

Psychedelic Therapy

Introduction

Psychedelic therapy, a life changing experience. The combination of psychoactive drugs and therapy for an individual can be significant in a patient success. (Elsevier Ltd, 2022) 'Recent clinical trial data indicate psychedelics including psilocybin hold promise in treating patients with depression, anxiety, terminal illnesses, addiction, and other mental health conditions...' Today in 2023, MDMA and psilocybin remain as investigational drugs, unapproved by the FDA however research suggests these can be significant medicines when safely used by experts in the correct environments. Sessa Ben. (2006, p. 3) 'In the 1950s...it was later found to be a helpful tool to assist in psychotherapy. The patient under the influence of LSD had the ability to recall distant, repressed memories and revisit past traumatic experiences with great clarity.' Trulson, Michael *et al.* (1985, p. 15) 'LSD was first produced in 1938 by Dr. Albert Hofmann'

Legality, Safety & Abuse

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.

Cultural Context

Humans have had a relationship with psilocybin throughout our species existence. Indigenous people all around the world have used psilocybin. (Begell House, 2023) 'Wild edible mushrooms are a valuable dietary food to many tribal people around the world...and medicine for various ailments in their communities...' Today with modern research humans are discovering therapeutic opportunity for psychedelics.

Process of Psychedelic Therapy

The modern process of psychedelic therapy, all information was sourced from a conversation about psychedelic medicine by a leader in the field Andrew Penn. (Penn Nursing, 2022) 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.

How Music is Used in Psychedelic Therapy

Understanding the process of psychedelic therapy session, it's time to 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.

(National Institutes of Health, 2018) '...music plays a central therapeutic function in psychedelic therapy...' Music being very important to therapeutic success means there is importance to the music selection. (National Institutes of Health, 2018) 'The central purpose of the use of music in the present therapeutic study was consistent with that of early psychedelic therapy studies, i.e. to facilitate personally meaningful experiences that can lead to sustained changes in behaviour and outlook. In order to achieve this, researchers often emphasised the importance of adapting the music to individual patient's changing therapeutic needs, as their therapeutic experience unfolds dynamically'. Every individual is different therefore selecting music individually would have a changed effect, good or bad. (National Institutes of Health, 2018) 'For the present study, however, a standardised playlist was created to control for music as a potential confounding variable. Therefore, all patients were intended to listen to the same music playlist.' Playlist are designed.

(National Institutes of Health, 2018) 'The design of the music playlist...where each phase is associated with a distinguishable set of psychological needs the music can serve. These phases are, in chronological order: "pre-onset", "onset", "building towards peak", "peak", "re-entry", and "return". In the present study, the durations of the phases were adjusted to the shorter duration of psilocybin's effects, compared with LSD.'

Cultural Context

Netflix series 'how to change your mind'

How Music is Used in Psychedelic Therapy

Bibliography

A-Z

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