

**Introduction into Psychedelic Assisted Psychotherapy in the Treatment of Trauma
International Institute for Trauma Studies**

State Pedagogical University

Vinnytsia, Ukraine

Fall Semester/ /2024

15 credit hours

February - May, 2024

faculty

Gil Spielberg, PhD, Will Van Derveer, MD, Gaea Logan, LPC-S, CGP

Course Description

This course will allow Ukrainian graduate students and the larger Ukrainian clinical community to immerse themselves in a focused inquiry at the intersection of contemporary psychoanalysis and psychedelic medicines. In this course, questions to be explored will include the history of psychedelic medicine, an evolving understanding of consciousness, neurobiology, applications of psychedelics in the treatment and prevention of anxiety, depression, and PTSD. The course will include lectures from experts in the field of psychedelic medicine and psychoanalytic treatment of trauma. The course will include clinical examples, documentary film about psychedelic treatments of trauma, and exploration of core competencies and fundamental clinical skills fundamental to both contemporary psychoanalysis and psychedelic therapy.

Purpose of this Class

1. Engage in a rigorous review of historical uses and current psychedelic research
2. Prepare clinicians in the field to consider the utilizing psychedelic medicines in their trauma treatment
3. Review the core principles of relational psychoanalysis

Learning Objectives

1. Summarize the history of clinical and indigenous psychedelic use
2. Review and understand current efficacy research on Psilocybin, Ketamine, and MDMA
3. Explore the neurobiology of trauma
4. Explain the foundational competencies of relational psychoanalysis

Class dates

1. February 9, 2024
2. February 16th, 2024
3. Feb 23rd, 2024
4. Mar 1st, 2024

5. Mar 8th, 2024
6. Mar 15th, 2024
7. Mar 22nd, 2024
8. Mar 29th, 2024
9. April 5th, 2024
10. April 12th, 2024
11. April 19th, 2024
12. April 26th, 2024
13. May 3rd, 2024
14. May 10, 2024
15. May 17, 2024

Class #1. History of psychedelics in research and treatment - [Olga Chernoloz]

Class # 2. “From Shock to Awe” Film viewing and panel/class discussion with Guest Speaker Janine Sager and .[Faculty Panel - Iryna Frankova, Oleh Orlov, Tamara Kryvonis, Iryna Baihuzina]

Class # 3. Introduction to Ketamine-Assisted Therapy - [Vladislav Matreninsky, MD]

Class # 4. Current Research: Psilocybin, Ketamine, and MDMA Will Van Derveer MD

1. Explain the basic differences between psychedelic psychotherapy and conventional models of care for PTSD
2. List the drawbacks of conventional approved treatments for PTSD
3. Summarize the evidence base for psychedelic-assisted therapy
4. List the indications studied thus far in clinical trials of psychedelic assisted therapy

Class # 5. Neuro research and evolving understandings of the mind/body/brain, with Jeff Guss, Guss paper - Gaea to follow up with Jeff

1. The Narrative Identity and DMN
2. Ego Dissolution
3. The unconstrained, hyper associative mind
4. Multiple self states
5. Relationality
6. Conscious and unconscious states

Class # 6. Intro to Neuroscience of Trauma with possible guest speaker, Arielle Schwartz

1. Describe Interpersonal Neurobiology and Applied Polyvagal Theory
2. Explain how to Stabilize Acute Traumatic Stress
3. Identify Top-down and Bottom-up Interventions
4. Discuss the faux window of tolerance (false self experience) as differentiated from the resolution of traumatic stress
5. Explore key trauma treatment principles from EMDR Therapy and Somatic Psychology

Class # 7. The Ethics of Psychedelic Assisted Psychotherapy with Kylea Taylor PhD

Class # 8. Transpersonal Experiences with Psilocybin with Tony Bossis

Class # 10. Screening, Confidentiality, and Informed Consent: Meg Oxley MD

A Selection of Key Foundational Therapeutic Skills...

Class # 11. Introduction to Intrapsychic Foundational Therapeutic Skills with Will Van Derveer and Gaea Logan

- *Abiding in presence*
- *Calm Creates Calm*
- *Heart Rate Variability entrainment / field effects*

Class # 12. Introduction to core relational psychoanalytic competencies applicable to Psychedelic Therapy, Part 1 [with Will Van Derveer, MD. Gil Spielberg, PhD and Gaea Logan]

- *Set and Setting*
- *Developing the therapeutic alliance*
- *Intersubjective elements of presence*
- *Analytic Listening on multiple levels - intrapsychic, interpersonal,*

Class # 13. Introduction to core relational psychoanalytic competencies applicable to Psychedelic Therapy, Part 2 [with Will Van Derveer, MD. Gil Spielberg, PhD and Gaea Logan]

- *Supporting the multiplicity of meaning*
- *Mindfull, nonjudgmental, curious, and open minded contact*
- *Turning toward and not away*
- *Developing an analytic attitude – empathic, reflective, tolerant of ambiguity/uncertainty/complexity, flexible, interested in discovering the truth about the patient's emotional experience, and being respectful of the patient's individuality.*
- *Understanding the emergence of transference and countertransference reactions- positive and negative.*

Class # 14. Psychedelic Integration - Tools and Frameworks - WV to consider who

State Change to Trait Change

Behavioral Change

Existential models (re-examining personal values in light of material unearthed in the dosing session)

Class # 15. Psychoanalysis and Psychedelics: Possibilities for transformation

faculty, group discussion, closure of the semester

Panelists Gaea, Will, Gil lead class discussion with or without break outs

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<https://docs.google.com/document/d/13HZkQKbHBMSNGQnSflCwmFAMn-iYzSzvRKL6zsh8LaY/edit>

<https://www.appa-us.org/standards-and-guidelines/professionalpracticeguidelines>

Psychoanalysis and Psychedelics

Learning Modules

IPI competencies

1. Safety, Ethics, and Cultural Humility (35 hr)
2. Foundational Therapeutic Skills (24 hr)
 - a. *Abiding in presence*
 - b. *Developing alliance*
 - c. *Supporting the multiplicity of meaning*
 - d. *Proficiency in somatics, parts work, and related techniques*
3. Historical Use and Current Research: Psilocybin, Ketamine, and MDMA (26 hr)
4. Screening and Informed Consent (10 hr)
5. Preparation Process (24 hr)
6. Medication Administration Session Therapeutic Skills (27 hr)
7. Integration Tools and Framework (23 hr)
8. Group Facilitation (16 hr)

Potential IPI talks we discussed

Prerequisite Recordings:

Psychedelic Ethics Shannon Carlin

Transference and Countertransference Brooke Balliett

Psychedelic History Torsten Passie

Introduction to Ketamine () Will Van Derveer

Transpersonal Psilocybin Tony Bossis

Intro to Neuroscience of Trauma Arielle Schwartz

Lectures:

Psilocybin-Assisted Therapy and Traumatic Memories (5/30/2023) Fred Barrett

Keynote: MDMA Research Update (10/28/2023) Scott Shannon

Potential live invites:

Rick - live?

Gabor - live?

Carhart Harris - live?

To Do List

- ☐ Invitation to Jeff Guss (WV) for History of Psychedelics, cc Gaea
- ☐ Arielle Schwarz to lunch with Gaea
- ☐ Look for a contact for Maggie Klein for traumatic memories
- ☐ Does Megan Oxley want to teach about screening and informed consent for Ukraine?
- ☐ Kylea Taylor for Ethics

Feedback: