

## **Psychedelic Therapy with the use of Music**

In this essay I will explore how music is used in psychedelic therapy.

Firstly, I want to explain that psychedelic drugs shouldn't be seen from a negative perspective. Its legality is the main reason that when people hear psychedelic drugs that they think negatively however compared to other psychoactive substances both illegal and legal, numerous scientific investigations rank harms to the user and harm to society the lowest. Psychedelics are freakishly physically safe.

I will now explain the process of psychedelic therapy, I learned this information from a conversation about psychedelic medicine by a leader in the field Andrew Penn.

(HARVARD REFERENCE <https://www.youtube.com/watch?v=TfraYldVv8c>)

The process of psychedelic therapy as a mental health treatment looks like a combination of medicine and psychotherapy. It's referred to as psychedelic assisted psychotherapy or psychedelic assisted psychedelic treatment. The patient is screened to make sure they are eligible which evaluates their safety. Then the day before the treatment they are educated by what they call the guilds which are the therapists who reassure them what might happen, how to deal with any negative experience, how long it's going to last. The next day they come in for the treatment session, where they are given the drug (the medicine) in a room made to feel most comfortable as possible, they have music playing usually listened through earphones and they lay back in a bed and let things happen. The following day they come back and see the therapist where the real psychotherapy is done, which is called the integration session where the therapist can explain as they can make sense of the patient's experience, memories and thoughts they had and how that explains their disorder, their depression.

Understanding the process of psychedelic therapy session, I want to now explore the questions, why/how is music used in psychedelic therapy? How do psychedelic drugs and music work together?

Music when used in therapy with or without drugs music can activate and reveal, make visible aspects of our mind and sub conscious mind. Music can create a therapeutic opportunity.

.Notes.

Setting influences the patient during an experience, a patient is made to feel as most comfortable and safe as possible. Music is incredibly prominent setting variable that is present during the patients experiences.

We need an understanding of how psychedelic drugs and music work together?

2 Main Questions...Why/How Is Music being used in Psychedelic Therapy?

Music when used in therapy with or without drugs music can activate and reveal, make visible aspects of are mind and sub conscious mind, music can create a therapeutic opportunity.

Role of music,

“Carefully selected music can be very powerful in altering the subjects mood and associations.” (Hoffer, 1965)

“Music is helpful by facilitating structure, mental imagery and emotionality inn experience” (Bonny, 1967)

Music in 50s and 60s became a central role in psychedelic therapists. Large major of therapies are still playing music in these sessions.

### Paintss Response

Modern research

Emotions experienced in response to music are enhanced under the influence.

Perceived meaning in music is enhanced in this case LSD.

Music is processed very differently by the brain under the influence.

My analysis

Psychedelic substances alter the state of conscious creating a therapeutic opportunity therefore the combination of music and psychedelic therapy are two extreme corresponding components that can lead to therapeutic success for a patient.