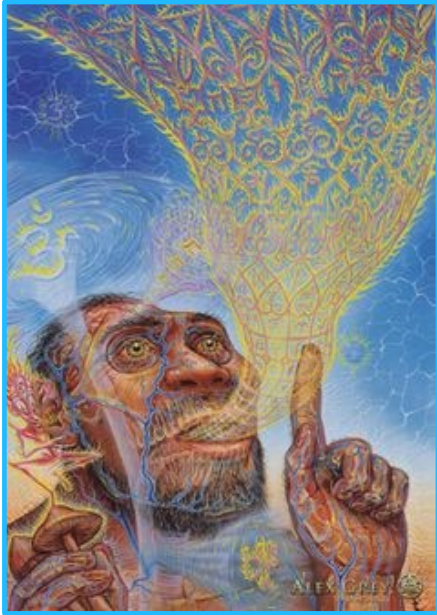


Central America 1300 - 1521 AD: Evidence of the Aztecs consuming mushrooms, which they referred to as the "flesh of the Gods".



Americas 3780 – 3660 BC: Evidence of peyote use in ceremonies by indigenous cultures.

The Stoned Ape Theory: Interesting – You Decide



The Stoned Ape Theory, presented by Terence McKenna, a renowned mystic and psychonaut, proposes that the evolutionary leap between *Homo erectus* and *Homo sapiens* was a result of a surprising addition to the human diet - *Psilocybe cubensis* or magic mushrooms.

Know What's Happening



MAPS: Clinical Trials

NIH U.S. National Library of Medicine

ClinicalTrials.gov



European Research Hubs:

- Imperial College London
- University of Basel
- University of Zurich
- University of Bristol
- MAPS – 6 study sites in Europe
- Compass Pathways – 11 of 21 study sites in Europe



JOHNS HOPKINS

Center for Psychedelic &
Consciousness Research

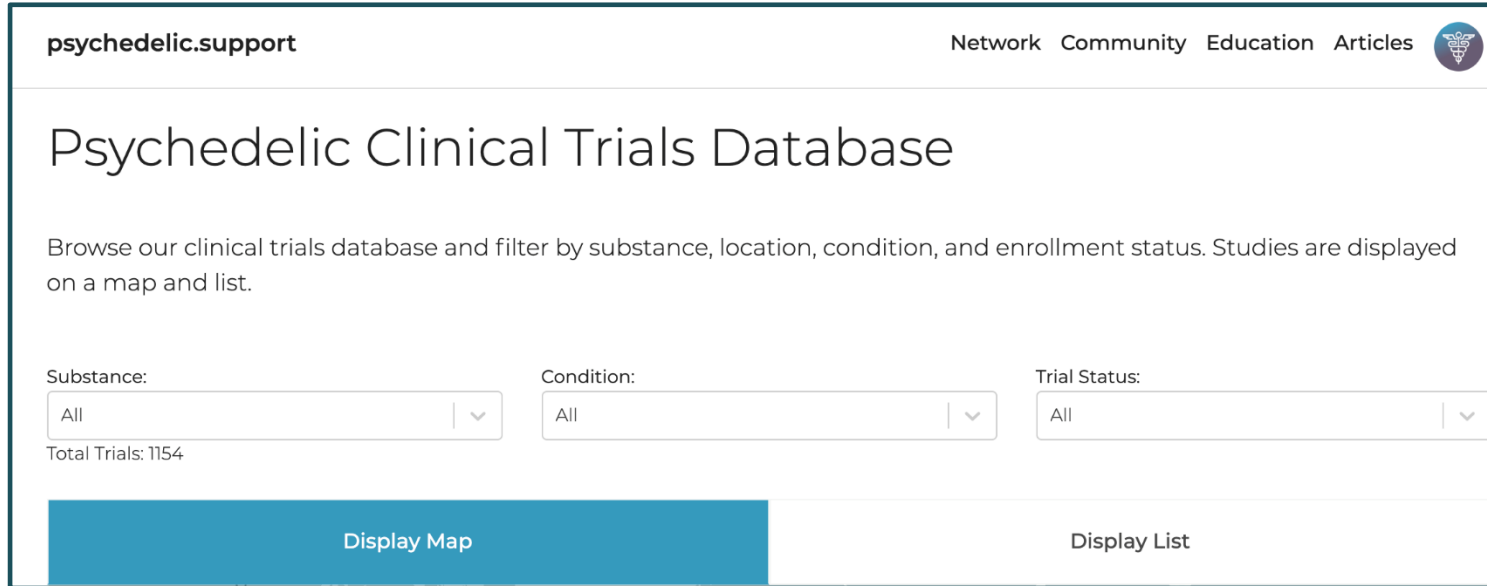


Center for Psychedelic Medicine



BERKELEY
CENTER FOR
PSYCHEDELIC
RESEARCH

Survey the Landscape



The screenshot shows the website psychedelic.support with navigation links for Network, Community, Education, and Articles. The main heading is "Psychedelic Clinical Trials Database". Below this is a brief description: "Browse our clinical trials database and filter by substance, location, condition, and enrollment status. Studies are displayed on a map and list." There are three filter dropdown menus: "Substance:" (set to "All"), "Condition:" (set to "All"), and "Trial Status:" (set to "All"). Below the filters, it says "Total Trials: 1154". At the bottom, there are two buttons: "Display Map" (highlighted in blue) and "Display List".

psychedelic.support

Network Community Education Articles

Psychedelic Clinical Trials Database

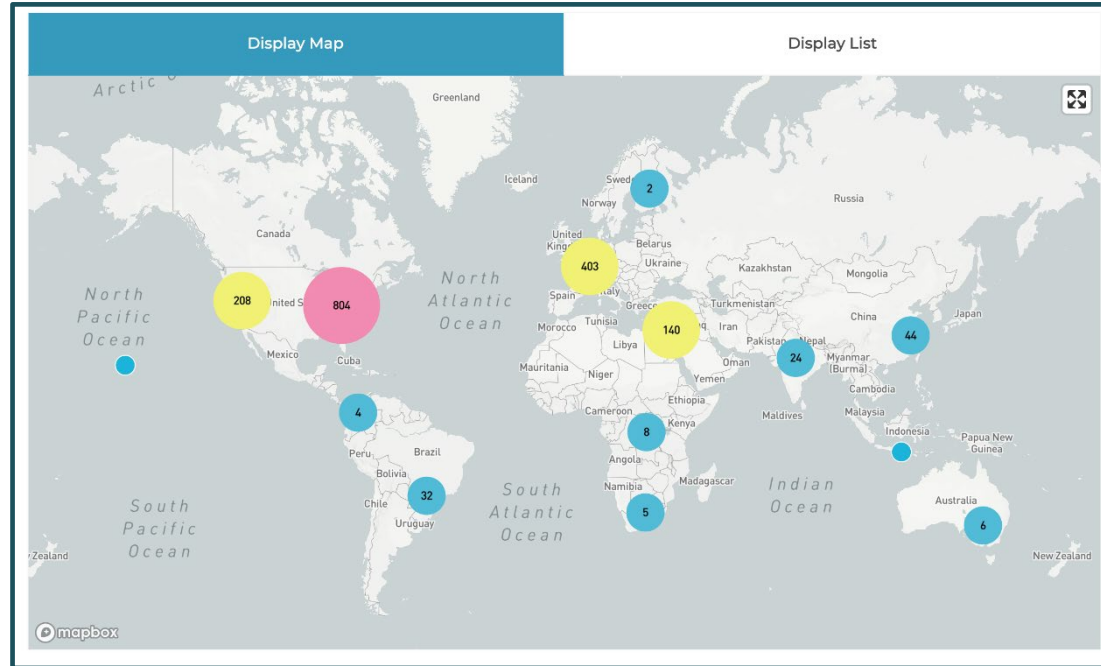
Browse our clinical trials database and filter by substance, location, condition, and enrollment status. Studies are displayed on a map and list.

Substance: Condition: Trial Status:

Total Trials: 1154

[Display Map](#) [Display List](#)

Look At What's Happening Around the World



How Can We Help Our Patients: Legal Psychedelic Experiences

OPTION 2: Psychedelic Integration

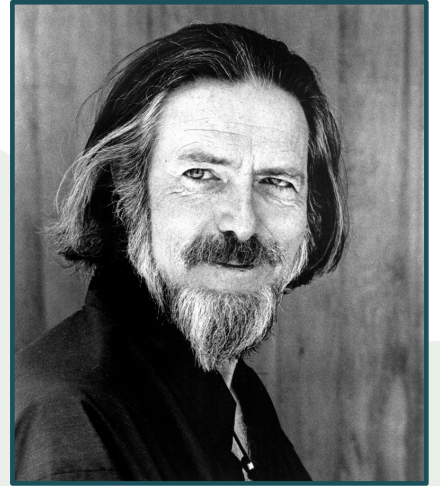


Understanding Psychedelic Integration

Integration: an act or instance of combining into an integral whole.



Strictly speaking, these drugs do not impart wisdom at all, any more than the microscope alone gives knowledge. They provide the raw materials of wisdom and are useful to the extent that the individual can integrate what they reveal into the whole pattern of his behaviour and the whole system of his knowledge.



~ Alan Watts



Psychedelic Harm Reduction and Integration: A Transtheoretical Model for Clinical Practice

Ingmar Gorman^{1,2,3,4*}, Elizabeth M. Nielson^{1,2,3,4}, Aja Molinar¹, Keenia Cassidy^{5,6} and Jonathan Sabbagh^{4,6}

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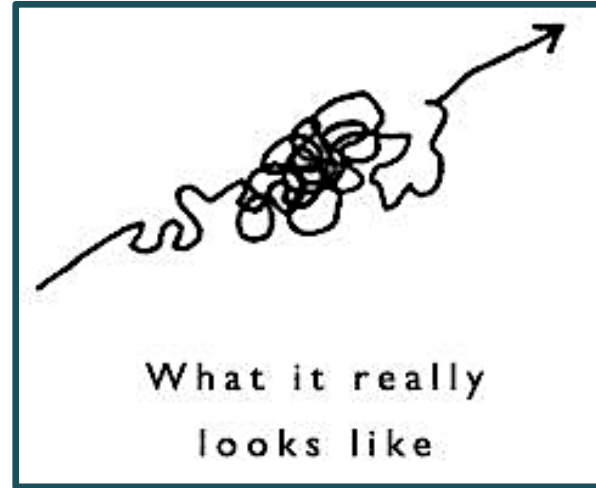
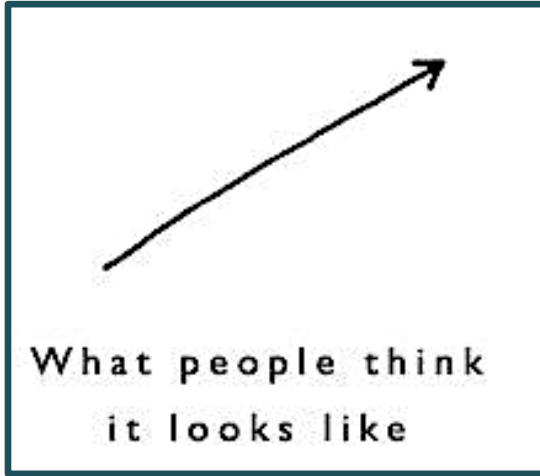
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Psychedelic Harm Reduction and Integration (PHRI) is a transtheoretical and transdiagnostic clinical approach to working with patients who are using or considering using psychedelics in any context. The ongoing discussion of psychedelics in academic research and mainstream media, coupled with recent law enforcement deprioritization of psychedelics and compassionate use approvals for psychedelic-assisted therapy, make this model exceedingly timely. Given the prevalence of psychedelic use, the therapeutic potential of psychedelics, and the unique cultural and historical context in which psychedelics are placed, it is important that mental health providers have an understanding of the unique motivations, experiences, and needs of people who use them. PHRI incorporates elements of harm reduction psychotherapy and psychedelic-assisted psychotherapy, and can be applied in both brief and ongoing psychotherapy interactions. PHRI represents a shift away from assessment limited to untoward outcomes of psychedelic use and abstinence-based addiction treatment paradigms and toward a stance of compassionate, destigmatizing acceptance of patients' choices. Considerations for assessment, preparation, and working with difficult experiences are presented.

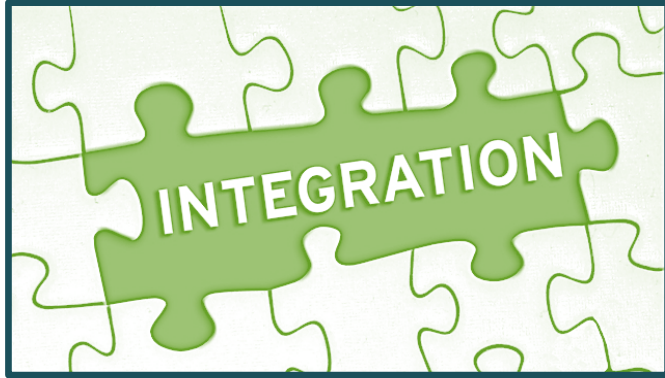
The goal of integration is to merge the psychedelic experience with the patient's daily life in a way that helps the patient have a fuller life with less distress.

What Does The Process Look Like?



It can be a bit messy!

Why Psychedelic Integration Matters



- Meaning-making
- Preserve the experiences as they tend to fade with time
- Always something to learn as new things surface; it's an ongoing process
- Continue to access the experience and the insights after the journey
- Tap into those insights to help stabilize the system when triggered
- Process with another rather than alone – a safe place to land

Pearls of Wisdom



Constructing meaning is not isolated to the therapy setting. It is the therapist's responsibility to encourage the patient to pursue activities which help sustain focus on the psychedelic experience...

Such activities could include journaling, meditation...and any other activity that aids in moving the awareness gained through psychedelic experience from an intellectual framework to a holistic framework that incorporates the body.

This method of extending psychedelic integration ensures that experiences are not a momentary, fleeting state, but are embodied to facilitate long-term change.

Become Familiar With Psychedelic Integration Resources



Learn
Connect
Transform



Explore the world of Psychedelic Therapy through our leading directory of providers, groups, and accredited education.



Psychedelic Integration List:
a resource of individuals
(300+) and organizations in the
mental health field who help
people integrate
past psychedelic experiences.



KRIYA Institute is devoted to understanding the therapeutic properties of ketamine and related medicines and offers:
Find a Provider.

How Can We Help Our Patients: Legal Psychedelic Experiences

OPTION 3: Harm Reduction



Understanding Harm Reduction



Harm Reduction is a set of practical strategies and ideas aimed at **reducing negative consequences** associated with drug use. Harm Reduction is also a **movement for social justice** built on a belief in, and respect for, the rights of people who use drugs.

History of Harm Reduction

- Term coined in 1980s in Amsterdam and UK by drug users and providers who wanted to address rising HIV rates
- Semblances of Harm Reduction can be found in medical writings in the UK as early as 1926 in reference to treating OUD
- Generally contrasted with “zero tolerance”, “war on drugs”, and abstinence only approaches

One Person's Opinion Maybe Others Agree?

D “The U.S. government must stand down and loosen these legal barriers to research and treatment with psychedelics or else it indirectly harms thousands of patients both in the U.S. and across the world each year.”

—Wesley Shirola, columnist

“KNOW WHERE YOU STAND, KNOWINGLY.”

—Yohnilee OpelKiy Entrikin

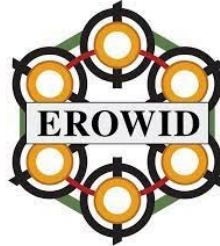
Become Familiar With Harm Reduction Resources



DanceSafe is a 501(c)(3) public health organization promoting health and safety within the nightlife and electronic music community. Founded in the San Francisco Bay Area in 1998 by Emanuel Sferios, DanceSafe quickly grew into a national organization with chapters in cities across North America.



The Zendo Project provides professional comprehensive harm reduction education and support for communities to help inform and transform difficult psychedelic experiences into opportunities for learning and growth.

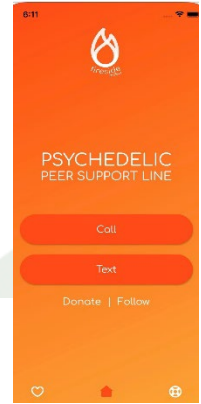


Erowid is a member-supported organization providing access to reliable, non-judgmental information about psychoactive plants, chemicals, and related issues. We work with academic, medical, and experiential experts to develop and publish new resources, as well as to improve and increase access to already existing resources. We also strive to ensure that these resources are maintained and preserved as a historical record for the future.



fireside
PROJECT

We provide free & confidential emotional peer support! Whether you or a friend are tripping right now, or need help processing a past trip, we're here to help.



Tips for Clinicians

- Know the law: assist patients in identifying potential risks/benefits to make their own informed choices.
- Consult an attorney: what's happening in your state?
- Know your licensing board: what is their position about this work?
- Know your context: do you live or practice in a conservative or liberal setting?
- Make your best decision: how much risk are you willing to take?
- Be educated and prepared: seek out consultation, education, stay current, and find a mentor(s).

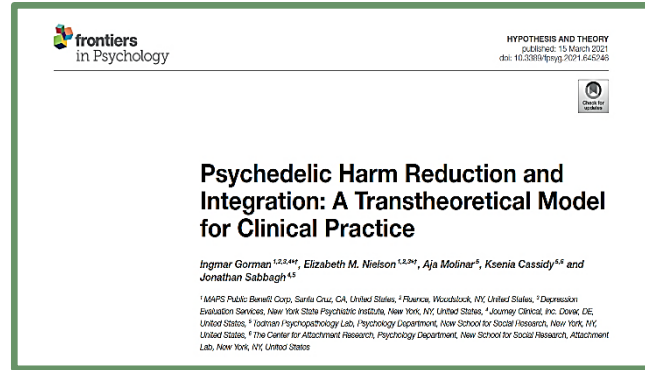
Psychedelic Harm Reduction & Integration (PHRI)

Psychedelic Harm Reduction and Integration (PHRI): a transdiagnostic and transtheoretical clinical model that incorporates principles of harm reduction psychotherapy, psychedelic-assisted therapy, mindfulness-based modalities, and psychodynamic therapy, and **provides a framework for examining and working with psychedelic experiences** in clinical care without providing the actual psychedelic experience as part of treatment.



The Unfolding Process: “...continuous unraveling of insights about oneself and one’s relationships after a psychedelic experience, which can take place over the span of weeks to months.”

Psychedelic Harm Reduction & Integration (PHRI)



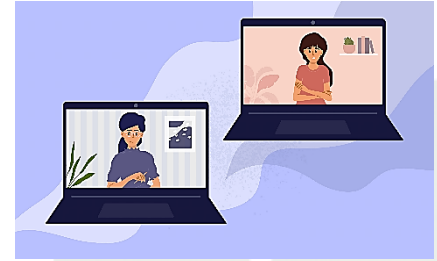
Psychedelic Integration: the process where the patient integrates the insights of their psychedelic experience(s) into their life

Psychedelic Harm Reduction and Integration: a method of supporting psychedelic integration in the clinical consultation room

Psychedelic Integration: Individual or Group?



Individual



Group

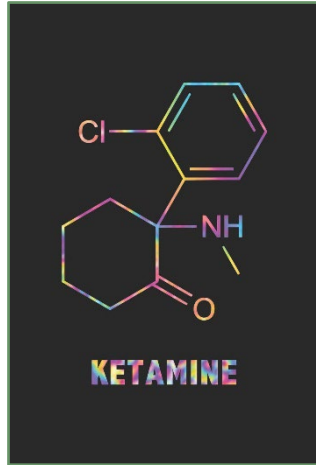


How Can We Help Our Patients: Legal Psychedelic Experiences

OPTION 4: Legal Psychedelics

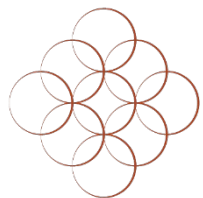
Ketamine – Psychedelic Tourism - Churches

Ketamine: A Legal Psychedelic



- Ketamine is ***not*** a classic psychedelic (5HT-2A agonist) like psilocybin and LSD
 - MNDA receptor agonist
 - Can produce mystical experiences
-
- FDA approved for Treatment-Resistant Depression
 - Off-label use for several mental health conditions
 - Routes of Administration (IV, Nasal, SL, IM)

Know the Landscape: Ketamine Trainings, Ketamine Assisted Psychotherapy (KAP) Programs – Sign Up!



THE
KETAMINE
TRAINING
CENTER



POLARIS
INSIGHT
.....CENTER.....



Sage Institute



KETAMINE
RESEARCH
FOUNDATION

PRATI PSYCHEDELIC RESEARCH
AND TRAINING INSTITUTE



MAPS
MULTIDISCIPLINARY ASSOCIATION
FOR PSYCHEDELIC STUDIES



KETAMINE
RESEARCH
INSTITUTE

Psychedelic Tourism



We want to help our patients but...

*Informational only and **NOT** an endorsement of psychedelic tourism or any specific retreat.*

Patients Will Ask About Psychedelic Retreats: Know What's Out There & Be Aware of The Risks



- Potency and purity of the medicine not certain
- Threat of sexual assault
- Accessibility issues due to high costs
- Reciprocity with indigenous communities
- Sustainability issues
- Clinician liability regarding illegal substances
- Cost
- Protocol/Credentials/Training

Psychedelic Tourism: Be Informed



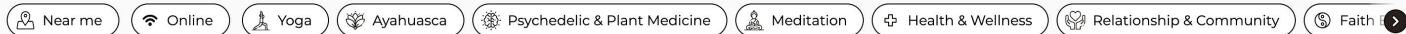
Who is Retreat Guru?

We're a team of 20 people who've been on countless retreats. Our experiences have been so profound that we built this site to help people like you find authentic, safe retreats worldwide.

Top Retreat Destinations



Browse Retreats



*Informational only and **NOT** an endorsement of psychedelic tourism or any specific retreat.*

Legal Path As A Church Member

American Indian Religious Freedom Act



Exempted the Native American Church from the Controlled Substances Act in 8-11-1978. The NAC uses Peyote as a religious sacrament and their church is a bona fide religious institution. You do not have to be Native American to be a member of and participate in the NAC.



Centro Espírita Beneficente União do Vegetal

The UDV is a Christian Spiritist religion that originated in Brazil. It is now practiced in 11 countries. They use Ayahuasca as a religious sacrament. The US Supreme Court in 2009 ruled that the UDV is a bona fide church.



In 2009, the US District Court of Oregon found that a different Ayahuasca church, Santo Daime, is a bona fide religious institution that uses Ayahuasca as a religious sacrament.

*Informational only and **NOT** an endorsement of any specific church.*

How Can We Help Our Patients: Legal Psychedelic Experiences

OPTION 5: Other Paths to NOSC



All Roads Lead to Rome



Projects: Current and Future



Psychedelics and Wellness Study (PAWS)

**An Online Anonymous Survey
Investigating the Intersect Between
Psychedelics and Wellness (N-3070)**

www.PsychedelicsandWellness.com



Psychedelics and Wellness Study (PAWS) Paper Available Free



ORIGINAL RESEARCH
published: 15 March 2022
doi: 10.3389/fpsy.2022.831092



Effects of Naturalistic Psychedelic Use on Depression, Anxiety, and Well-Being: Associations With Patterns of Use, Reported Harms, and Transformative Mental States

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Reported Harms, and Transformative
Mental States.
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Survey-based studies suggest naturalistic psychedelic use provides mental health benefits similar to those observed in clinical trials. The current study sought to confirm these findings in a large group of psychedelic users and to conduct a novel examination of associations between amount of psychedelic use and behavioral outcomes, as well as frequency of harms ascribed to psychedelic use. A cross-sectional, online survey was completed by 2,510 adults reporting at least one lifetime psychedelic experience. Participants retrospectively completed a battery of instruments assessing depression, anxiety, and emotional well-being prior to and following psychedelic exposure. Participants also reported preferred psychedelic agent, number of uses, and harms attributed to psychedelic use. Psychedelic use was associated with significant improvements in depressive and anxious symptoms and with increased emotional well-being. These improvements increased in magnitude with increasing psychedelic exposure, with a ceiling effect. However, improvements were noted following a single lifetime use. Strong evidence for benefit of one preferred psychedelic agent over another was not observed, but enduring increases in factors related to mystical-experience and prosocial perspective taking associated with enhanced mental health. Thirteen percent of the survey sample ($n = 330$) endorsed at least one harm from psychedelic use, and these participants reported less mental health benefit. Results from the current study add to a growing database indicating that psychedelic use—even outside the context of clinical trials—may provide a wide range of mental health benefits, while also posing some risk for harm in a minority of individuals.

Keywords: psychedelics, depression, anxiety, well-being, psilocybin, ayahuasca, harms, patterns of use



Psychedelics and Wellness Study (PAWS)

Two New Scales Available Free



Psychedelic Change Questionnaire (PCQ-26)

Please answer the following questions by rating the CHANGE in your experiences, feelings, and behaviors as a result of your MOST RECENT psychedelic experience.

	1	2	3	4	5	6	7
	Very much improved	Much improved	Minimally improved	No change	Minimally worse	Much worse	Very much worse
As a result of your psychedelic experience, how would you rate the change in your ...							
1. ... SENSE OF AWE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ... FEELINGS OF EMPATHY?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ... FEELINGS OF SOCIAL CONNECTEDNESS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. ... SENSE OF MINDFULNESS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ... RELATIONSHIP WITH YOUR LIFE PARTNER?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ... FEELINGS OF SEXUAL INTIMACY?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. ... QUALITY OF SLEEP?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ... FEELINGS OF INNER PEACE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. ... SENSE OF CALM?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. ... CONNECTION TO THE UNIVERSE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. ... CONNECTION TO NATURE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. ... FEELINGS OF LOVE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. ... FEELINGS OF JOY?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. ... FEELINGS OF OPENESS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. ... FEELINGS OF CONTENTMENT?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. ... FEELINGS OF GRATITUDE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. ... SENSE OF PURPOSE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. ... FEELINGS OF COMPASSION?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. ... DESIRE FOR WORLD PEACE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. ... ENJOYMENT OF LIFE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. ... ALTRUISTIC DESIRE? (the belief in or practice of selfless concern for the well-being of others)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. ... UTILITARIAN DESIRE? (a belief or doctrine of morality or service to serve the needs of others)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. ... RUMINATIVE THINKING? (a compulsive focus of attention on thoughts that cause feelings of sadness, anxiety, distress, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. ... FEAR OF DEATH?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. ... EATING HABITS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. ... FEELINGS OF IRRITABILITY?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Negative Consequence Inventory (NCI-8)

Please answer the following questions by rating the CHANGE in your experiences, feelings, and behaviors as a result of your MOST RECENT psychedelic experience.

	1	2	3	4	5	6	7	Does not apply
	Very much improved	Much improved	Minimally improved	No change	Minimally worse	Much worse	Very much worse	
As a result of your psychedelic experience, how would you rate the change in your ...								
1. ... DESIRE TO DIE BY SUICIDE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ... CRIMINAL IMPULSES/BEHAVIORS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ... AGGRESSIVE IMPULSES/BEHAVIORS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. ... ALCOHOL MISUSE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ... CIGARETTE SMOKING?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ... CANNABIS/MARIJUANA MISUSE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. ... BENZODIAZEPINE MISUSE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ... OPIATE/OPIOID MISUSE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Psychedelics and Wellness Synergy (PAWS-30)

Psychedelics and Wellness Synergy: A 30-Day Feasibility, Acceptability, and Exploratory Efficacy Study (PAWS-30)



Purpose: To explore the efficacy of an integrative, prescriptive, and trackable participant-managed wellness intervention program performed by individuals who have personally utilized a psychedelic substance within two weeks prior to study enrollment.

Who's Eligible: 1. Age of 18 years old or older, 2. Proficiency in written English, 3. Interested in overall wellness improvement after a self-reported psychedelic experience, 4. Psychedelic experience within two weeks prior to study enrollment, 5. Abstinence from psychedelics for the duration of the study, 6. Not suicidal, homicidal, or psychotic, 7. Not pregnant, and no plans to get pregnant during the study, 8. Access to a smartphone (iOS or Android) with an internet connection, and 9. Agree to read the WILD 5 Wellness Program content prior to beginning the study (available via a link in the Quantified Citizen app).



Q&A

