

Horizons: Contemporary Perspectives on Psychedelics Conference  
“The Ten Lessons of Psychedelic Psychotherapy...  
Rediscovered”



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# Today's Agenda

**Introduction: Safety and Efficacy**

**Five Thorny Methodological and Theoretical Issues**

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

**Changing Policies and Bureaucracies**

**The Future of Psychedelics Policy**

**Wanted: An Integral Science – A Poetry Science**

**Conclusions**

**Discussion**

# Introduction: Safety and Efficacy

## Safety

The animistic tradition: Used safely by indigenous peoples for thousands of years  
Relatively non-toxic chemically, compared to other drugs of abuse  
Powerful, although generally transient effects

## Efficacy

### Sixty years of applications

- Relationship counseling
- Post-traumatic stress disorder
- Substance abuse and addiction, especially alcoholism
- Depression
- Cluster headaches
- Childhood autism
- Obsessive-compulsive disorder
- End-stage psychotherapy with the dying (mostly cancer and more recently AIDS)
- Stimulation of the meditative state
- Elicitation of mystical experience

# Five Thorny Methodological & Theoretical 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?**

# The Ten Lessons of Psychedelic Psychotherapy ...Rediscovered

- 1. Each drug has a specific effect.**
- 2. Setting can strongly influence, constrain outcome.**
- 3. Mindset can transcend – or scuttle – the effect of 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 into 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.**

# Changing Policies and Bureaucracies

## The Policy Change Process

Awareness, interest, evaluation, trial, adoption

Quality of the data, costs and benefits, value to interest groups, larger economic, political forces

Web as a lever for change - in policies and in our bureaucratic policymaking infrastructure

## Strategic Alignment

...with the power vector of policy making community

Once aligned, then use power to change net vector further, Tai Chi-style

What's more effective, partnership or contention?

Must be in the field; eg., MAPS, CSP, MPP

Caution against cooptation

## Levers of Change

The research data

The people in the organization

The strategic context

# 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

Campaign finance – reform it or provide it

## **Policy Implications of Proactive Use of Psychedelics by the Healthy**

The FDA and “Nootropics” and wellness therapy

Dying Boomer demography and political influence

## **Systematic Drug Design**

The process of articulating all SARs

Facilitating control

# Wanted: An Integral Science – A Poetry Science

## Unity “Versus” the Frontal Lobes

The devil’s bargain, the spiral of development and postmodernism

Unification of opposites in neo-tribal postmodernism: both spiritual and scientific

## An Integral, Neo-Tribal Approach to Reality

Alternate Universes; Alternate Mindstates

Mind and neurotransmitters, spirituality

Quantum Mechanics and Cosmology, with Buddhism inbetween

Spirituality as the advanced end of normal adult developmental psychology - natural, not supernatural

Neo-animism: The Universe as fundamentally alive; with mind as an emergent property of increasing complexity



# Conclusions

## **Enormous, Positive Benefit/Cost Equation**

## **Personal, Academic, and Religious Freedom**

There is nothing more American than psychedelics

Psychedelics as a wedge issue

## **An Integral Policy:**

A rational policymaking process: Fine-grained, flexible, objective, systematic

A less-restrictive rescheduling of psychedelics

A rational research-funding process for approved psychedelics research

## **The Continuing Role of Bravery**