

Psychedelic and Entheogenic Society of New York City

Meetup Group

**“Psychedelic Research:
History and Clinical Applications”**



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Tonight's Agenda

Introduction

Tribal Tradition and Shamanic Practices

Psychopharmacology and the Western Research Tradition

The Ten Lessons of Psychedelic Psychotherapy, Rediscovered

The Research on Psychedelic Therapy

Five Thorny Theoretical and Methodological Issues

Major Developments Since the '60s

New Clinical Research Studies

The Future of Psychedelics Policy

Conclusions: Speaking Truth to Power

Resources

Discussion

Introduction

Why This Talk at This Time?

Resurgence of federally-approved clinical research with psychedelics

The post-modern world view of healing

Terminology

Psychotomimetic vs. hallucinogen vs. psychedelic vs. entheogen (etc.)

Tryptamines vs. phenylethylamines (vs. cannabis, dissociatives, solanaceae)

Psychedelic vs. psycholytic

Harm Reduction vs. benefit enhancement

Healing vs. spiritual development

Personal Introduction

Professional history

Personal history

Phenomenology of psychedelics, over time

Tribal Tradition and Shamanic Practices

The Animistic Tradition

Grounded societies

Direct, unmediated relationship with the Universe

New World plants

Millennia of successful usage

Colonial control and industrial refinement

Mushrooms in the mountains

Ayahuasca today: The Amazon, The Upper West Side, and U.S. Supreme Court

Coming full circle: Same truth, different lens

Psychopharmacology and The Western Research Tradition

Louis Lewin and Arthur Heffter: Assaying Fractions through Self-Experimentation

Hans Kluver and the Quantification of the Evanescent

Richard Evans Schultes: The Amazon and the Harvard Botanical Library

Albert Hoffmann's Bicycle Ride: A "Problem Child" growing into "An Aid to Meditation"

Aldous Huxley and R.C. Zaehner: Sacred Windows; Profane Doors?

Gordon Wasson, Morgan Banker and Mycophile

Hans Bastiaans' Research Legacy

Abram Hoffer and Humphrey Osmond

New Hope for Alcoholics; The Hallucinogens

Coining the term: "Psychedelic"

The Harvard Psilocybin Project

The Massachusetts Correctional Institution Study

Remarkable People Study

The Good Friday Experiment

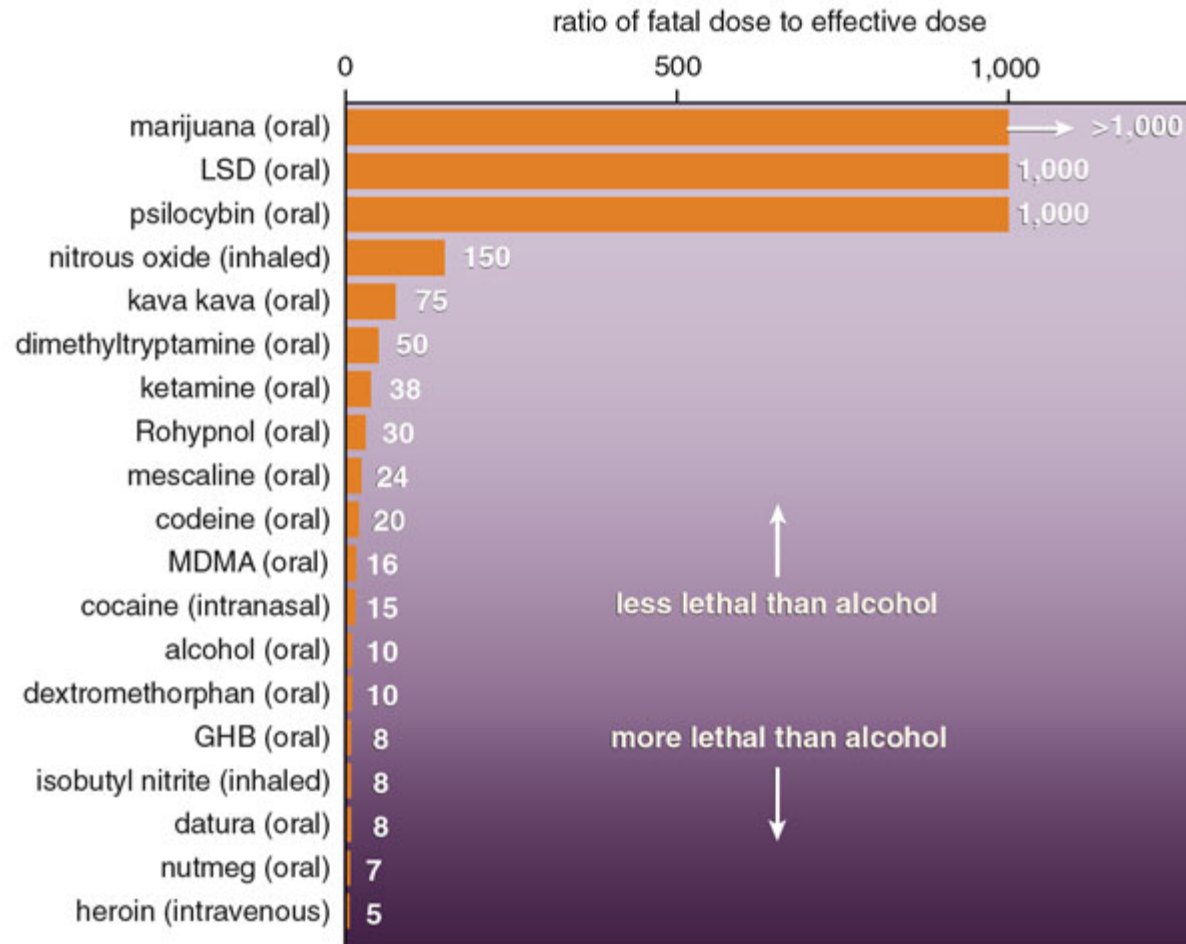
Alexander "Sasha" Shulgin

Titration and the methodology of internal freedom

PIHKAL, TIHKAL

Robert Gable: Gable's Table

Gable's Table



Gable, R. S. (2006). The toxicity of recreational drugs. *American Scientist* 94: 206-208.

The Ten Lessons of Psychedelic Psychotherapy... ...Rediscovered

1. Each drug has a specific effect.
2. Setting can strongly constrain and influence outcome.
3. Mindset can transcend – or scuttle – drug and setting.
4. Dose is important, but less so than setting and mindset.
5. Preparation and knowledge enable lasting value.
6. Ritual transmits prior wisdom and guides practice.
7. Experienced guides reduce fear and increase benefit.
8. Re-entry to a supportive social context aids retention.
9. Psychotherapy and spiritual practice help integrate insight.
10. A revised world view is both a requirement and a result.

[from, *Psycheology: Psychotherapy, Psychedelics, and Change*, forthcoming.]

The Research on Psychedelic Psychotherapy: Substance Abuse

Tantalizing Effects of LSD

LSD fact and fiction

William James, Bill Wilson, and the mystical experience

Life-changing, but short-term

Penicillin, insulin

Methodological Questions

No controls, random assignment, objective outcome measures

“TLC,” community follow-up, and issues of validity

“Use new treatments soon, while they still work”

Other Psychedelics for Substance Abuse

Ibogaine, Howard Lotsof and addiction interruption vs. life review

Ketamine for heroin addiction and alcoholism

Ayahuasca in the Amazon: Shamanism-plus-psychotherapy for addiction

Natural Experiments

The Native American Church

The UDV and Santo Daime

The Research on Psychedelic Psychotherapy: End-Stage Cancer

Eric Kast

Analgesia lasting up to 10 days vs. Dilaudid or Demerol
Little preparation; no “TLC”
“The attenuation of anticipation”

The Spring Grove Experiments

Kurland, Yensen and therapeutic preparation
Pahnke, Richards and the “peak experience” variable
Grof, Halifax and *The Human Encounter with Death*
Still with us after all these years: new research proposed by the same team

MDMA

Greer, Wolfson, Downing’s relationship work: anecdotal accounts of benefit to the dying
MDMA is scheduled, therapists petition the DEA, clinical use continues underground
New MDMA study at Harvard

Ethics and Methodology

Double-blind, “placebo” studies impractical
“They’re dying anyway” vs. the right to determine treatment
Short-term effect is less of an issue with the dying

The Research on Psychedelic Psychotherapy: Meditation and Spiritual Development

The Origins of Religion

Hunter-gatherers get a surprise

Ritual and community as accumulated “clinical” wisdom on safety and efficacy

Subjects Do Report Mystical/Peak Experiences

Masters and Houston’s four stages

Pahnke: 90% reported all 9 characteristics of a mystical experience

New research: Psilocybin and Mystical-Type Experience (Griffiths, et al.)

Is it Real?

Neurochemistry and experience

“Gratuitous grace”

A window, not a door: A religious experience vs. a religious life – over time

The Post-Modern World View

Mind and psychosomatics, spontaneous remission, placebo, stigmata, PEAR

From quantum mechanics to relativity, with Buddhism in between

The Universe as fundamentally alive; mind as an emergent property of complexity

Spirituality as the advanced end of normal adult developmental psychology – policy implications of proactive use by the healthy

Personal history II: “Just stop thinking...”

Five Thorny Theoretical & Methodological Issues

- 1. Psychedelic Research and Self-Experimentation**
- 2. Why Redo Psychedelic Research Already Conducted in the '50s and '60s?**
- 3. Can Psychedelics Provide a Lasting Cure?**
- 4. Can Psychedelics Induce Real Spirituality?**
- 5. Why Do Psychedelics Give Pain Relief?**

Major Developments Since the '60s: Alternatives

Ethnographic and European Research

Studying traditional use

Bastiaans, Leuner, ECSC and the Swiss Physicians' Association for Psycholytic Therapy

Underground Therapists, MDMA and Rave Work

The DEA rules - and then overrules: MDMA is scheduled

Myron Stolaroff and The Secret Chief

Rites of passage in youth, adulthood?

Dying of thirst: Just say “know” – Information needed

The Analogue [“substantially similar”] Drug Act

Major Developments Since the '60s: Change

Rick Doblin and MAPS

Psychotherapist to gadfly to Harvard

Research, bulletin, lobbying, research funding

Change at the FDA and NIDA

Two historic meetings in July, 1992

Like any other “new” drug

An Arduous Process: The Case of Rick Strassman

The research maze

The DMT study

The Psilocybin study, interrupted

Ayahuasca: The UDV, Jeffrey Bronfman and the U.S. Supreme Court

UDV won every lower court ruling

Robertson’s opinion: Government must compromise “zero tolerance” to support religious freedom

A Renaissance of Medical School Research

UCLA, Harvard, Johns Hopkins, NYU

Mysticism, psychedelic residencies

The Research on Psychedelic Psychotherapy: New Clinical Research Studies I

MDMA

MDMA Dose Response Study in Cancer Patients with Anxiety (Halpern, Harvard)

Physiological correlates of PTSD before and after MDMA-assisted psychotherapy

(Holstein & Vollenweider, University Psychiatric Hospital, Zurich, Switzerland)

Ayahuasca

Exploring Personality, Phenomenological, and EEG Correlates of the Ayahuasca Journey Experience to Facilitate an Individual (Echenhofer, Wynia, Gunkelman, Luna, Whitehouse, CIIS)

The therapeutic potential of substance abuse treatment with Ayahuasca: A qualitative study

(Loizaga-Velder, University of Heidelberg, Germany)

Pharmacological, imaging and immunological studies of Ayahuasca in Healthy Volunteers

Barbanoj and Riba, Hospital de Sant Pau, Barcelona, Spain)

The Research on Psychedelic Psychotherapy: New Clinical Research Studies II

LSD and LSA

Case Series: Response of Cluster Headache to Self-Administered Lysergic-Acid-Amide-Containing Seeds

(Sewell, New Haven VA Hospital)

LSD-assisted psychotherapy for 12 people with anxiety related to life-threatening illness

(Gasser, Swiss Medical Association for Psycholytic Therapy)

Psilocybin

Johns Hopkins Study of Psilocybin in Cancer Patients

(Griffiths, Richards, Johnson, McCann, Johns Hopkins)

Psilocybin in the treatment of cancer patients

(Grob, UCLA-Harbor Medical Center)

Effects of Psilocybin on Healthy Volunteers (Griffiths, Richards, McCann, Jesse, Johns Hopkins)

Effects of Psilocybin on Attention, Perception and Cognition (Vollenweider, Carter, Hasler, Psychiatric University Hospital, Zurich, Switzerland)

Experimental Studies on the Effects of Psilocybin on Binocular Depth Inversion, Binocular Rivalry, Neuropsychology and Synaesthesias (Passie, Seifert, Schneider,

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Emrich, Medical School Hannover, Hannover, Germany)

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The Future of Psychedelics Policy

Psychedelics and the law

The Supreme Court ruling in favor of the UDV
Psychedelics as a wedge into future policies

Systematic drug design

The process of articulating all SARs
Facilitating control

Policy implications of proactive use of psychedelics by the healthy

The FDA and “Nootropics”
Dying Boomer demography and political influence

Wanted:

A rational policy making process: discriminating, flexible, objective, systematic
A less-restrictive rescheduling of psychedelics; supported clinical research
A curious, open, accepting intentionality toward the future of humanity’s
psychospiritual development

Conclusions: Speaking Truth to Power

Clinical Promise

Strongly suggestive data; many are helped

Hard-won methodological sophistication

Modern models of healthy, effective application

Changing Policies and Bureaucracies

Coopting interest groups

Campaign finance – reform it or provide it

Personal Freedom

Researchers, clinicians, patients, the clergy, the public

Global information infrastructure

Psychedelics as a wedge issue

Truth and bravery vs. blinders and decline

Selected Resources

California Institute of Integral Studies

(Transpersonal psychotherapy training)

info@ciis.edu

<http://www.ciis.edu/>

+1-415-575-6100

Center for Cognitive Liberty and Ethics

(Legal issues and court cases)

<http://www.cognitiveliberty.org>

info@cognitiveliberty.org

Cliff Schaffer Psychedelic Library

(Online copies of selected classic literature):

- Psychotherapy and Psychedelic Drugs:
<http://www.psychedelic-library.org/thermenu.htm>
- Psychedelics and Religious Experience:
<http://www.psychedelic-library.org/rellmenu.htm>
- Psychedelic Experience and Personal Growth:
<http://www.psychedelic-library.org/persmenu.htm>
- Psychedelics and Social Policy:
<http://www.psychedelic-library.org/plcymenu.htm>

Heffter Research Institute

(Basic and applied research on psychedelics)

David Nichols, President

email@heffter.org

<http://www.heffter.org>

Multidisciplinary Association for Psychedelic Studies

(Psychedelics policy lobby and research sponsor)

Rick Doblin, President

info@maps.org

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+1-941-924-6277

Biography

Neal M. Goldsmith, Ph.D.

“I am a psychologist specializing in psychospiritual development. I treat 'neurosis' as the natural unfolding of human maturation - the trigger and the key to completing one's childhood. My psychotherapy influences include Ayurveda, Psychosynthesis, Imago Relationship Therapy, regressive psychotherapies, Rogerian client-centered counseling, and other humanistic, transpersonal, and Eastern traditions, in addition to the research on psychedelics. In recent years, I've had the honor to assist a number of people facing psychedelic emergencies, helping them integrate the benefit of a difficult psychedelic experience.

“Among my published work, I'm probably proudest of my affidavit to the California Superior Court in Santa Cruz on 'Rescheduling Psilocybin: A Review of the Clinical Research,' the frequently cited 'The Utilization of Policy Research,' and most recently, 'The Ten Lessons of Psychedelic Psychotherapy, Rediscovered,' in Praeger's new *Psychedelic Medicine* (2007) textbook. I'm now working on a book called *Psycheology: Psychotherapy, Psychedelics, and Change*.”

Author of dozens of popular and scholarly articles, Dr. Goldsmith is a frequent speaker on drug policy reform, spiritual development, innovation and resistance to change, and the post-modern future of society. He may be reached at neal@inch.com, or at his Web site: www.nealgoldsmith.com.