

# ***“The Future of Psychedelics”***

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# The Future of Psychedelics

## Introduction

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## Why This Topic at This Time?

## Today's Agenda

### **Introduction**

**The development of an integral clinical philosophy**

**Clinical metaphors**

**Transformative change is possible**

### **Creating The Future of Psychedelics**

**Many thorny issues remain**

**Rescheduling psychedelics**

**Reintroducing psychedelics into society**

**Changing policies and bureaucracies**

### **Implications and Conclusions**

### **Discussion**

## Personal Introduction

# The Development of an Integral Clinical Philosophy

## Is Fundamental Personality Change Possible?

The concept of change and it's action  
Personality development as immature strategy  
Psyche – The core concept  
Psychology: The study of the soul

## Can Psychedelics...

*Repair malfunctions in natural development?*  
*Speed up natural developmental process?*  
*Trigger immediate transformative change to novel areas?*

## The Development of an Integral Philosophy of Personality

Transcending the frontal assault  
Catharsis: Or, How I completed my childhood at Burning Man  
A revised view

## A Poem

# A Poem

## *Missed, Mist*

I feel in a mist  
Sleepwalking through life  
Sleeptalking with other sleepwalkers  
Triggering out my insides.

On the other hand...

I float down to my ground  
And on the way down  
I cry my childhood into completion.  
On the ground  
A glowing mound throbs,  
Emanating peace.

I touch the glowing orb  
And my sleeping seed awakens,  
Reigniting the unfolding frozen so long ago  
Unfolding unto the sun  
Upward to the warmth of love  
From the glow, to the warmth.

- Neal M. Goldsmith, Ph.D.

# Clinical Metaphors

- Little girl with Mommy's lipstick
- Soft malleable clay => Imago
- Centrality of duality and balance
  - Identification with the "positive" half
  - Projection/repression of the "negative" half
  - Introjection, projection; ownership, release
- Monster down there
- Relationships –
  - perfectly awful fit
  - why repetition compulsion – chose symbolic parent = masochist? No, want to finally change parent's mind.
  - 50/50 responsibility
  - acceptance => change
- Rosebud opened too early
- Frontal assault vs. the ferret and the cave
- Top-down resistance vs. melt from bottom up
- Faith the three-legged dog
- Sapling and the kindly farmer
- Forest ranger vs. farmer
- Seed with innate developmental stages => wisdom
- Fall, fall, fall, walk
- My son is my guru
- Psychology as the science of opposites, paradox
- Spiral metaphor, Leaning Tower of Pisa
- Assagioli, Ferenczi, Ajaya
- Sub-text, not text
- Relax knot in psychic muscle + loving catharsis

# Transformative Developmental Change is Possible

- Our true, original self lies under our personality, in the transpersonal ground of our being, at our core.
- Safety – love – is the central issue of infancy; lack thereof results in Plan B: Personality.
- Personality is a strategy devised by an earlier, immature version of our self.
- “Neurosis” is the natural, step-wise unfolding of human maturation. It’s not about pathology, but spiritual immaturity.
- The desire for change is a reflection of the problem, not the solution. So, working on yourself, or your relationships doesn’t work. Rather, the thing to do, is to be.
- Empathy and acceptance – love – for ourselves and our parents, enables us to relax and release the knot in our psyche, dis-identify with the defensive personality, re-identify with our core self, and finally complete our childhood.
- Transformative developmental change is possible through a combination of transcendent and cathartic approaches.
- Transcendent change touches soul, reaches forward.
- Cathartic change removes unconscious chains, releases the past.
- Transformative developmental change requires step-wise, dualistic dance.

# Transformative Developmental Change is Possible (continued)

- Under appropriate conditions, psychedelic therapy can be a safe and extremely effective tool in facilitating transformative developmental change by enabling us to see ourselves with transcendent love and to safely engage in catharsis.
- Stunted/skewed development can be gotten back on track, but psychedelics aren't cognitive-development-in-a-pill.
- Psychedelics can trigger understanding; on the other hand, behavior change takes time, and in this culture is often harder to sustain than we acknowledge.
- The larger process is about the healing of Cartesian duality, integrating the scientific/mechanistic and the spiritual/tribal.
- There are methods for changing policies and bureaucracies, and we are honor bound to bravely apply them in the pursuit of science, truth, and freedom.
- Having laid out these key lessons, as good global citizens, we are compelled to actively apply these findings, to improve the world.
- It's important, too, for us to speculate about the future of psychedelic therapy and policy – and whether the re-integration of psychedelics into western civilization could provide a rite of passage for our culture as a whole, elevating us to a new, integral level of society.

# The Future of Psychedelics

## Creating the Future of Psychedelics

# Many Thorny Methodological and Theoretical Issues Remain

- Why use double-blind, randomized, control-group designs?
- Why do psychedelics provide pain relief?
- Is psychedelic spirituality real?
- Can psychedelics provide lasting change?
- Are psychedelics a medicine or a sacrament?
- How will psychedelic researchers and therapists be trained?
- How should psychedelics be rescheduled?
- How regulated should the use of psychedelics become?
- How will psychedelics be re-introduced into medicine and society?

# Rescheduling Psychedelics: Safety and Placement Criteria

## Safety

The animistic tradition: used safely by indigenous peoples for thousands of years

Relatively non-toxic chemically, compared to other drugs of abuse

Several acute administrations; not chronic daily use

Although powerful, effects are generally transient

## Five Schedules

(1) Schedule I (e.g., LSD, heroin, cannabis)

(2) Schedule II (cocaine, demerol, methadone)

(3) Schedule III (amphetamine, phencyclidine, barbiturates, lysergic acid)

(4) Schedule IV (phenobarbital, meprobamate)

(5) Schedule V (dilutions and admixtures of scheduled drugs or substances)

# Rescheduling Psychedelics: Placement Criteria

## Eight Factor Analysis

1. Drug or substance actual or relative potential for abuse.
2. Scientific evidence of its pharmacological effect, if known.
3. The state of current scientific knowledge regarding the drug or other substance.
4. Its history and current pattern of abuse.
5. The scope, duration, and significance of abuse.
6. What, if any, risk there is to the public health.
7. Its psychic or physiological dependence liability.
8. Whether the substance is an immediate precursor of a substance already controlled.

U.S. Controlled Substances Act, 21 USC 811(c)

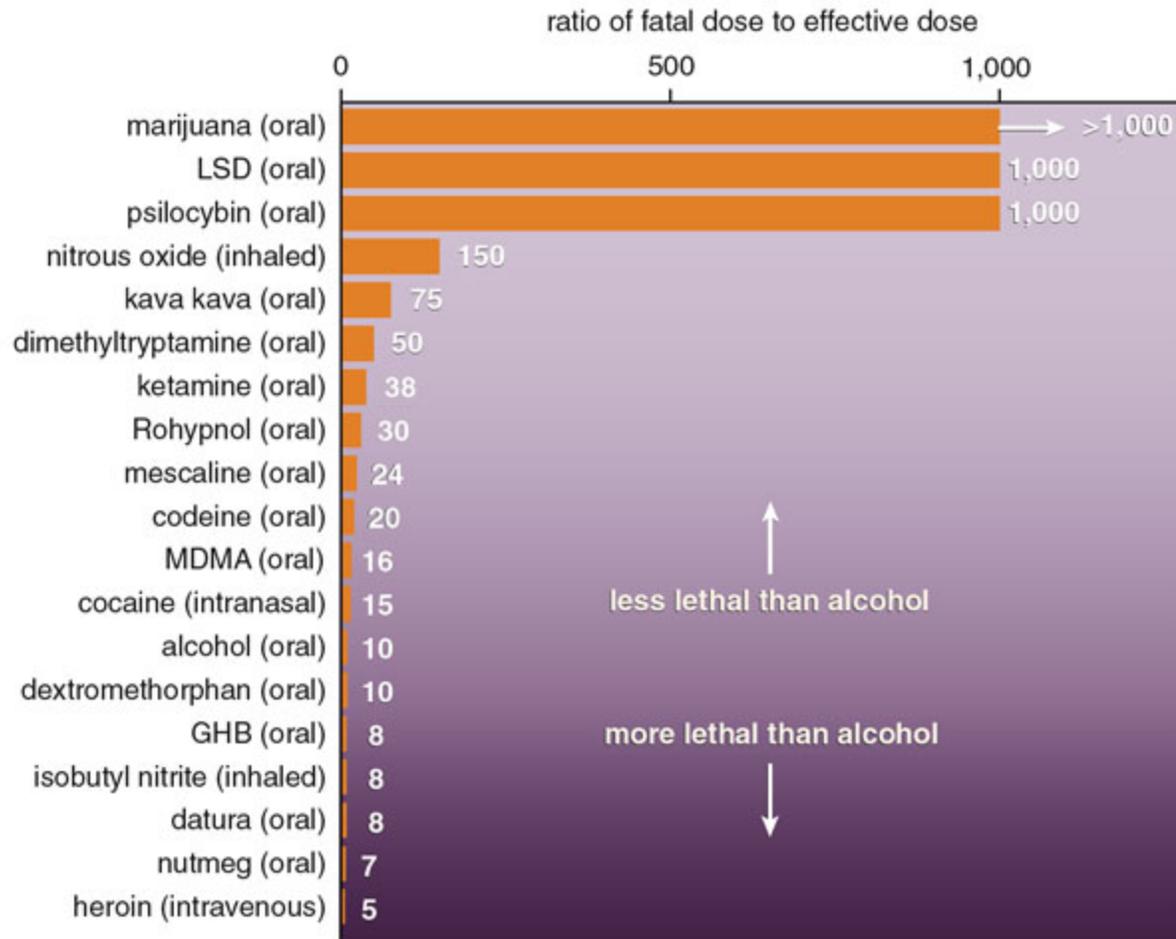
## Other Factors

Right of dying to determine treatment

Cognitive liberty and cognitive enhancement

Religious freedom

# Rescheduling Psychedelics: Gable's Table



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

# Rescheduling Psychedelics: Which Drug First? For Which Patient Population?

## Psilocybin

Pros: established physiological safety; powerful, but relatively manageable; end-of-life anxiety

Cons: can be moderately psychologically challenging

## MDMA

Pros: anxiolytic; PTSD application

Cons: physiologically demanding

## LSD

Pros: powerful/effective; physiologically non-toxic (no known lethal dose)

Cons: intensity; long course of action (can be a plus); notoriety/fear

## DMT

Pros: very short acting (too short?); Strassman's ground work; connection to ayahuasca

Cons: intensity; other worldly, difficult to integrate; connection to ayahuasca

## DPT

Pros: relatively short acting; Spring Grove ground work

Cons: under researched (can be a plus); Spring Grove saw as less effective than LSD

## Ketamine

Pros: already schedule III, short acting

Cons: dissociative, difficult to integrate

# Rescheduling Psychedelics: Scenario Planning

Negative Events:  
Rare/Minor

*“Simmering and Teasing”*

- *quaint, under-funded area*
- *no movement*
- *scheduling status quo*

*“Full Steam Ahead!”*

- *funding emerges*
- *positive media attention*
- *pharmaceutical company interest?*
- *rescheduling to schedule II or III*

Research Results:  
Mixed/Weak

Research Results:  
Strong/Positive

*“The Big Chill”*

- *no funding*
- *current scheduling reaffirmed*
- *low-priority for professionals*

*“Half Steam Ahead”*

- *cautious movement; opposition*
- *intense media scrutiny*
- *scheduling in flux*
- *applications research ongoing*

Negative Events:  
Common/Major

# Rescheduling Psychedelics: Scenario Planning (continued)

Negative Events:  
Rare/Minor

	<p><i>“Simmering and Teasing”</i></p> <p>15%?</p>	<p><i>“Full Steam Ahead!”</i></p> <p>65%?</p>	
Research Results: Mixed/Weak	<p><i>“The Big Chill”</i></p> <p>5%?</p>	<p><i>“Half Steam Ahead”</i></p> <p>15%?</p>	Research Results: Strong/Positive

Negative Events:  
Common/Major

# Reintroducing Psychedelics into Society

## **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

## **Psychedelics as a “Wedge Issue”**

The catalytic role of psychedelics in the emergence of an integral, post-postmodern society

# 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

## Right Action: Buddhism and Psychedelics Policy

Coopting interest groups

Campaign finance - reform it or provide it

# The Future of Psychedelics

## Implications and Conclusions

# Implications: An Integral World View

## Unity “Versus” the Frontal Lobes

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

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

Mind and neurotransmitters

From quantum mechanics to cosmology, with Buddhism in-between

Relativistic, but not amoral

A rich, dualistic interplay, but not oppositional

Transcendent, but not apathetic

Animistic, but not supernatural

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

## Psychedelic Provide an Opening to a Broader Definition of Healing

Psychedelic medicine is mediated by peak - “spiritual” - experience

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

Integration of mind-body duality: Healing as the power of the whole organism

# Implications: An Integral World View (continued)

## **Masters and Houston's Levels of Psychedelic Experience**

### **Psychedelics as a Window, Not a Door**

Spiritual experience is not a spiritual life

Integration requires a daily practice

### **Different Perspectives**

Material view of visionary plants, pharmaceutical chemicals, and endogenous neurotransmitters

Psychological view of healing pathology

Spiritual view of incarnate energy (love)

### **New Old Approaches**

Mother Vine - ayahuasca

Ayurveda, yoga, meditation, tantra

### **Personal and Societal Development**

Separate from true Self and other souls

In touch with personal psychology only - love self

Connected to Self and others - spiritual love and fundamental unity

# Conclusions: Speaking Truth to Power

## **Clinical Promise: Enormous, Positive Benefit/Cost Equation**

Generally positive data; many are helped

Hard-won methodological sophistication

Modern models of healthy, effective application

## **Wanted: An Integral Policy Process**

A rational policy making process: discriminating, flexible, objective, systematic

A data-based, less-restrictive rescheduling of psychedelics

A rational funding process for approved psychedelics research

## **Personal Freedom and Development**

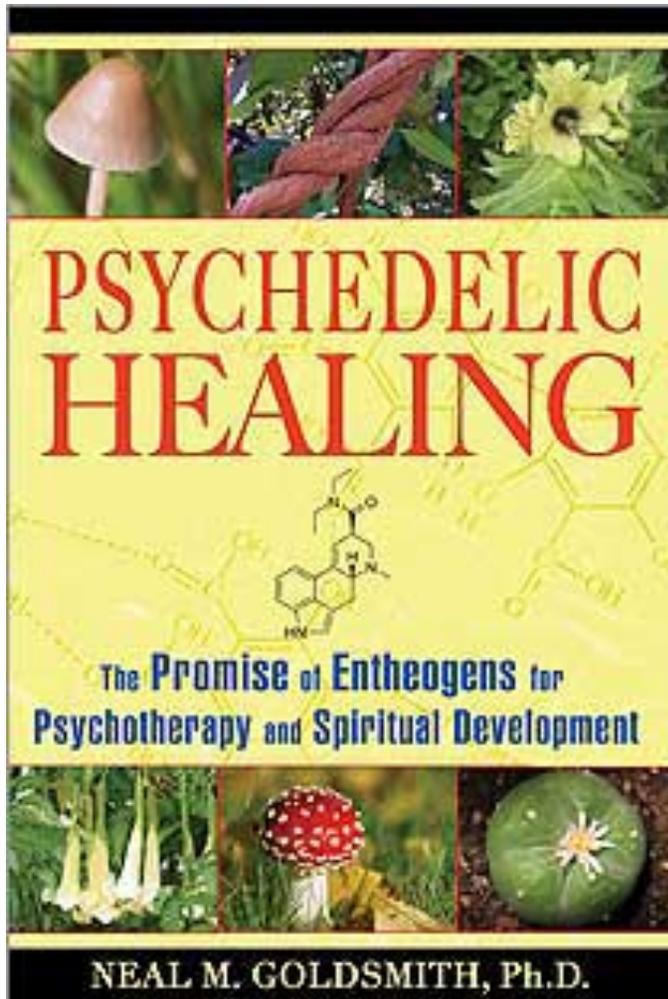
There is nothing more American than psychedelics

Researchers, clinicians, patients, the clergy, the public

Global information infrastructure

Truth and bravery vs. blinders and decline

# A New Book about the Future of Psychedelics: *Psychedelic Healing*



FORTHCOMING

***Psychedelic Healing: The Promise of Entheogens for  
Psychotherapy and Spiritual Development***  
(Inner Traditions/Healing Arts Press, 2010)

by Neal M. Goldsmith, Ph.D.

## ***About Psychedelic Healing***

Psychedelics as therapeutic catalysts for emotional and spiritual transformation

Explores the latest medical research on the healing powers of entheogens

Reveals the crucial role of tribal and shamanic wisdom in psychedelic medicine

Provides guidelines for working with psychedelics, including the authors personal healing and recommendations for creating change on the spiritual and societal levels

<http://store.innertraditions.com/Product.jmdx?action=displayDetail&id=3632&searchString=978-1-59477-250-4>