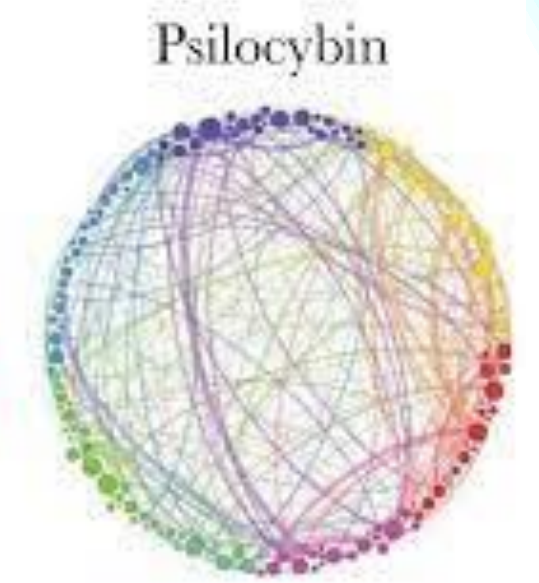
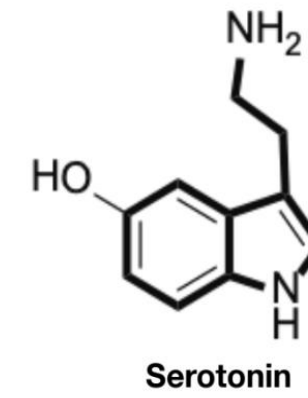
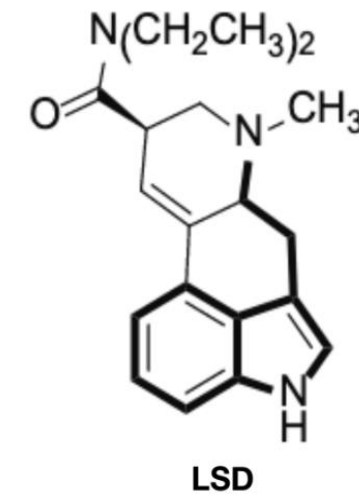




# PsyEdu

PSYCHEDELIC EDUCATION  
FOR HEALTH PROFESSIONALS

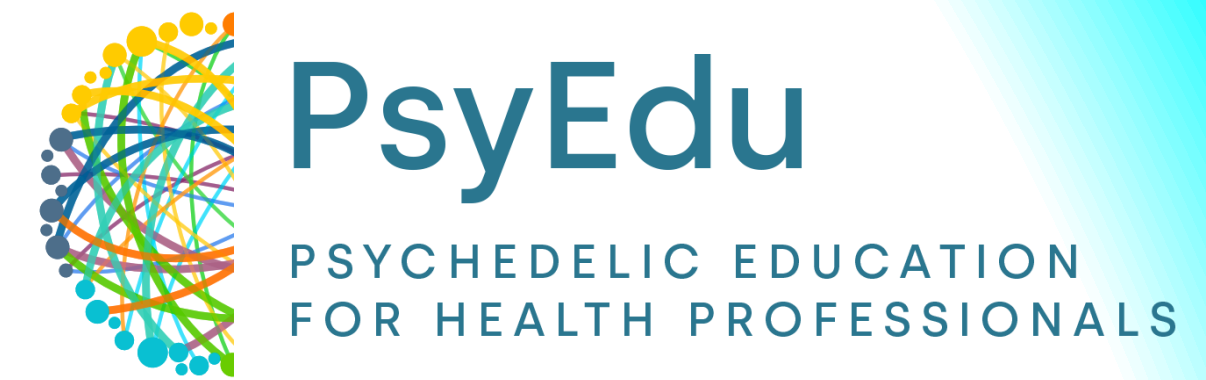


# Psychedelics:

## What every healthcare professional needs to know

Dr Duncan Still  
Academic Director  
PsyEdu

# PsyEdu - Our Aims



- To educate health professionals and the general public with current, accurate, evidence-based information about psychedelics
- To support the safe exploration of psychedelics in pursuit of health, healing, wellbeing
- To connect with like-minded organisations
- To advocate and lobby for changes in the law to allow for the rational and responsible use of psychedelics

# What we'll cover

- Definitions, history/context, what's out there?
- How and why they work
- Opportunities: MH v PD, societal & planetary benefits?
- Challenges: evidence, licensing, roll-out
- Becoming 'psychedelically informed'
- Something for those who want to know more . . .

. . . And any questions you may have!



# What are psychedelics?

From the Greek

Psyche (mind/soul) + delos (manifest)

- Physiologically safe & non-addictive substances (Nichols, 2016)
  - **but not risk-free!**
- “...producing expanded consciousness through heightened awareness and feeling” (Osmond, 1956)
- Medicines or sacraments?





# What are psychedelics?

## Classic psychedelics (5HT-2A agonists)

LSD, psilocybin, mescaline, DMT, ayahuasca

## Empathogens (serotonin agonists, DA/NA/Oxytocin)

MDMA, MDA, 2-C series

## Dissociatives (NMDA antagonists)

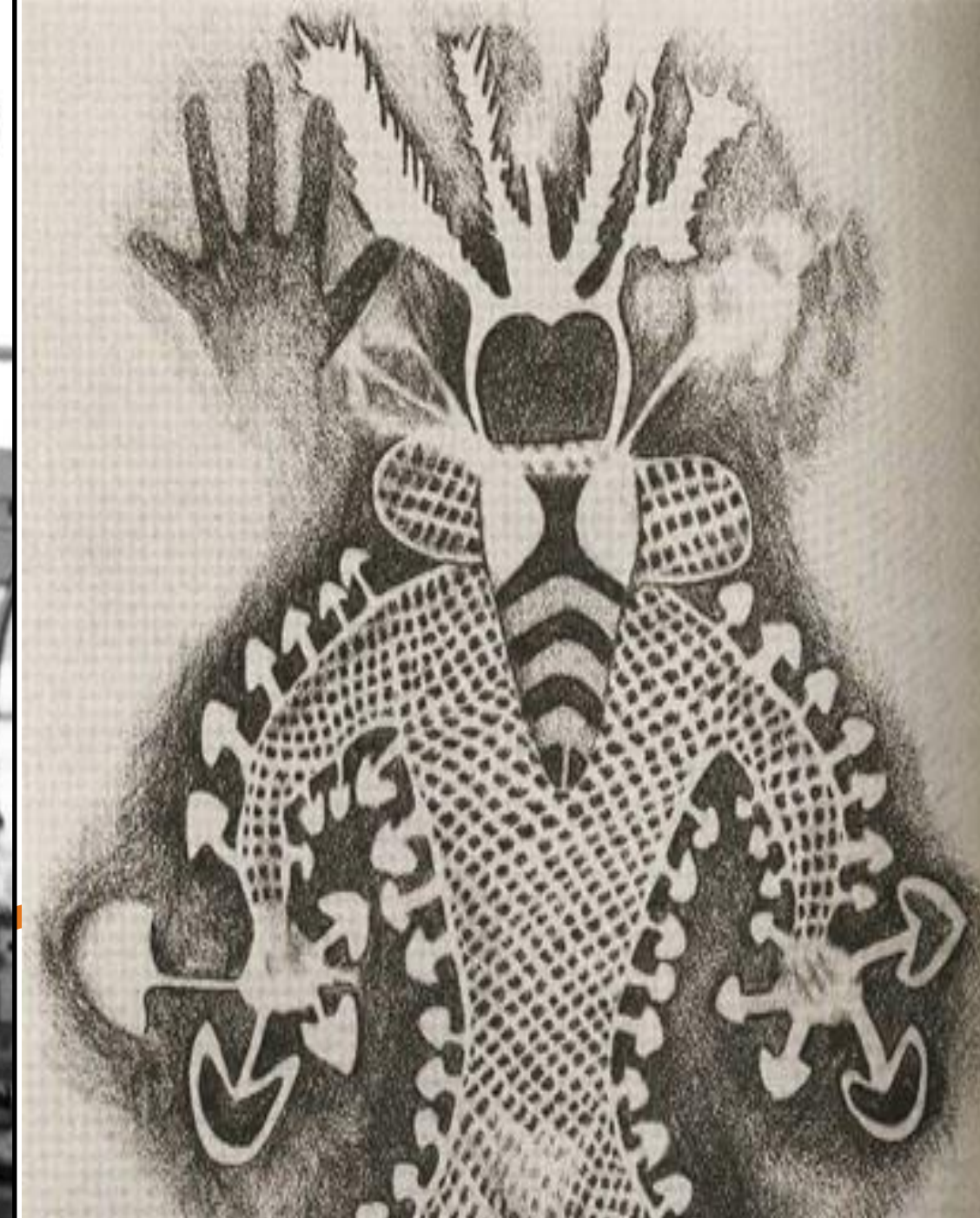
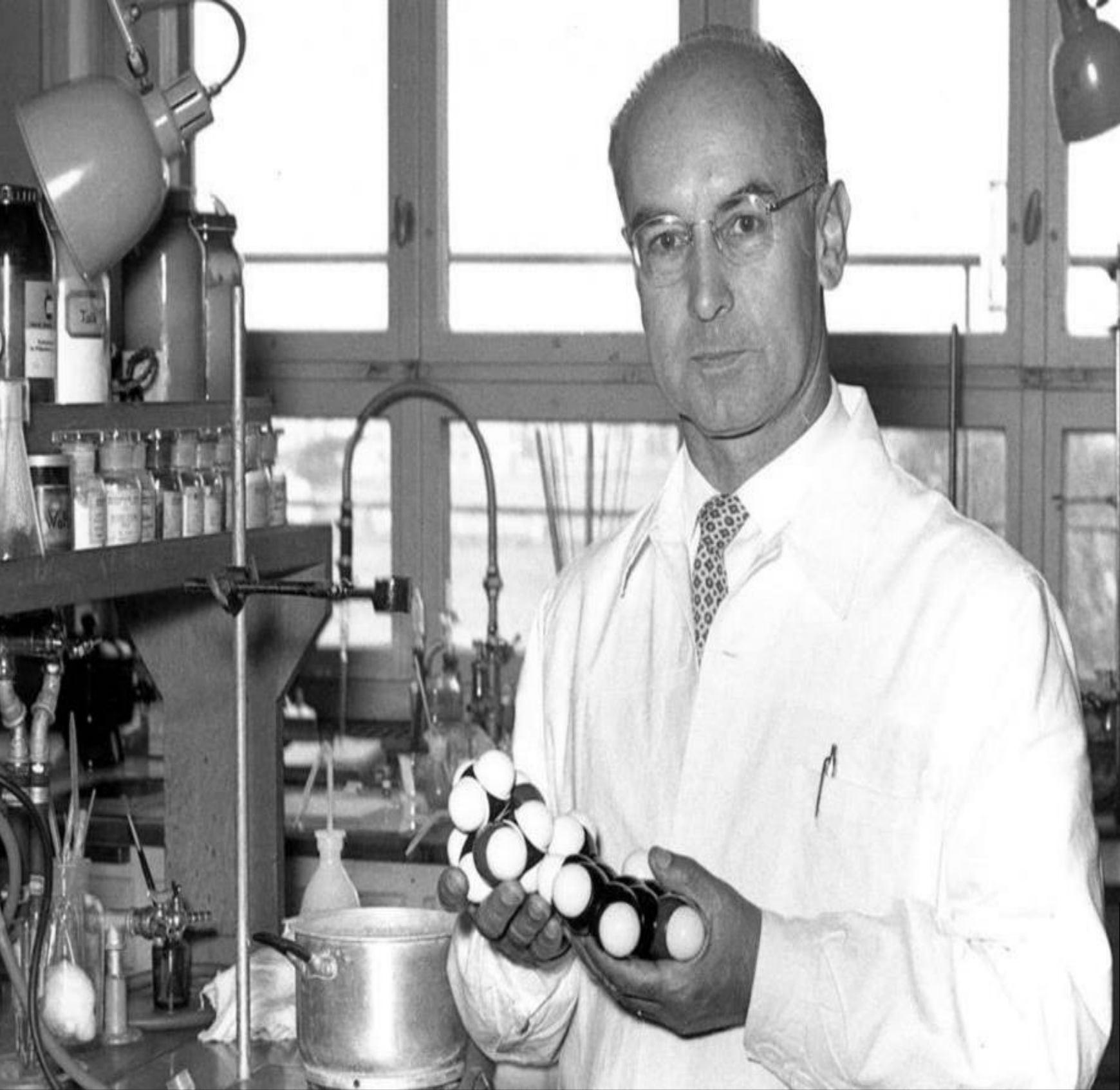
ketamine, PCP, nitrous oxide

## Unique substances

ibogaine, 'mad honey,' amanita muscaria, 5-MEO DMT, Syrian rue...



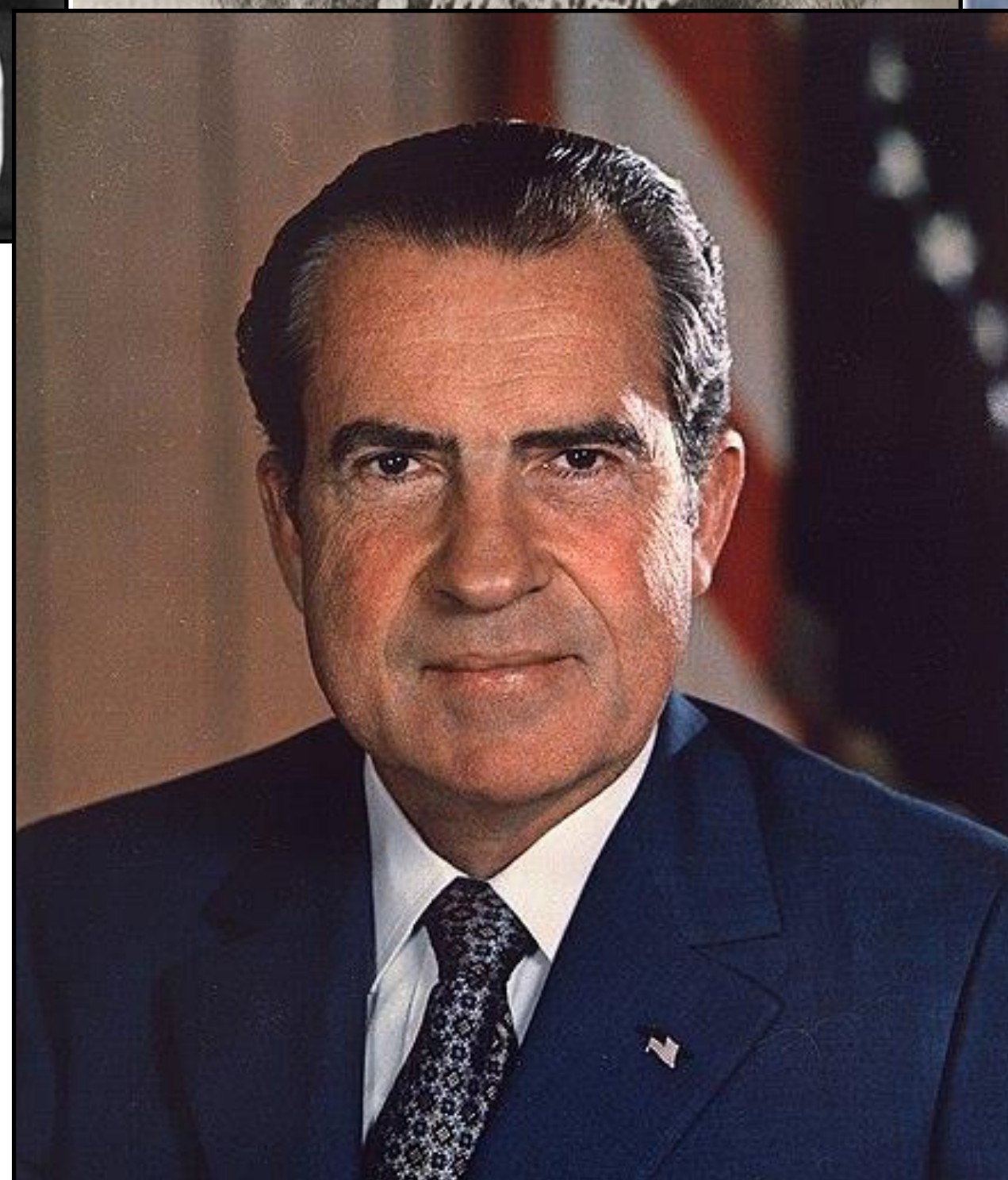




***“Did we know we were lying about the drugs?”***

***Of course we did.”***

- John Ehrlichman,  
domestic policy advisor  
to Richard Nixon



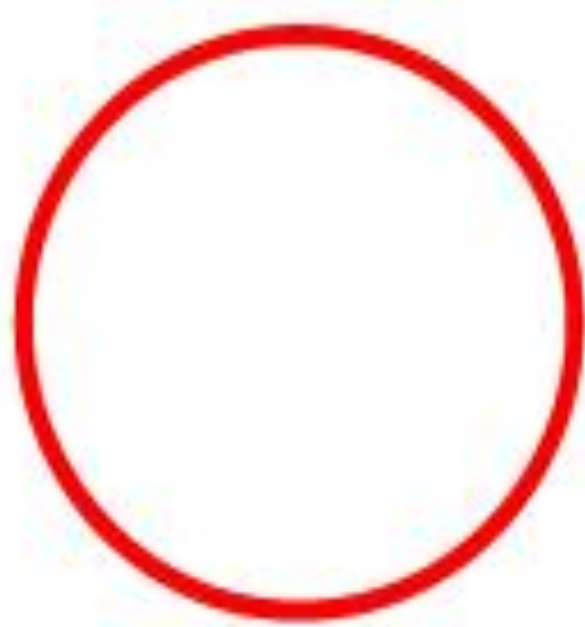
***“Results were overwhelmingly positive, describing safe and effective treatments.”***

(Masters and Houston, 1971)



# A word on safety

- Very Safe – non-toxic, non-addictive . . . But not risk free!
- Clinical perspective
- Wisdom traditions
- Tension between the two



Psychedelics and MDMA

UK experts

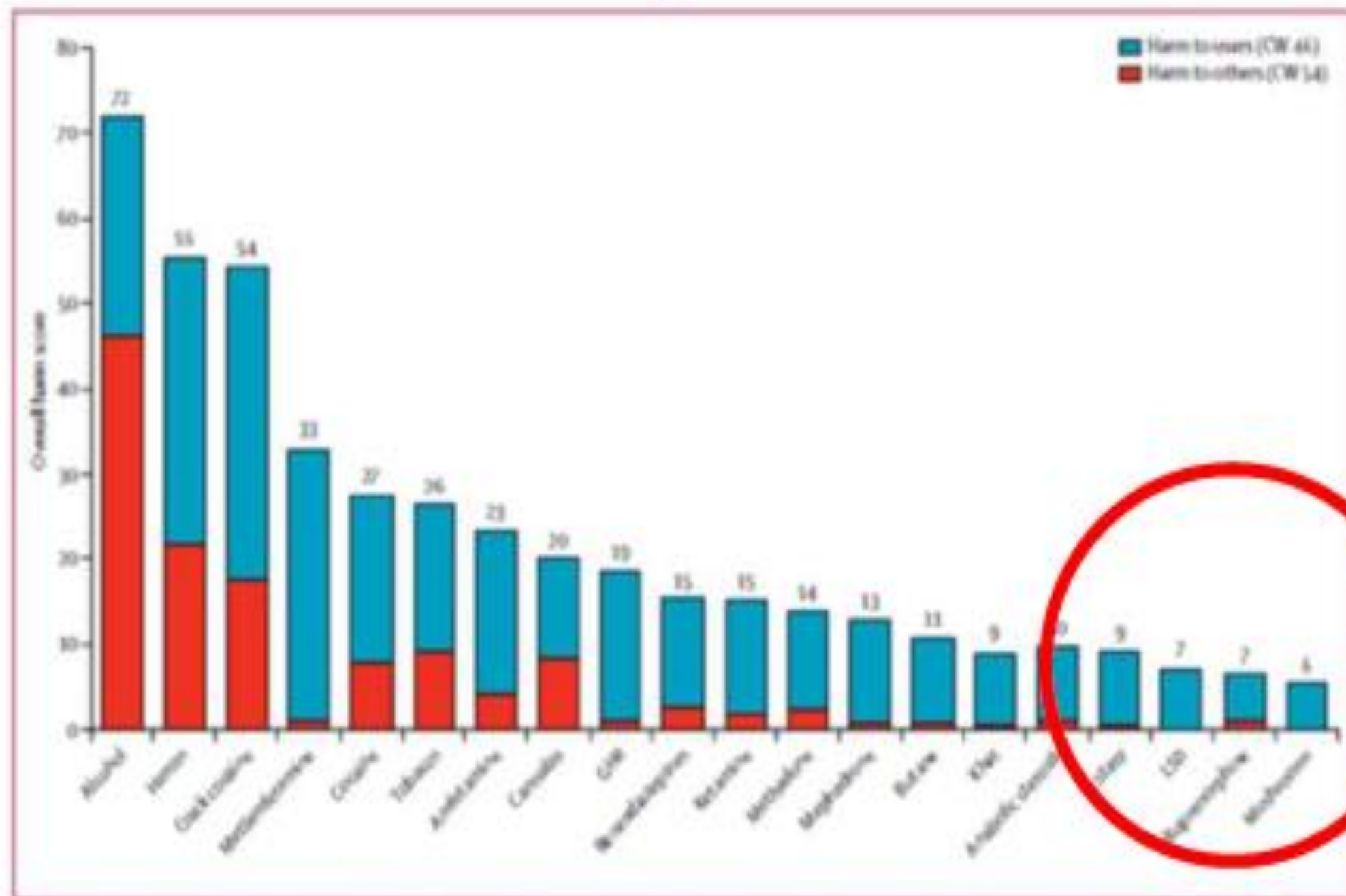
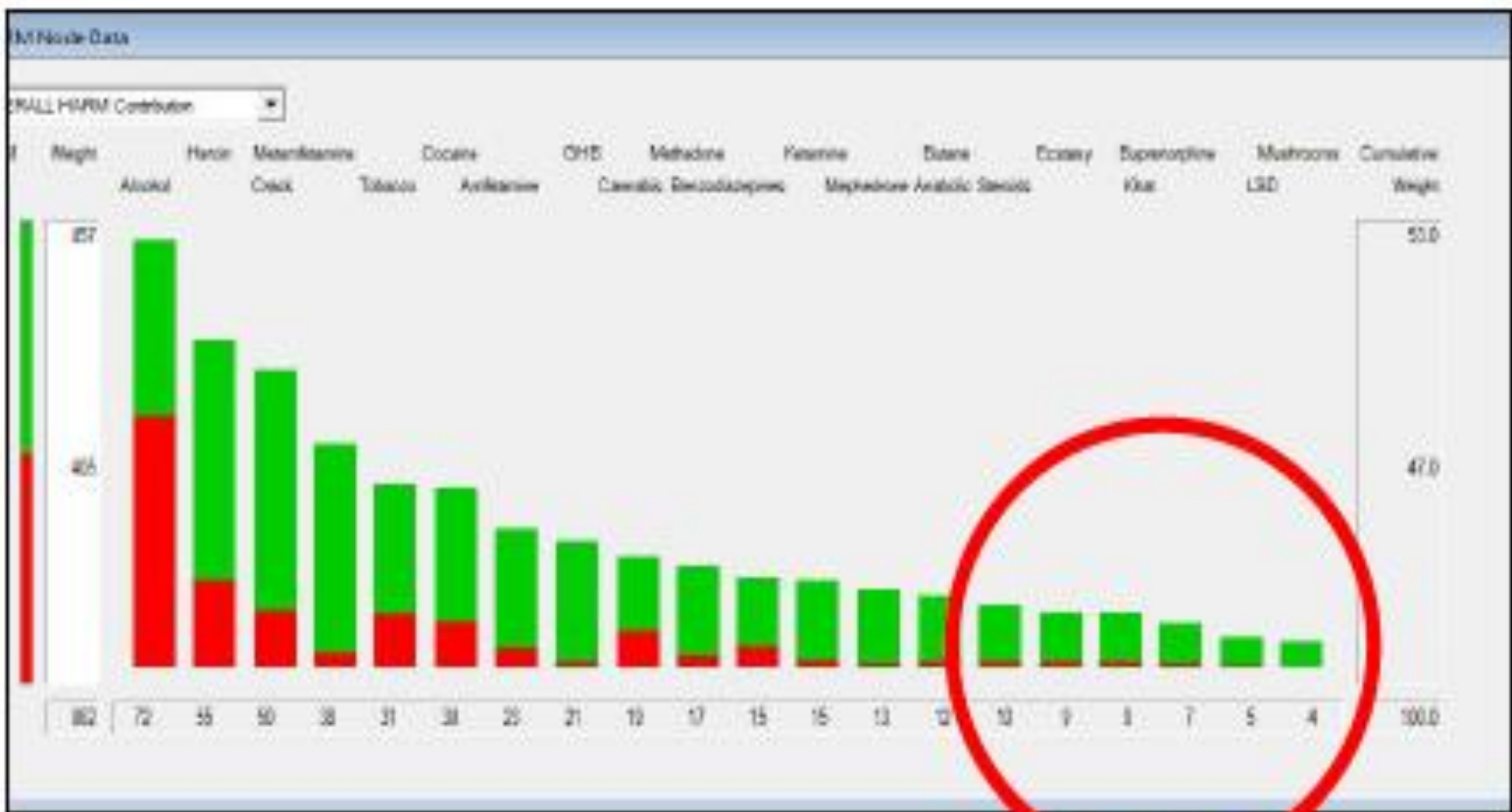
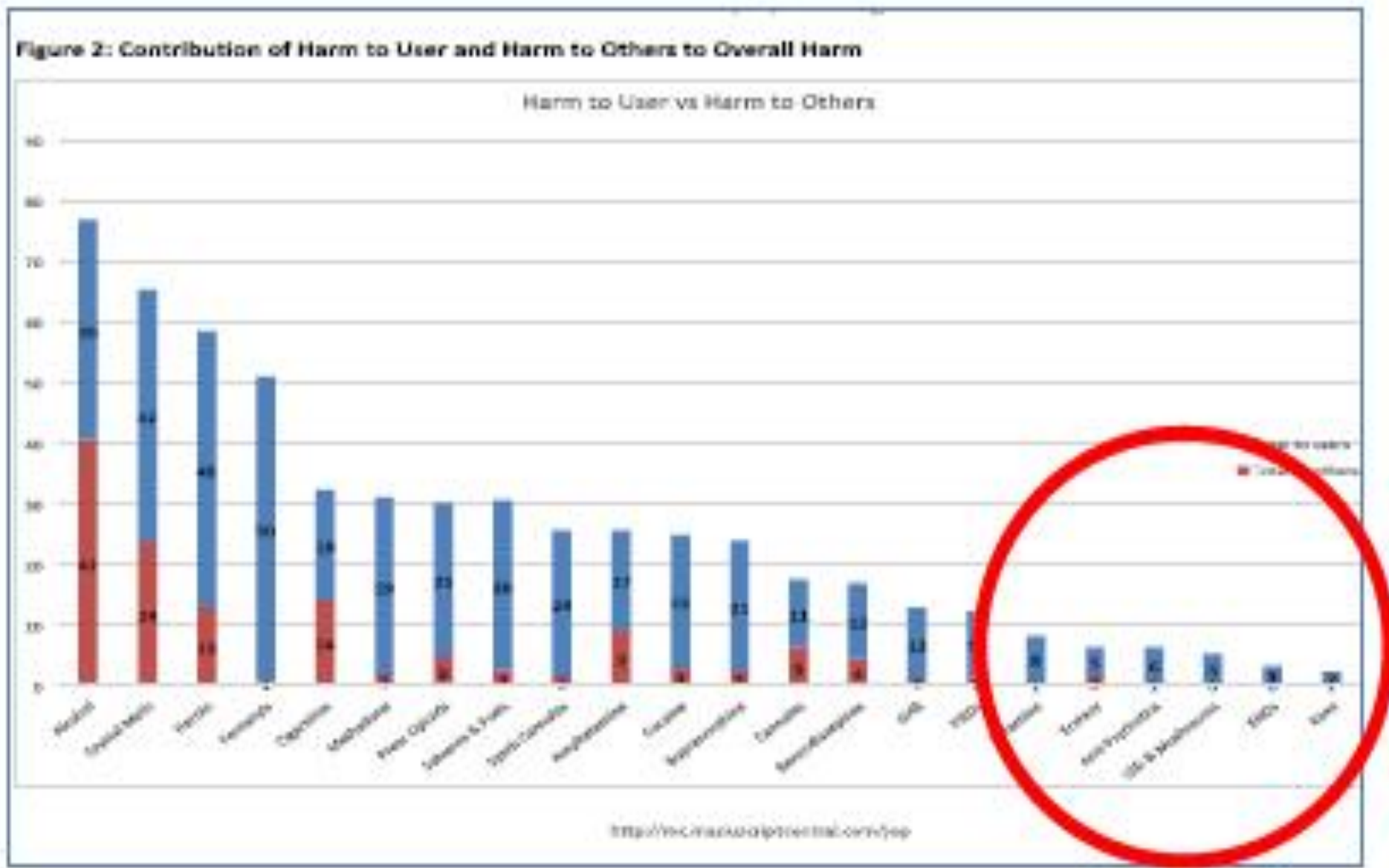


Figure 2: Drugs ordered by their overall harm scores, showing the separate contributions to the overall scores of harms to users and harm to others. The weights after normalisation (0-100) are shown in the key (cumulative in the sense of the sum of all the normalised weights for all the criteria to users, 44; and for all the criteria to others, 54). CW=cumulative weight. GABA=gamma hydroxybutyric acid. LSD=lysergic acid diethylamide.

Nutt King & Phillips Lancet Nov 2010



van Amsterdam et al J Psychopharmacology 2014



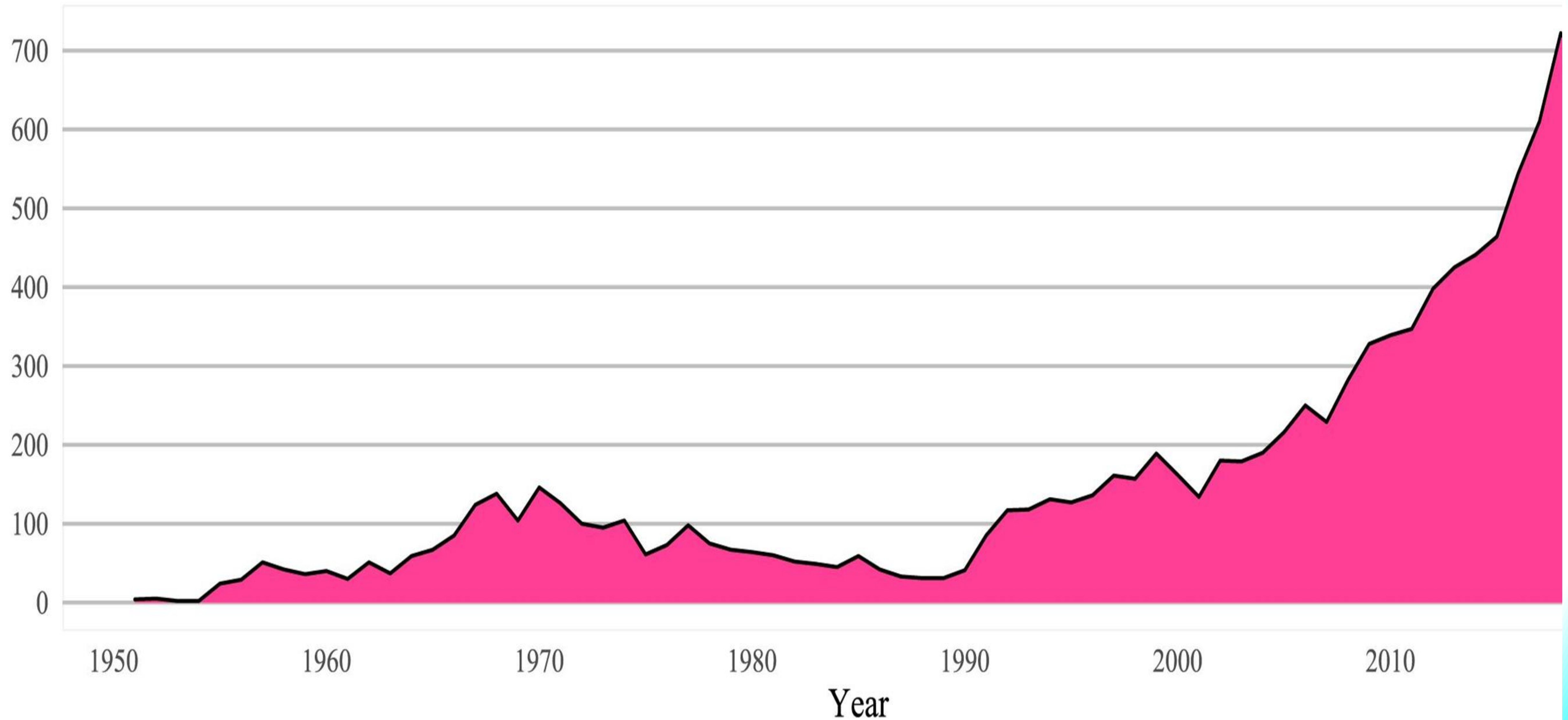
Bonomo et al J Psychopharmacology 2018

EU experts

Australian experts



# Who can tell me what this slide shows?

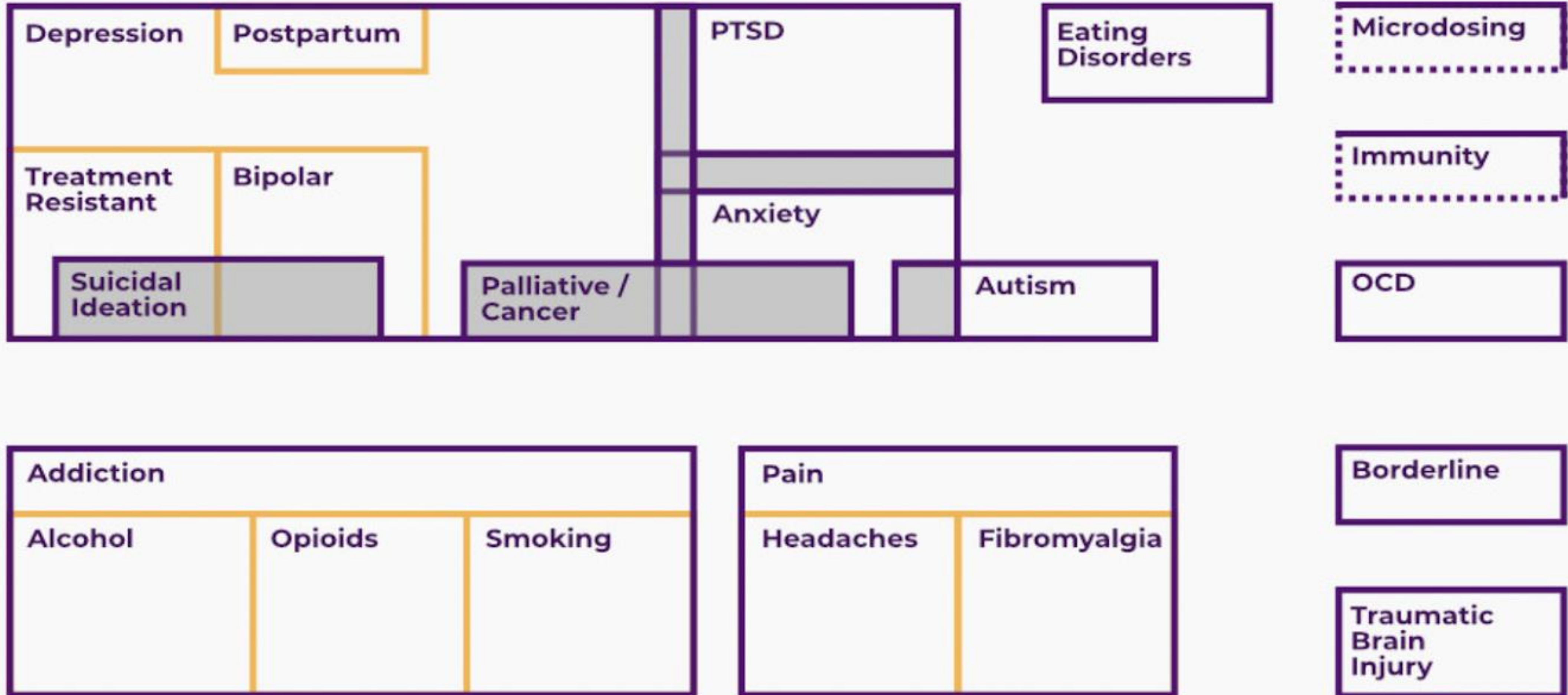






SCOPE

# AREAS OF CLINICAL RESEARCH



Areas for which psychedelics are being researched with a focus on clinical/therapeutic application. Displayed as (sometimes) overlapping areas (also called 'topics'). Research includes those on (classical) psychedelics, MDMA, ketamine, and second generation psychedelics.



# How do psychedelics work?

It's complicated . . .

- **Biochemically**
- **Neurologically**
- **Psychologically**
- **Mystically**



# Psychedelic



## Set

- Beliefs
- Mindset

## Setting

- Environment,
- Socio-historical context

## Brain

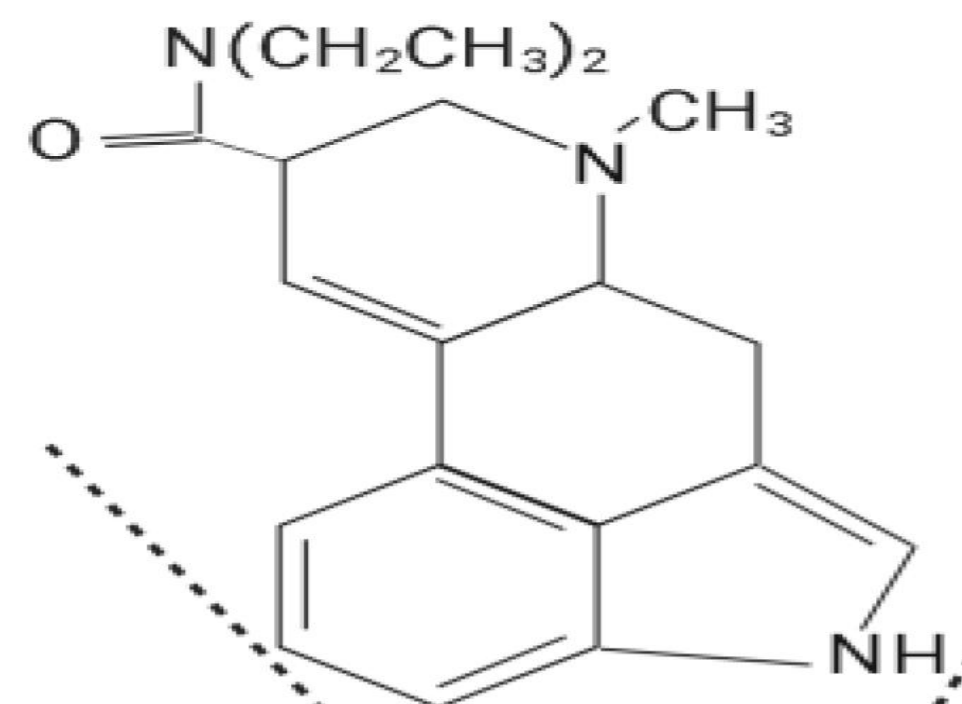
- CSTC model: reduced thalamo-cortical gating
- REBUS model: reduced precision of high-level priors
- CCC model: disruption of the claustrum-cortical circuit

## Circuit and network

- psychoplastic effect
- enhanced synaptic growth
- increased complexity of dendrites
- increased number of synapses

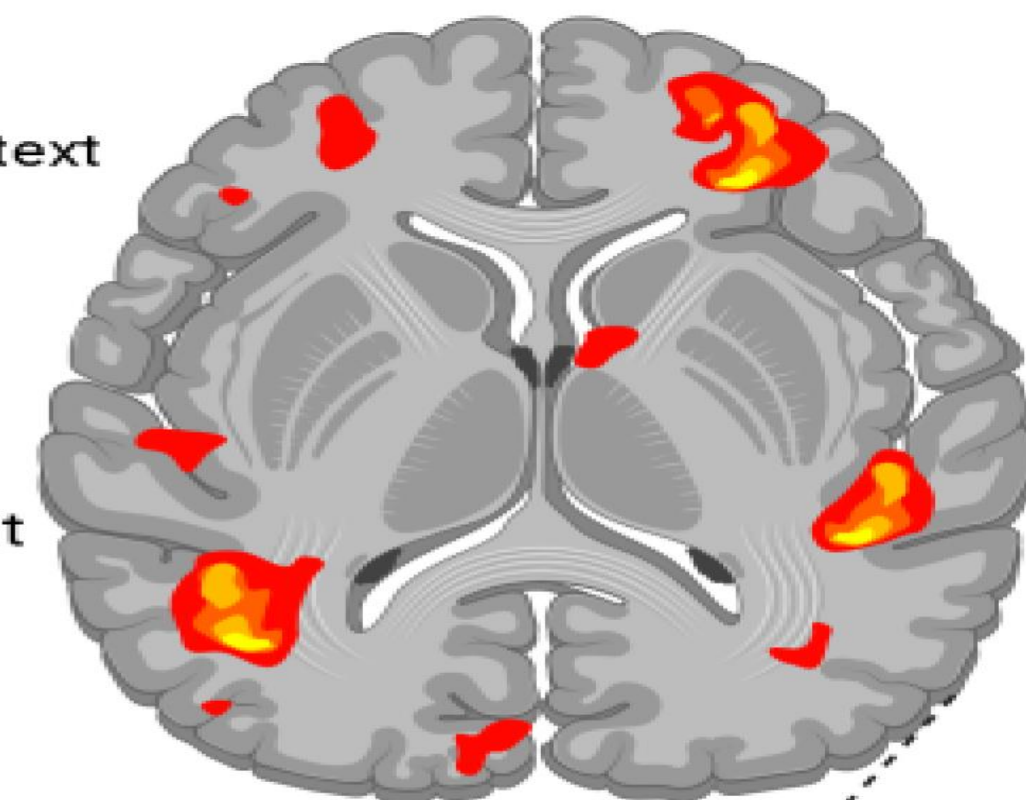
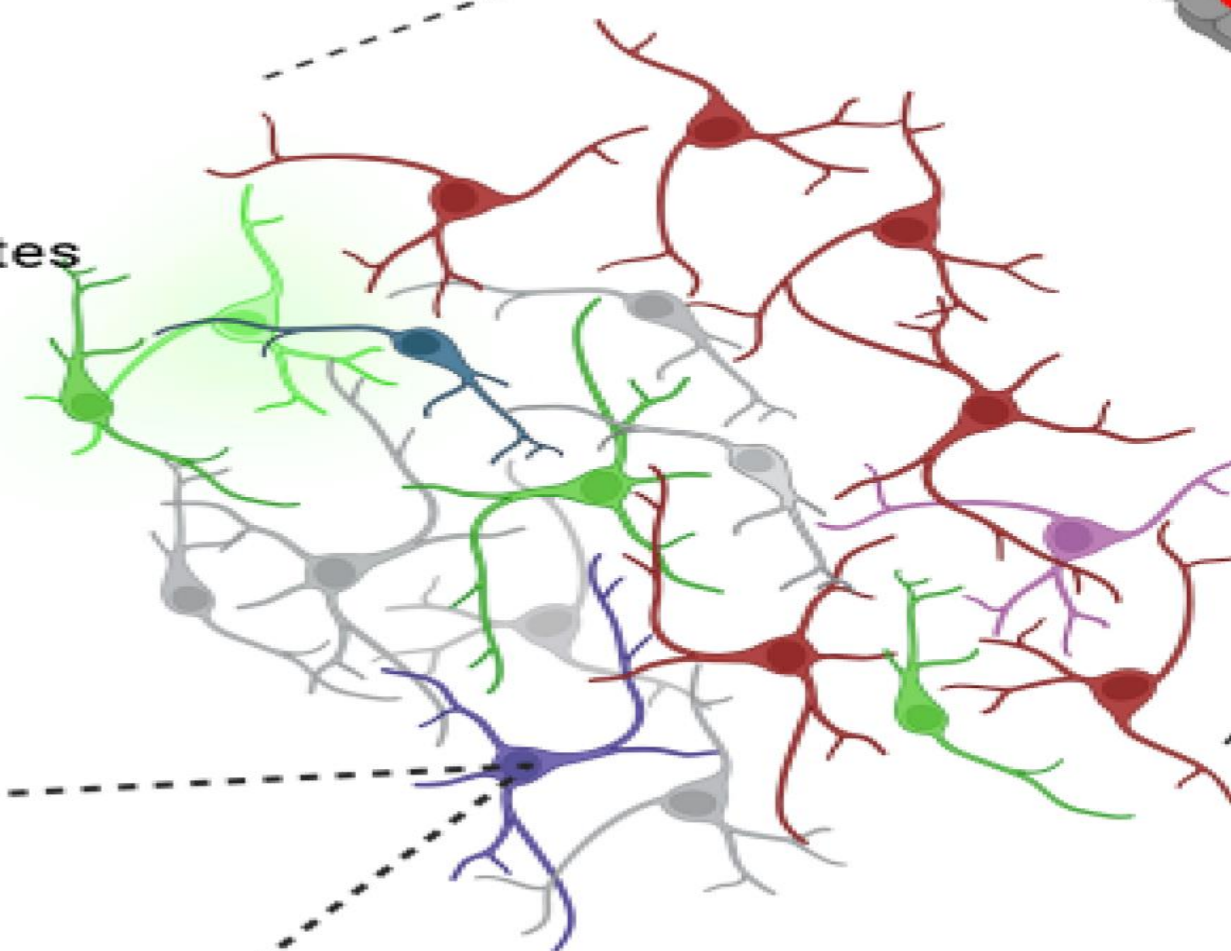
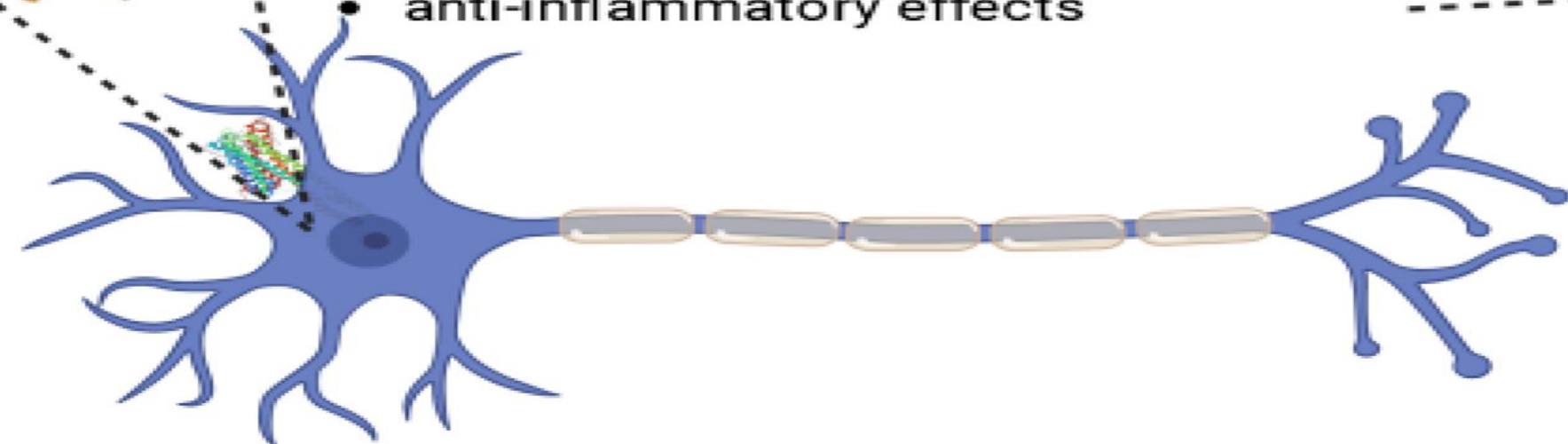
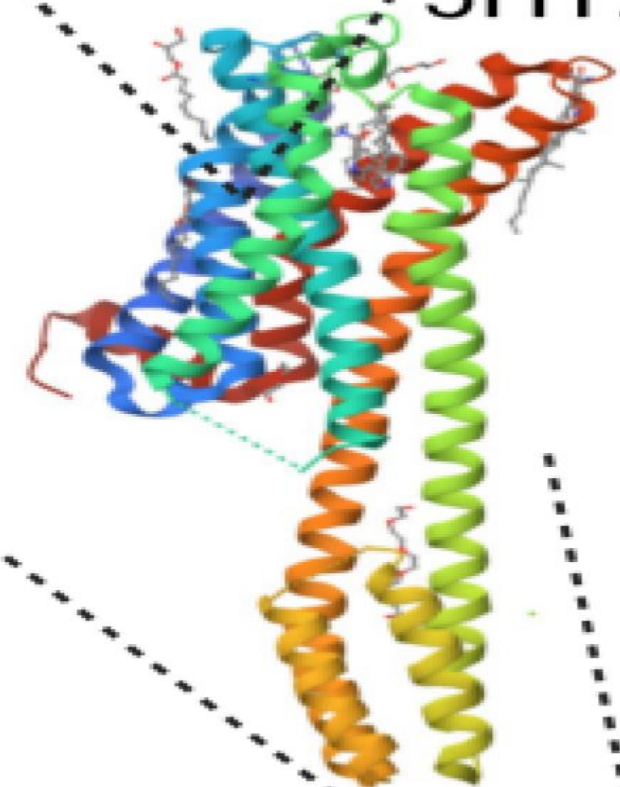
## Molecular/cellular

- stimulate serotonin, dopamine and TAAR receptors
- elevate levels of glutamate and oxytocin
- promote the production of BDNF
- anti-inflammatory effects



LSD

5HT<sub>2A</sub> receptor  
+LSD





Psychedelic



**Set**

- Beliefs
- Mindset

**Setting**

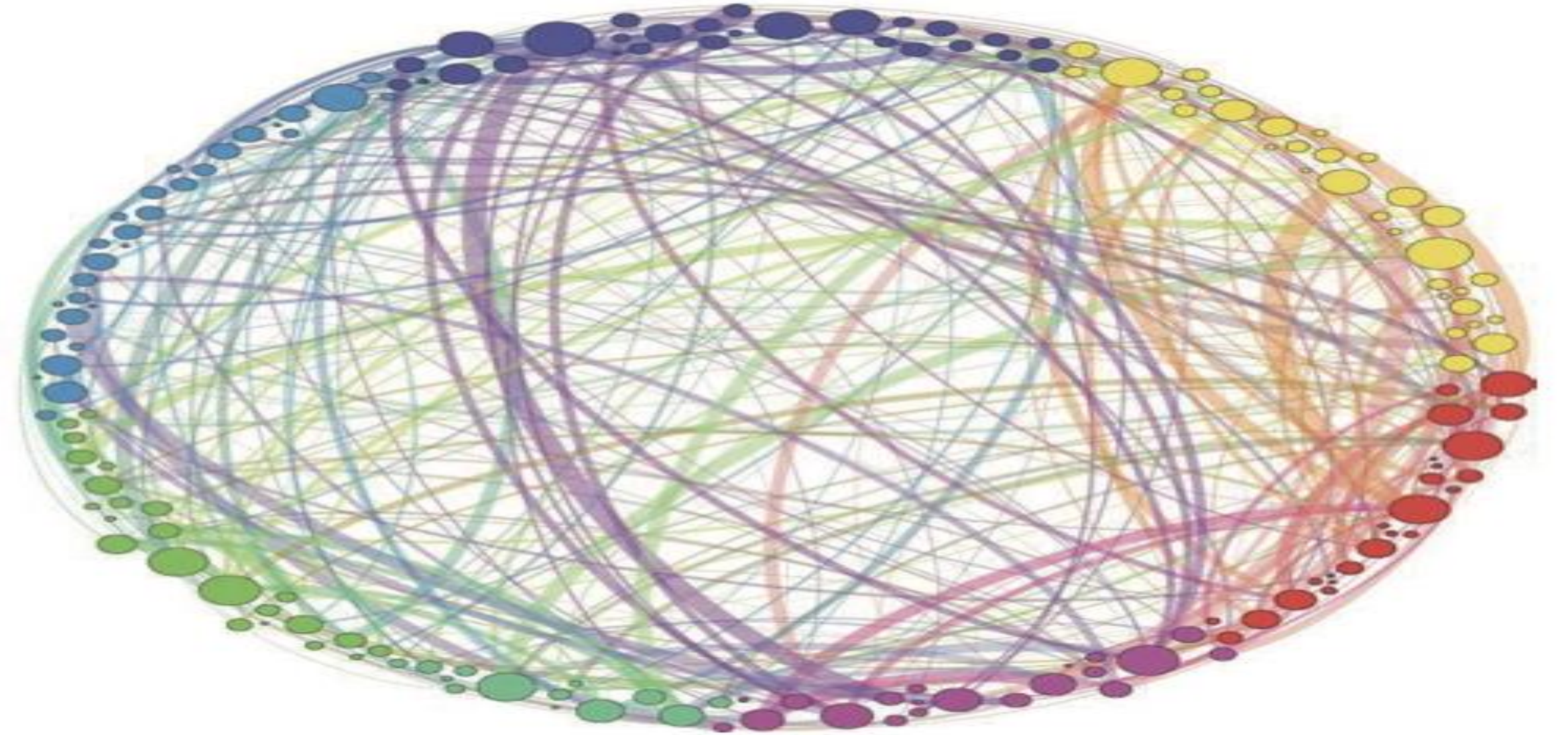
- Environment,
- Socio-historical context



**During  
placebo  
experience**

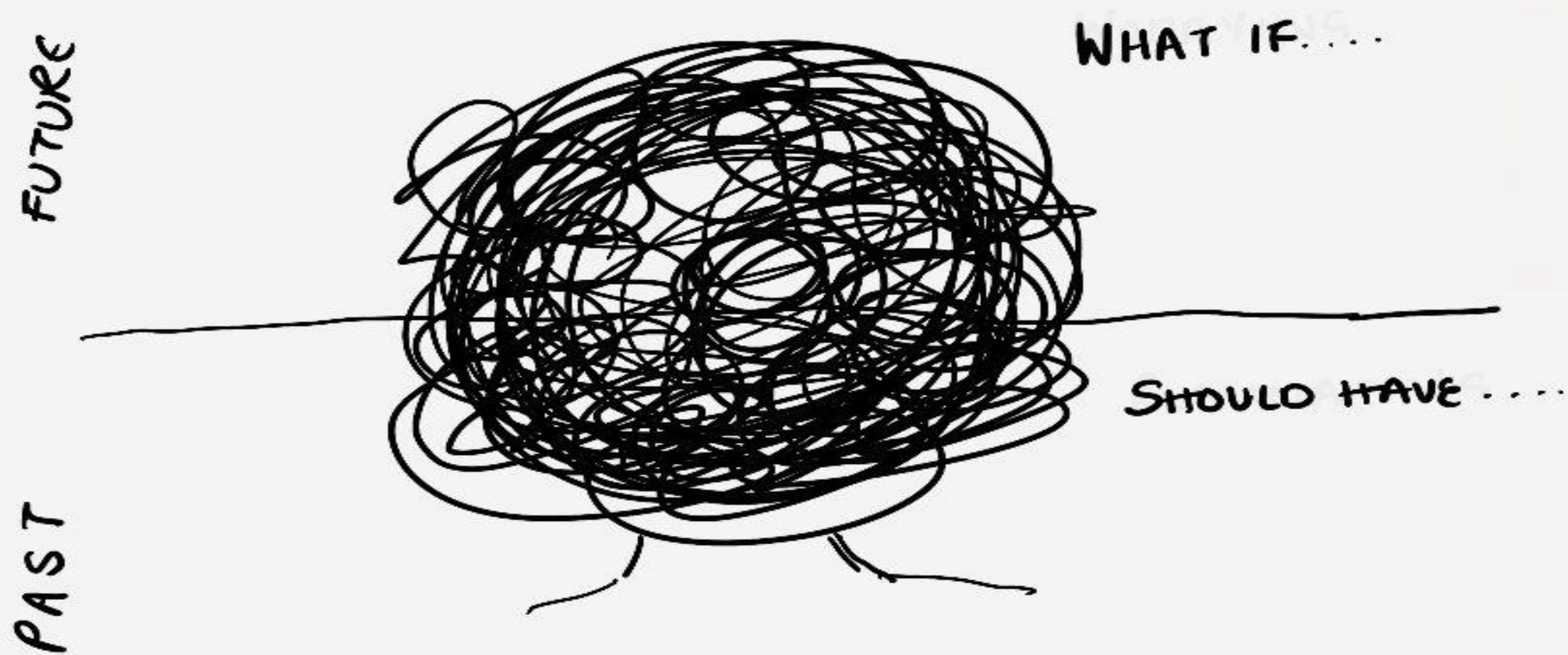


**During  
psilocybin  
experience**



**A high-dose psychedelic experience is like shaking up a snow globe, disrupting unhealthy patterns of thought and providing an opportunity for them to resettle differently**







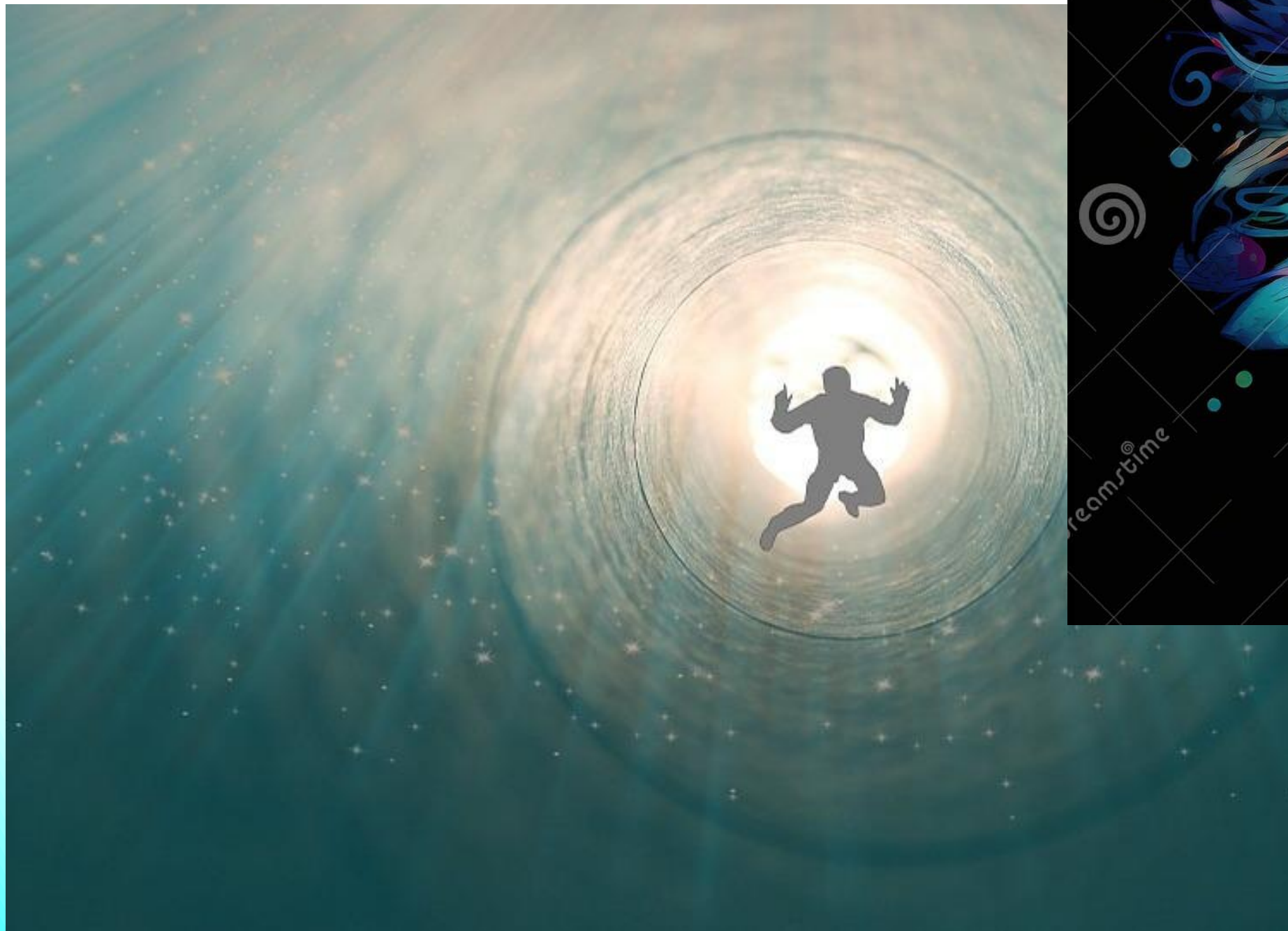








# Mystically





# But more importantly . . .

## Not just for Mental Health diagnoses

### Results from Healthy Normal trials and Retreats

- **Health Behaviours:** plant-based diets, giving up smoking, reducing alcohol, Nature-time, more emotional awareness and expression, attention to self-care, pro-social tendencies
- **Psychological shifts:** creativity, openness, flexibility,
- **Personal development:** social relations, personal efficacy, self-actualisation
- **Societal shifts:** greater autonomy, questioning of power structures and values
- **Planetary benefits:** pro-environmental behaviours



# What is happening now

## In Australia

- As of July 1, 2023, MDMA for PTSD, psilocybin for TRD
- 2024: 9 named psychiatrists, 1000's on waiting lists, 10's of thousands waiting
- Training programmes burgeoning
- But costs are high £10-15,000 for 6-9mths treatment
- A LOT OF HYPE!!!
- Increasing numbers of adults are self-medicating



# What is happening now

## In the USA

- Ketamine - legal but off-licence, clinics a-plenty – serious safety concerns
- Esketamine - expensive
- MDMA & Psilocybin federally illegal but state/city laws decriminalised
- FDA fast-track BUT slower than hoped – 2025? (implications for UK/Europe)
- A LOT OF HYPE!!!
- Increasing numbers of adults are self-medicating



# What is happening now

## In the UK





. **“Remedicalising psilocybin and related drugs is the most interesting project in contemporary psychiatry”**

- Guy Goodwin, Oxford Emeritus Professor of Psychiatry

And it's coming down the pipeline

We owe it to our patients to become Psychedelically Informed

“Education, Education, Education!!!”

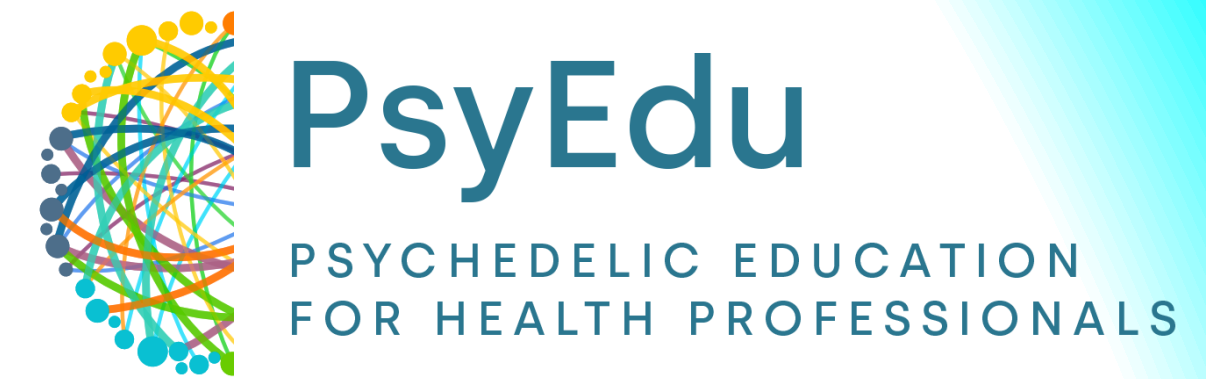


# And here's how . . .

- **Books:**
  - How to change your mind (M. Pollan)
  - Psychedelics (D. Nutt)
  - The Psychedelic Explorers' Guide (J. Fadiman)
  - Breaking Open (Tim Read & Jules Evans)
- **Websites/organisations:** Drug Science, Erowid, MAPS, Psychedelic Alpha, PHP Network and PsyEdu
- **Courses:** PsyEdu in the UK (Intro and In-Depth), Synthesis & Fluence in the States (Intro and In-Depth), Exeter PG Cert



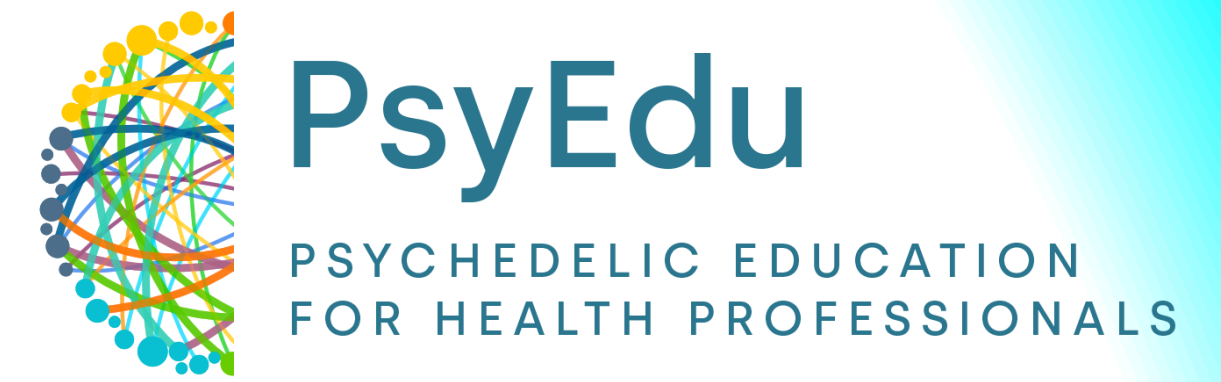
# If you want to know more



- **Breaking Convention** – annual conference & recordings of prev. conference  
<https://www.breakingconvention.co.uk/>
- **Beckley Foundation** – major funders of research - <https://www.beckleyfoundation.org/>
- **Drug Science** – evidence-based clinical information <https://www.drugscience.org.uk/>
- **ICEERS** – education and advocacy around indigenous ‘plant-medicine’ wisdom  
<https://www.iceers.org/>
- **Multidisciplinary Association for Psychedelic Studies (MAPS)** – hugely significant advocacy and funding of research and now education/training <https://maps.org/about-maps/>
- **Psychedelic Health Professionals (PHP) Network** - community of practice, retreats, newsletter <https://psychedelicnetwork.org.uk/>
- **PsyEdu** <https://www.psyedu.co.uk/> - leading light in UK Psychedelic Education
- **Psychedelic Alpha** - very current analysis of data/evidence - covering a wide range of psychedelic topics - <https://psychedelicalpha.com/>
- **Tripsitters** – information for guides and participants <https://www.tripsitters.org/>



And . . . of course!





# Intro to Psychedelics In Health

- 6 wks, 3hrs/wk (half face-to-face), 3 x per year: Jan, Mar, May
- Covering: History/Culture/Context, How They work, Indications/Evidence, Psychedelic Practice, Challenges, Opportunities
- Option to join the Certificate Programme at a discount
- Benchmarked with and differentiated from other courses
- Led by experienced health professionals in the field
- Aimed at HCPs & CAM Practitioners



# Certificate in Psychedelic Practice

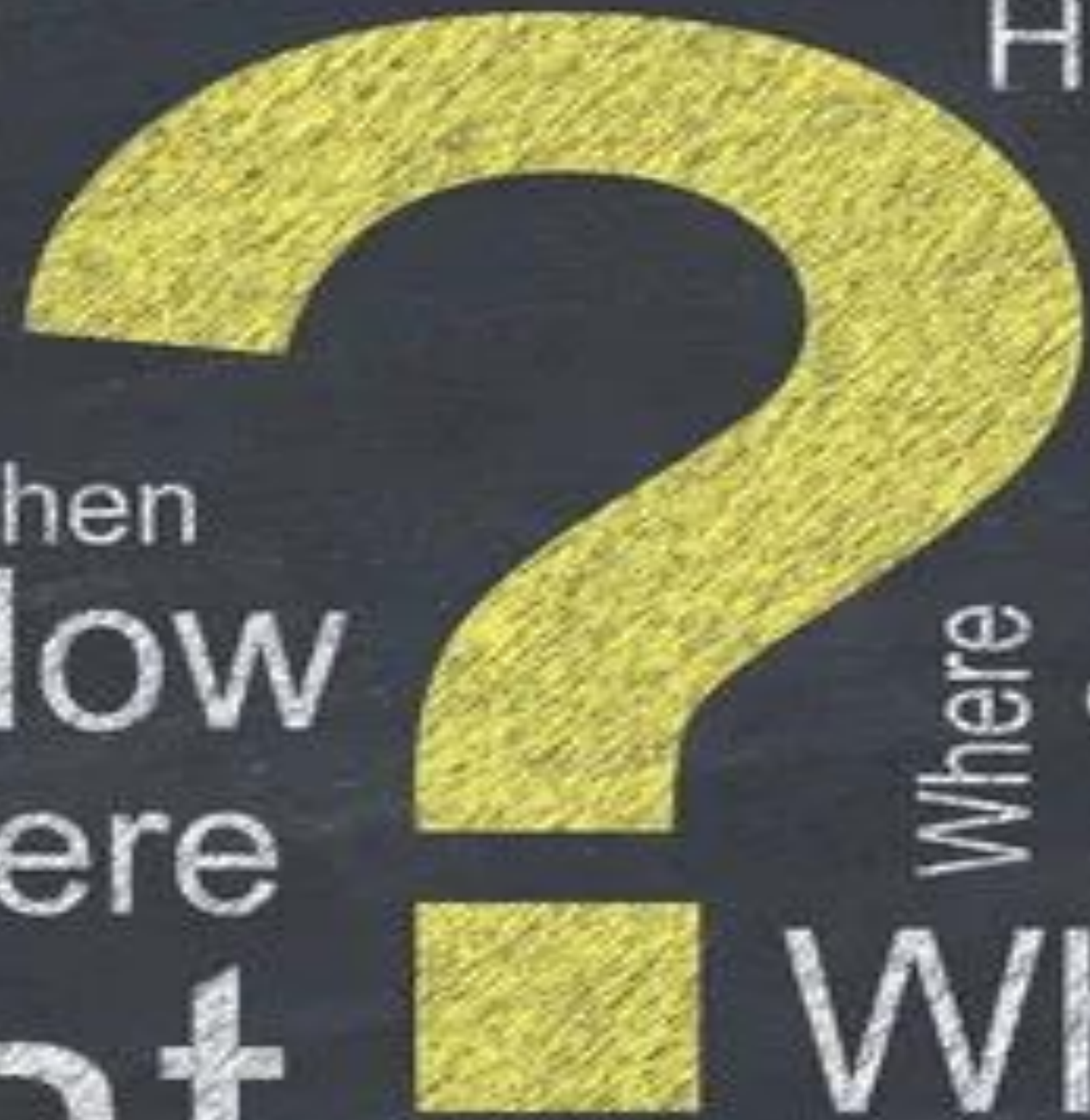
- 11mths, September - July
- A foundational education in working with/alongside psychedelics
- Option of experiential legal retreats
- Benchmarked with and differentiated from other courses
- Led by experienced health professionals
- Aimed at Healthcare Professionals/CAM Practitioners
- Kite-mark quality assurance by Crossfields Institute



# Where do I sign up?

- Online application
- Applications open now, close on July 30<sup>th</sup>
- Access to the course requires: Eligibility, 'Interview' and two References
  
- **Costs: CERTIFICATE**
  - £5,000
  - Early Bird **£4750** before July 1<sup>st</sup>
- **INTRO**
  - £600
  - Early Bird **£500** before Dec 1<sup>st</sup>
  
- Bursaries available for low-income households and under-represented communities





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# PsyEdu

PSYCHEDELIC EDUCATION  
FOR HEALTH PROFESSIONALS

**For more information:**

[www.psyedu.co.uk](http://www.psyedu.co.uk)

[info@psyedu.co.uk](mailto:info@psyedu.co.uk)





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RECKLESS







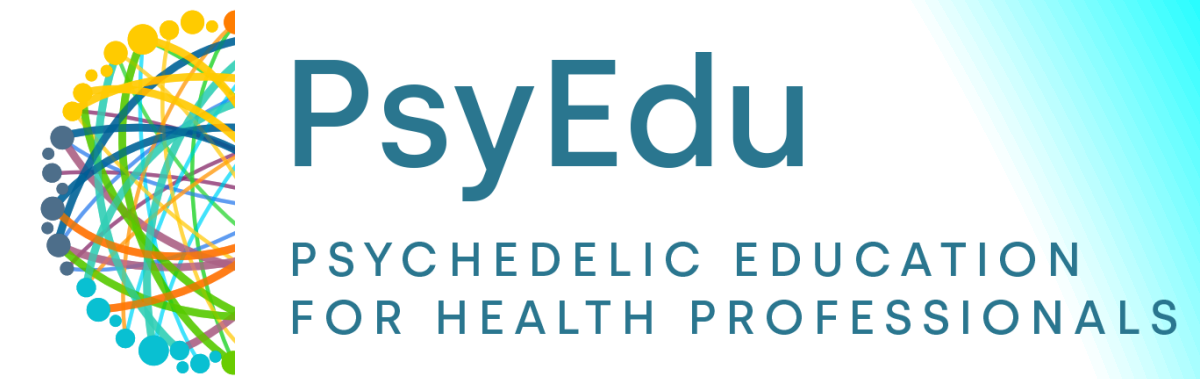
# So what can people do with the Cert?

- Current PsyEdu Tutors have gone on to work in:
  - Clinical trials
  - Preparation/ integration therapy
  - Facilitating retreats with other orgs
  - Therapeutic sitting services (in the Netherlands)
  - Ketamine-assisted psychotherapy clinics
- A growing field!
- NB the importance of being 'psychedelically-informed'





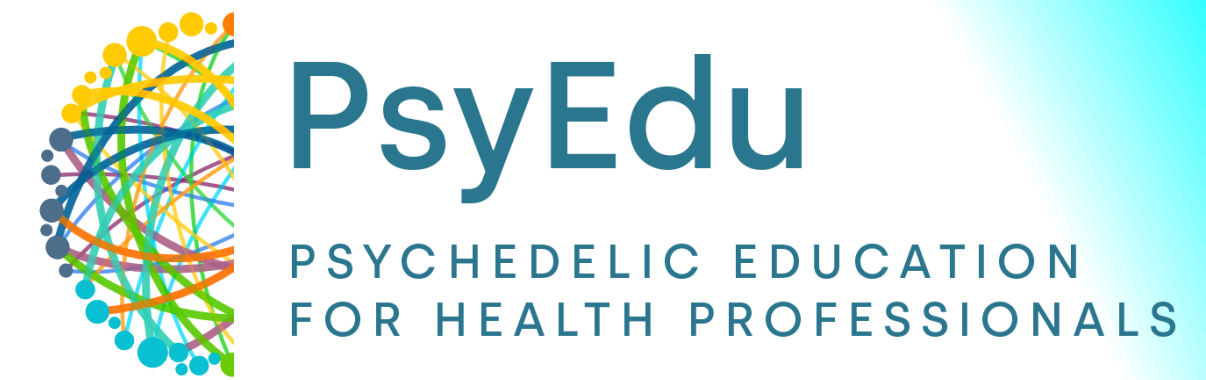
# The PHP Network



- Formed in 2019: Education - Retreats - Peer Support
  - Talks/courses to professional and lay bodies
  - Weekly newsletter
  - Peer supervision group
- Preparation and integration around psychedelics
- Community of Practice
- NOW 3 separate organisations: PHP Network, PHP Retreats and PsyEdu



# PsyEdu - Our Aims



- To educate health professionals and the general public with current, accurate, evidence-based information about psychedelics
- To support the safe exploration of psychedelics for health, healing, wellbeing and the ease of suffering
- To connect with like-minded organisations
- To advocate for the rational and responsible use of psychedelics



# Who is it for?

- **Registered Health & Social Care professionals, such as:**
  - Psychotherapists, counsellors, counselling psychologists
  - Mental health nurses, social workers, occupational therapists
  - Psychiatrists, palliative care, GPs or other Drs w/ interest in mental health
- **CAM practitioners**
  - university degree, Level 4 qualification in CAM discipline, 2 yrs experience
- **Others:**
  - those providing pastoral or spiritual care, community workers, lawyers, advocates
  - University degree, appropriate skills/qualities/experience



# Overview:

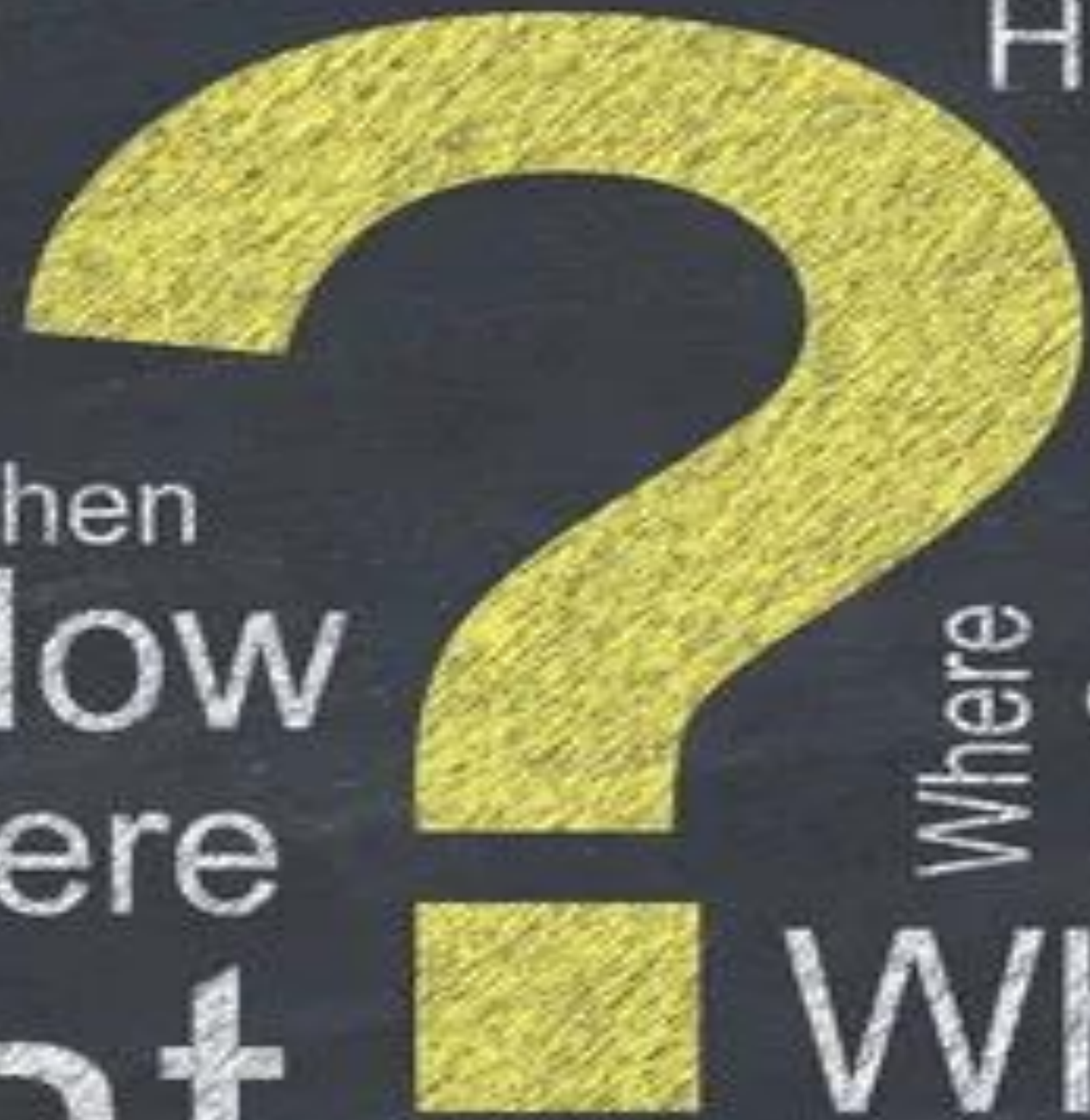
- Part-time, online, 3-6hrs/wk over 11mths (Sept-Aug)
- 80+ hrs live teaching, varied formats, tried and tested
- Experiential components incl 'in-person' Weekend in June (hypnosis-trance, lumenate, yoga nidra, breathwork), optional Closed Retreat after the course
- 250 hrs self-directed learning
- Qualified, compassionate and experienced team, plus Guest Tutors
- Membership of the PHP Network (a community of practice)
- Kite-mark quality assurance by Crossfields Institute



# Where do I sign up?

- Online application
- Applications open now, close in June
- Access to the course requires: Eligibility, 'Interview' and two References
  
- **Costs:**
  - £5,000 (£300 enrolment fee to secure a place)
  - Early Bird **£4500** before Apr 1<sup>st</sup> - FIRST 5 people only!
  - Bursaries available for low-income households and under-represented communities





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# PsyEdu

PSYCHEDELIC EDUCATION  
FOR HEALTH PROFESSIONALS

**For more information:**

[www.psyedu.co.uk/](http://www.psyedu.co.uk/)

[office@psyedu.co.uk](mailto:office@psyedu.co.uk)