




# Psychedelics 102

## Psychedelic-Assisted Psychotherapy

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# Financial Disclosure

Larry Shapiro, Ph.D., Quantum Behavioral, LLC., and Quantum Retreats may receive compensation from Silo Wellness Corp. (CSE: SILO) in the form of stock, options, or patient referrals.

# Disclaimer

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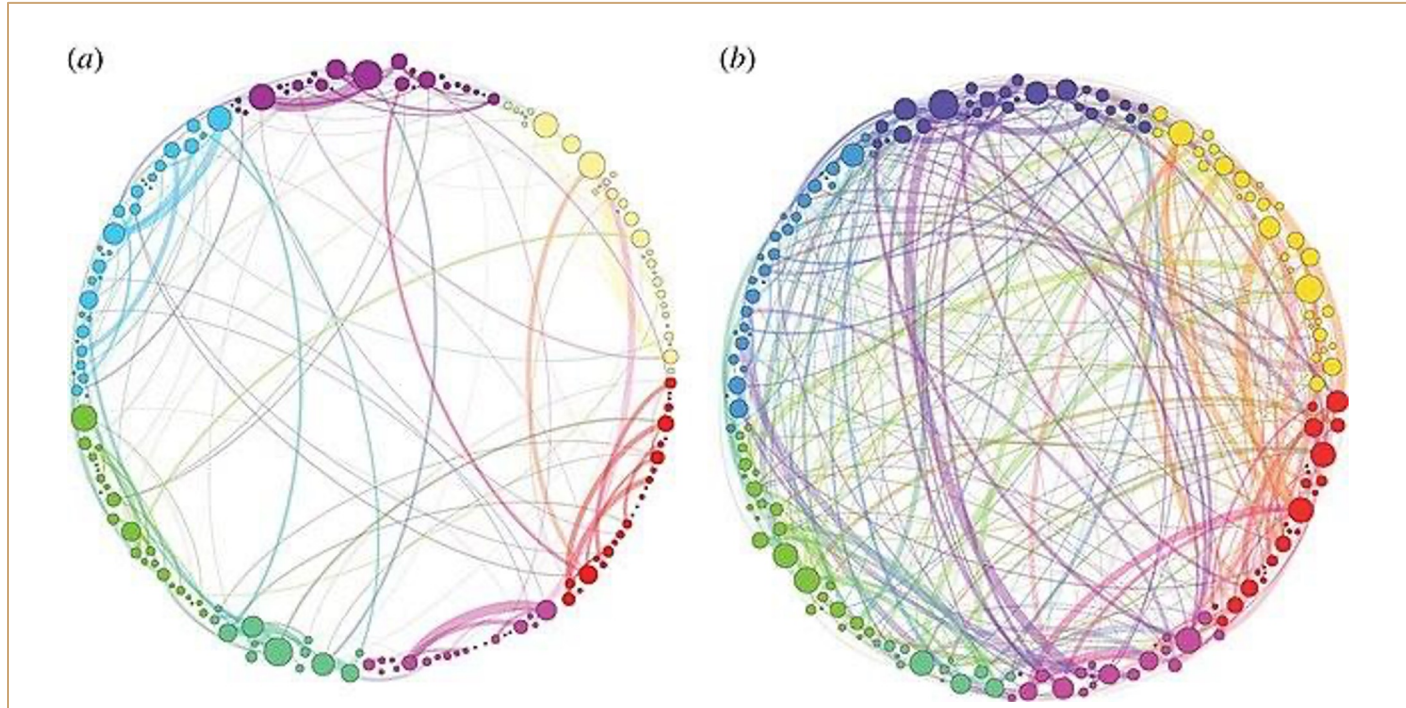
# Learning Objectives

- To understand the difference between traditional and psychedelic-assisted psychotherapy.
- To stimulate curiosity about the therapeutic uses of psychedelic medicines.
- To learn who may benefit from this type of therapy.

# Categories of Psychedelics

- Tryptamines: Psilocybin (mushrooms), DMT, 5-MEO-DMT, LSD, Ayahuasca
- Phenethylamines: Mescaline (Peyote, San Pedro)
- Lysergamides: LSD (Acid)
  - Primarily act on 5HT2A receptor.
  
- Empathogens: MDMA
  - Primarily acts on 5HT2A receptor, dopamine, norepinephrine.
  
- Anesthetics: Ketamine
  - Primarily acts on Glutamate.

# Neuroplasticity and Synaptogenesis



Petri, G., et al. (2014). Homological Scaffolds of Brain Functional Networks. Journal of the Royal Society Interface. Vol. 11, Issue 101.

# Psychedelics + Psychotherapy

- **Set:** The mindset going into a psychedelic experience.
- **Setting:** The environment in which someone experiences a psychedelic experience.
- **Integration:** Making sense of it all.
- **Matrix:** Social context

# Psychedelics + Psychotherapy

Macro dosing

vs.

Micro dosing



# Applications?

## Under Study

- Depression
- Anxiety
- End of Life
- Eating Disorders
- OCD
- PTSD
- Lyme Disease
- Substance Abuse
- Relationships

# Helpful Resources

## Books

How to Change Your Mind: Pollan

Psychedelics for Everyone: Zemon

American Trip: Hartogsohn

Consciousness Medicine: Bourzat

# Helpful Resources

## Websites/Organizations

Multidisciplinary Association for Psychedelic Studies (MAPS)

Third Wave

Psychedelic Support

Zendo Project

Psychedelics Today

Erowid

# Helpful Resources

## Training

Multidisciplinary Association for Psychedelic Studies (MAPS)

Third Wave

Psychedelic Support

California Institute for Integrative Studies (CIIS)

Integrative Psychiatry Institute (IPI)

Naropa University

# Questions

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