The Division of Continuing Education in Psychiatry presents

Meditation and Psychotherapy: Learning from Non-Ordinary States

April 9-10, 2021

Course Directors: Christopher K. Germer, PhD
Ronald D. Siegel, PsyD
Karen J. Kuc, MPH
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Dear Friends and Colleagues:

We welcome you to the 14th Meditation and Psychotherapy conference offered by the Department of Psychiatry, Cambridge Health Alliance, and Harvard Medical School. Some of you have been attending this conference every year and others might be joining us for the first time. We have made an effort each year to present cutting-edge developments in the theory, research, and practice of meditation and psychotherapy and this year is no exception.

Our topic this year is **Learning from Non-Ordinary States**. The exploration of non-ordinary states of consciousness has played an important role in psychotherapy since its inception. Dreams, hypnotic trance, free association, and breath regulation, as well as meditation practices like mindfulness and compassion, have all been successfully applied in clinical settings to access and integrate challenging emotional experiences that cause psychological disorders. More recently, we are seeing an explosion of research on the clinical application of non-ordinary states induced by pharmaceutical psychedelics. MDMA, psilocybin and ketamine are being used in FDA-approved trials in the United States and government-sanctioned studies abroad to enhance psychotherapy for disorders such as PTSD, depression, and addictions, as well as to ease end-of-life transitions. These developments represent a novel approach to psychopharmacology, focusing on changing perspective and expanding awareness rather than suppressing symptoms, and they also present exciting new opportunities for integrating psychotherapy into psychopharmacologic treatment.
This course will explore the importance of non-ordinary states in psychotherapy, with a special focus on the history, science, neurobiology and ethical and legal issues associated applying psychedelics in clinical settings. Increasingly, clients want to discuss their psychedelic experiences with their therapists, and they are asking for advice about psychedelics for treatment-resistant conditions. Clinicians should not only be aware of the benefits, but also the potential risks of psychedelics. Safety and harm reduction are key issues in psychedelic-assisted psychotherapy. There is also a great need for more research and training before psychedelic-assisted psychotherapy can be safely administered to the general population, should the results of controlled studies continue to confirm its efficacy. Another issue is equitable access of psychedelic-assisted psychotherapy by marginalized populations.

Non-ordinary states induced by meditation and psychedelics share common processes, such as overlapping neurophysiology as well as letting go and trusting the inner authority of the experiencer. Research also suggests that mindfulness meditation and psychedelic experience are synergistic, and the combination can create better outcomes. By exploring the common and divergent change processes in meditation practices, psychedelic treatment and other methods of evoking non-ordinary states of consciousness, clinicians and researchers will gain a deeper understanding of how psychological disorders are maintained and alleviated.

Again, welcome to this exciting conference and we look forward to learning and interacting together in the online teaching environment.

Sincerely,

Christopher Germer, PhD
Ronald D. Siegel, PsyD
Course Directors
Course Overview

Understanding the common and divergent change processes in meditation practices, psychedelic treatment, and other methods of evoking non-ordinary states offers clinicians and researchers an opportunity for deeper understanding of how psychological disorders are created and alleviated. This course will explore the history, science, neurobiology, and pros and cons of different ways of working with non-ordinary states of consciousness, especially psychedelics. It is intended for mental health and health practitioners, and others wanting a deeper understanding of non-ordinary states and their therapeutic potential. Multiple learning formats will be used including didactic presentations, panels, case discussions, and Q&A. Course directors will also lead participants in a guided meditation session.

Target Audience

This course is targeted to Primary Care Physicians, Specialty Physicians, Nurses, Nurse Practitioners, Physician Assistants and Psychologists. This course may also be of interest to physicians who practice in Internal Medicine, Lifestyle and Mind Body Medicine, Psychiatry, Pediatrics and Adolescent Medicine, Psychology and Mental Health, Emergency Medicine, Family Medicine and Pain Medicine.

Learning Objectives

Upon completion of this activity, participants will be able to:

- Define non-ordinary states of mind and describe their use in psychotherapy and everyday life.
- Identify and work safely and effectively with techniques for inducing or exploring non-ordinary states of consciousness that are currently available in clinical practice.
- Explain psychedelic medication, and describe the history and research on psychedelics in clinical settings.
- Present the ethical and legal issues, along with indications and contraindications, of using psychedelics in therapeutic settings.
- Describe the controlled investigations currently underway into the use of MDMA, psilocybin, and ketamine for the treatment of psychological disorders.
- Develop an expanded model of therapeutic action that includes non-ordinary states of mind.
# Agenda

**Friday, April 30, 2021**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:50-9:00 AM</td>
<td>Welcome</td>
<td>Karen Kuc, Christopher Germer, Ronald Siegel</td>
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<tr>
<td><strong>Morning Moderator: Ronald Siegel</strong></td>
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<tr>
<td>9:00-10:00</td>
<td>Clinical Perspectives on Non-Ordinary States (includes a breakout session)</td>
<td>Ronald Siegel &amp; Christopher Germer</td>
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<tr>
<td>10:00-10:05</td>
<td>Stretch Break</td>
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<tr>
<td>10:05-11:00</td>
<td>Psychedelics and the Brain: Insights from Neurobiology</td>
<td>Judson Brewer</td>
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<td>11:00-11:10</td>
<td>Stretch Break</td>
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<tr>
<td>11:10-12:15 PM</td>
<td>The History, Science and Future Regulation of Psychedelic-Assisted Psychotherapy and Psychedelic-Supplemented Meditation</td>
<td>Rick Doblin</td>
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<tr>
<td>12:15-12:25</td>
<td>Stretch Break</td>
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<tr>
<td>12:25-1:20</td>
<td>Ethical and Legal Risks of the Therapeutic Use of Psychedelic Exploration</td>
<td>Carmel Shachar</td>
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<td>1:20-1:50</td>
<td>Midday Break</td>
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<tr>
<td><strong>Afternoon Moderator: Christopher Germer</strong></td>
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<tr>
<td>1:50-2:50</td>
<td>Non-Ordinary States in Buddhist Meditation (includes a breakout session)</td>
<td>Andrew Olendzki</td>
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<td>2:50-2:55</td>
<td>Stretch Break</td>
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<tr>
<td>2:55-3:40</td>
<td>Working with Dreams: Our Everyday Non-Ordinary State</td>
<td>Deirdre Barrett</td>
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<td>3:40-3:50</td>
<td>Stretch Break</td>
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<tr>
<td>3:50-4:35</td>
<td>Expanding Consciousness through Holotropic Breathing</td>
<td>Nicholas Luchetti &amp; Inna Khazan</td>
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<td>4:35-4:40</td>
<td>Stretch Break</td>
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<tr>
<td>4:40-5:25</td>
<td>Hypnosis: The Clinical Applications of Absorption</td>
<td>Carol Ginandes</td>
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<td>5:25 PM</td>
<td>Close Day 1</td>
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<td>Time</td>
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<td>Presenter(s)</td>
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<tr>
<td>8:20-8:50 AM</td>
<td>Morning Guided Meditation</td>
<td>Christopher Germer</td>
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<tr>
<td>8:50-9:00 AM</td>
<td>Welcome Day 2</td>
<td>Karen Kuc, Ronald Siegel</td>
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<td><strong>Morning Moderator: Ronald Siegel</strong></td>
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<tr>
<td>9:00-10:15</td>
<td>Frontiers in Consciousness Exploration: Perspectives</td>
<td>William A. Richards</td>
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<td>from Psilocybin Research</td>
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<td>10:15-10:20</td>
<td>Stretch Break</td>
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<td>10:20-11:10</td>
<td>Clinical and Transformative Aspects of Ketamine</td>
<td>Elizabeth Call &amp; Susan Walker</td>
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<td>Assisted Psychotherapy</td>
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<td>11:10-11:20</td>
<td>Stretch Break</td>
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<tr>
<td>11:20-12:15</td>
<td>MDMA-Assisted Psychotherapy for PTSD: Clinical and</td>
<td>James Hopper</td>
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<td></td>
<td>Contemplative Aspects (includes a breakout session)</td>
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<td>12:15-12:20</td>
<td>Stretch Break</td>
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<tr>
<td>12:20-1:15</td>
<td>Letting Go: Common Elements in Psychedelics, Meditation, and Depth Psychology</td>
<td>Paul Summergrad</td>
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<td>1:15-1:45</td>
<td>Midday Break</td>
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<td></td>
<td><strong>Afternoon Moderator: Christopher Germer</strong></td>
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<tr>
<td>1:45-2:40</td>
<td>Learning Psychedelic-Assisted Psychotherapy</td>
<td>Janis Phelps</td>
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<td>2:40-2:50</td>
<td>Stretch Break</td>
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<td></td>
<td>Panel: Integrating Non-Ordinary States into</td>
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<td></td>
<td>Psychotherapy</td>
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<tr>
<td>2:50-3:10</td>
<td>Non-Ordinary States of Consciousness</td>
<td>Michael Alpert</td>
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<tr>
<td>3:10-3:30</td>
<td>Psychotherapy and the Integration of Non-Ordinary</td>
<td>Francis Guerriero</td>
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<td>States</td>
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<td>3:30-3:50</td>
<td>Visions for the Future of Psychedelics</td>
<td>Franklin King</td>
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<td>3:50-4:00</td>
<td>Stretch Break</td>
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<tr>
<td>4:00-5:00</td>
<td>Panel Discussion</td>
<td>Michael Alpert, Francis Guerriero, Franklin King, Elizabeth Call, Janis Phelps</td>
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<tr>
<td>5:00 PM</td>
<td>Close Program</td>
<td>Christopher Germer, Ronald Siegel</td>
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</tbody>
</table>
Faculty

Michael D. Alpert, MD
Psychiatrist, South Cove Community Health Center, Boston; Instructor in Psychiatry, Harvard Medical School at Beth Israel Deaconess Hospital; Therapist and Investigator, MDMA-Assisted Psychotherapy Clinical Study for PTSD, Multidisciplinary Association for Psychedelic Studies.

Deirdre Barrett, PhD
Assistant Professor of Psychology in Psychiatry, Harvard Medical School at Cambridge Health Alliance; Past President: International Association for the Study of Dreams and The Society for Psychological Hypnosis; Featured on: CNN, Discovery Channel, Good Morning America, and others; Author/Editor of numerous publications including: The Committee of Sleep; Trauma and Dreams; The New Science of Dreaming; The Pregnant Man; Hypnosis and Hypnotherapy; Editor-in-Chief, Dreaming, International Association for the Study of Dreams.

Judson Brewer, MD, PhD
Director of Research and Innovation, Mindfulness Center and Professor of Psychiatry, Brown University School of Medicine; Featured on: 60 minutes, Ted Talk (4th most viewed talk of 2016 with over 10 Million views), Time Magazine, Forbes, NPR, and the BBC among others; Author, The Craving Mind: From Cigarettes to Smartphones to Love, Why We Get Hooked and How We Can Break Bad Habits.

Elizabeth Call, PsyD
Therapist and Sub-Investigator, Boston Site, FDA Phase 3 Trial, MDMA-Assisted Psychotherapy for PTSD; Multidisciplinary Association for Psychedelic Studies; Private Practice, Cambridge, MA.

Rick Doblin, PhD
Christopher Germer, PhD
Faculty and Co-Founder, Center for Mindfulness and Compassion and Supervisor, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry (part-time), Harvard Medical School; Faculty, Institute for Meditation and Psychotherapy; Co-Developer, Mindful Self-Compassion (MSC) Training Program; Private Practice and Supervision, Arlington, MA; Author, The Mindful Path to Self-Compassion; Co-author: Teaching the Mindful Self-Compassion Program and The Mindful Self-Compassion Workbook; Co-editor: Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy.

Carol Ginandes, PhD, ABPP
Health Psychologist; Supervisor and Teacher, McLean Hospital; Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School; Creator of the audio programs: Smooth Surgery, Rapid Recovery; Rapid Recovery from Injury; Relieve Allergy, Reduce Reactivity; The Ultimate Power Nap for Rapid Rest and Renewal; and Perfect Pressure, Healthy Heart; Private Practice, Watertown MA.

Francis Guerriero, MA, MSW
Therapy Team Member, Trauma Research Center and Multidisciplinary Association of Psychedelic Studies; Therapist and Consultant, Cambridge Biotherapies; Outpatient Psychotherapist, Private Practice, Cambridge, MA. Francis holds degrees in Holistic Psychotherapy, Pastoral Ministry, and Clinical Social Work from Lesley University and Boston College. He is a graduate of the Institute for Existential and Psychoanalytic Therapy and The Ketamine Training Institute. He is a therapist and sub-investigator on the MAPS Clinical Program for MDMA-Assisted Psychotherapy. Bringing 25 years of Eastern contemplative practices into his work, he specializes in mindfulness-based treatments and psychedelic integration in his Cambridge MA private practice.

James Hopper, PhD
Consultant, Outpatient Addictions Service, Cambridge Health Alliance; Teaching Associate in Psychology, Department of Psychiatry, Harvard Medical School; Therapist, Boston Site, FDA Phase 3 Trial, MDMA-Assisted Psychotherapy for PTSD, Multidisciplinary Association for Psychedelic Studies; Co-Editor, Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices.
Inna Khazan, PhD, BCB
Faculty, Harvard Medical School at Cambridge Health Alliance; Biofeedback and Mindfulness Trainer including for US Navy Special Warfare, US Army Special Forces, and the Stuttgart Opera and Ballet Company; Board Member: Institute for Meditation and Psychotherapy, Association for Applied Psychophysiology and Biofeedback, and Biofeedback Certification International Alliance; Author of numerous journal articles and two books: *Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness*, and *Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving your Health and Performance*.

Franklin King, MD
Psychiatrist, Emergency Department and Center for Anxiety and Traumatic Stress Disorders, Massachusetts General Hospital; Instructor in Psychiatry, Harvard Medical School.

Nicholas Luchetti, MS
Psychotherapist, Northampton MA; Member, Holotropic Breathwork Practitioners.

Andrew Olendzki, PhD
Director of Mindfulness Studies Program and Professor, Lesley University; Board Member, Institute for Meditation and Psychotherapy; Former: Executive Director and Senior Scholar, Insight Meditation Center, Barre and Senior Scholar, Mind and Life Institute; Author: *Unlimiting Mind: The Radically Experiential Psychology of Buddhism*; *Untangling Self: A Buddhist Investigation of Who We Really Are*.

Janis Phelps, PhD, MFT
Founder and Director, Center for Psychedelic Therapies and Research and Professor of East-West Psychology and Clinical Psychology, School of Consciousness and Transformation, California Institute of Integral Studies, San Francisco, California; Board Member, Heffter Research Institute; Private Practice, Mill Valley, California; Contributing Author, *Advances in Psychedelic Medicine*.

William A. Richards, PhD
Clinical Director, States of Consciousness Research and Psychologist, Department of Psychiatry, Bayview Medical Center, Johns Hopkins School of Medicine; Researcher on psilocybin for over twenty years; Private Practice, Baltimore, Maryland; Author of numerous publications including: *Implications of LSD and Experimental Mysticism*; *Sacred Knowledge: Psychedelics and Religious Experiences*. 
**Carmel Shachar, JD, MPH**

**Ronald D. Siegel, PsyD**
Faculty, Center for Mindfulness and Compassion and Assistant Professor of Psychology (part-time), Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Faculty, Institute for Meditation and Psychotherapy; Author of the Great Courses Program, *The Science of Mindfulness: A Research-Based Path to Well-Being*, Books include: *Sitting Together, Mindfulness and Psychotherapy, The Mindfulness Solution, Back Sense,* and *Wisdom and Compassion in Psychotherapy*.

**Paul Summergrad, MD**
Psychiatrist-in-Chief, Tufts Medical Center; Dr. Frances S. Arkin Professor and Chairman, Department of Psychiatry and Professor of Medicine, Tufts University School of Medicine; Past President, American Psychiatric Association; Recipient of numerous awards and honors, member of several editorial boards, and author of over 100 publications.

**Susan Walker, MD**
Child, Adolescent, and Emergency Room Psychiatrist, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School; Trauma Research Foundation Co-Principal Investigator for Phase 3 Clinical Trials, MDMA Assisted Psychotherapy for PTSD with MAPS/MPBC; Associate Supervisor for the MAPS/MPBC MP18 Clinical Trial in Europe and Expanded Access Clinical Trial, MDMA Assisted Psychotherapy for PTSD; Ketamine Assisted Psychotherapist, Private Practice, Cambridge, MA.
Faculty Disclosures

Harvard Medical School has long held the standard that its continuing medical education courses be free of commercial bias.

In accord with the disclosure policy of the Medical School as well as standards set forth by the Accreditation Council for Continuing Medical Education, course planners, speakers, and content reviewers have been asked to disclose any relevant relationship they, or their spouse or partner, have to companies producing, marketing, re-selling or distributing health care goods or services consumed by, or used on, patients. In addition, faculty have been asked to list any off-label uses of pharmaceuticals and/or devices for investigational or non-FDA approved purposes that they plan to discuss. Such disclosure is not intended to suggest or condone bias in any presentation, but is elicited to provide the course director and participants with information that might be of potential importance to their evaluation of a given presentation.

The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing health care goods or services (relevant to the content of the activity) consumed by, or used on, patients:

<table>
<thead>
<tr>
<th>FACULTY NAME</th>
<th>COMPANY / RELATIONSHIP</th>
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<tbody>
<tr>
<td>Judson Brewer</td>
<td>Sharecare: Equity</td>
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<tr>
<td>Carol Ginandes</td>
<td>Health Journeys: Royalty or Intellectual Property Rights</td>
</tr>
<tr>
<td>James Hopper</td>
<td>MAPS Public Benefit Corporation: Investigator</td>
</tr>
<tr>
<td>Janis Phelps</td>
<td>Holos Institute: Advisory Board/Committee</td>
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<tr>
<td>William Richards</td>
<td>Compass Pathways: Stock Ownership</td>
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<td>Imperial College, London: Honorarium</td>
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<td>Integrative Psychiatry Institute, Boulder: Honorarium</td>
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<td>Horizons Media, NYC: Honorarium</td>
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<td>Therapsil, Victoria: Honorarium</td>
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<td>Sunstone Therapies: Investigator</td>
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</table>
Paul Summergrad | Quartet Health: Equity  
Karuna Therapeutics: Equity  
Compass Pathways: Consultant  
Pear Therapeutics: Consultant and Equity  
Mental Health Data Services: Consultant and Equity

Susan Walker | MAPS Public Benefit Corporation: Investigator

All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.
Accreditation and CME/CE Information

**Physicians**
The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 14.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Risk Management**
This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 1.00 credit of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

**Psychologists**
The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

**Social Workers and Family Therapists**
Application for social work continuing education credits has been submitted. Please contact us at cme@challiance.org for the status of social work CE accreditation. NY Social Workers: The Division of Continuing Education in Psychiatry at Cambridge Health Alliance is recognized by the New York State Education Department's State Board for Social Work as an Approved Provider #0038 of continuing education for licensed social workers. 14 contact hours have been approved.

This activity has been certified by New England Association for Family and Systemic Therapy on behalf of the Massachusetts Board of Registration of Allied Mental Health and Human Services Professions, for LMFT professional continuing education, Certificate # PC-041055, for a total of 14 contact hours (7 hours per day). The States of CT and RI accept NBCC and NASW approval for marriage and family therapy.
**Counselors and Educators**
The Cambridge Health Alliance, Psychiatry Continuing Education Division has been approved by the National Board for Certified Counselors (NBCC) as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHA is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

**Nurse Practitioners and Registered Nurses**
The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements.

**Physician Assistants**
The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

**Canadian Accreditation**
The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

**European Accreditation**
Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits™* to an equivalent number of European CME Credits® (ECMEC®s). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMEC®s can be found at: www.eaccme.eu.

**ABMS/ACGME Competencies**
This course is designed to meet the following American Board of Medical Specialties (ABMS)/Accreditation Council for Graduate Medical Educational (ACGME) competencies:
• Patient Care and Procedural Skills
• Interpersonal and Communication Skills
• Professionalism

**IOM Competencies**
This course is designed to meet the following Institute of Medicine (IOM) Competencies:

• Provide Patient-Centered Care
• Work in Interdisciplinary Teams
• Employ Evidence-Based Practice

**Disclaimer**
CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

**Evaluation and Certificate Process**

The course evaluation will be hosted through the new **HMS MyCE** portal. If this is your first course using our new platform, complete your account setup via the email sent to you from no-reply@myce.hms.harvard.edu. If you have previously attended a course on the MyCE platform, this course will be added to your existing account.

Once you complete the account setup, you may login to MyCE with the following link: **https://myce.hms.harvard.edu**. We recommend bookmarking this page so it is easily accessible. Select this course on your MyCE homepage, and look for the Evaluation button.

Once you complete the evaluation you will be able to claim your course credits and certificate. Please note that allied health CE certificates will be emailed to participants separately.

If you have any questions, please email ceprograms@hms.harvard.edu.
Non-ordinary states have been used by human beings for thousands of years to solve psychological problems from a different perspective than ordinary waking consciousness—employing dreams, hypnosis, trance, chanting, meditation, psychedelics, and other methods. Some of these non-ordinary states can be characterized as unitary or mystical states of non-duality and universal love; some provide access to disavowed, or unwanted mental contents; and others provide perspective on narratives and core beliefs. Meditation and mindfulness practices also cultivate these states and have become integrated into mainstream psychotherapy over the past 40 years. More recently, empirically-supported, psychedelic-assisted psychotherapy is offering new possibilities for facilitating integration and perspective-taking, as well as experiencing unitary states of consciousness—shifts in consciousness that can have a beneficial impact on psychological disorders such as anxiety, depression, PTSD and substance abuse.

What mechanisms of action may help to explain the transformative potential of non-ordinary states? Can non-ordinary states of consciousness enhance our current understanding of mindfulness and compassion? What practical methods can be practiced in psychotherapy and daily life to cultivate insights gleaned from these states?

Following this session, participants will be able to:

1. Define non-ordinary states of consciousness
2. Identify ancient and modern applications of non-ordinary states
3. Name three therapeutic mechanisms of action associated with non-ordinary states
4. Describe unique insights derived from non-ordinary states of consciousness
5. Apply practices related to non-ordinary states to enhance mindfulness and compassion in psychotherapy.
**Reading List:**


## Insights and Interventions from Non-Ordinary States

<table>
<thead>
<tr>
<th>Therapeutic Mechanism of Action</th>
<th>Pathogenic Mechanism of Action (Plague)</th>
<th>Wisdom-Related Insight and Interventions</th>
<th>Compassion–Related Insight and Interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metacognitive awareness/cognitive defusion</td>
<td>Over-identification with narratives/ negative core beliefs</td>
<td><strong>Insight:</strong> Thoughts come and go against a background of awareness</td>
<td><strong>Insight:</strong> Direct experience of interbeing/common humanity</td>
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<tr>
<td>Non-ordinary states introduce us to awareness outside of words and narratives, allowing perspective on thoughts.</td>
<td>Anxiety, depression, psychosis all involve belief in and identification with maladaptive thoughts.</td>
<td><strong>Exercises:</strong> 1. &quot;Without your thoughts, would you be in distress?&quot;</td>
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<td>2. ACT cognitive defusion &amp; self-as-context practices</td>
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<td>3. Being your breathing (versus noticing or feeling the breath)</td>
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<td><strong>Exercises:</strong> 1. &quot;Just like me&quot;</td>
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<td>2. &quot;I am loving awareness&quot; mantra</td>
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<td>3. Loving-kindness and compassion towards &quot;self&quot; who appears in narrative</td>
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<tr>
<td>Therapeutic Mechanism of Action</td>
<td>Pathogenic Mechanism of Action (Plague)</td>
<td>Wisdom-Related Insight and Interventions</td>
<td>Compassion-Related Insight and Interventions</td>
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<td><strong>Exposure/experiential acceptance/affect tolerance</strong>&lt;br&gt;Many non-ordinary states soften the repression barrier, allowing unwanted or disavowed experiences and mental contents to enter awareness. Many simultaneously increase our capacity to tolerate or embrace these experiences.</td>
<td><strong>Experiential avoidance/distress intolerance</strong>&lt;br&gt;Anxiety, depression, addictions, psychosis, PTSD all involve difficulty opening to painful experience. Seen as permanent, approached with avoidance, painful experiences are more disruptive and long-lasting.</td>
<td><strong>Insight:</strong>&lt;br&gt;Distress states are impermanent; suffering is created and prolonged by aversion&lt;br&gt;&lt;br&gt;&lt;strong&gt;Exercises:**&lt;br&gt;1. Mindfulness practices, e.g., R.A.I.N., finding emotions in the body&lt;br&gt;2. Open monitoring: observing and letting go of moment-to-moment experience&lt;br&gt;3. Urge surfing: separating pain from impulse to escape; notice how urge is separate from pain itself</td>
<td><strong>Insight:</strong>&lt;br&gt;Suffering is universal and needn’t be feared; warmth and kindness enables us to embrace pain&lt;br&gt;&lt;br&gt;&lt;strong&gt;Exercises:**&lt;br&gt;1. Other-compassion: tonglen (breathe in suffering, breathe out compassion)&lt;br&gt;2. Self-compassion: “What do I need?”&lt;br&gt;3. Affectionate breathing: allowing yourself to be internally rocked and caressed&lt;br&gt;4. Surrender: “Let go and let God” (12 Step Programs)</td>
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<tr>
<td>Therapeutic Mechanism of Action</td>
<td>Pathogenic Mechanism of Action (Plague)</td>
<td>Wisdom-Related Insight and Interventions</td>
<td>Compassion-Related Insight and Interventions</td>
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<td>Psychological flexibility/ identification with world beyond “me”</td>
<td>Identification with a separate/fixed self</td>
<td>Insight: No separate self/part of a larger whole</td>
<td>Insight: I am love/it’s all love</td>
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| When no longer identified with a rigid sense of “me,” we can accept diverse parts of ourselves, hold our habits lightly, be less defensive, and connect more deeply to other beings. | Self-preoccupation plays a significant role in anxiety, depression, substance use, and psychosis— all involve narratives about me, usually including activation of default mode network. | Exercises: 1. “Not this, not that” (*neti neti*)
2. How I became me
3. Parts psychology
4. Zen koans: “Who were you before you were born?” “Who am I?” | Exercises:
1. “I am that” (*tat tvam asa*)
2. Savoring nature; cultivating biophilia
3. Prayer, chanting, or ritual
4. Service to others e.g., parenting, psychotherapy |
Psychedelics and the Brain: Insights from Neurobiology

Judson Brewer, MD, PhD

A growing level of neuroscientific evidence is linking psychedelics to brain biology. In this talk, we will explore the specific links between the egoic self, self-referential processing in the brain and the effects that psychedelics have therein. We will also explore parallels and contrasts between psychedelics and mindfulness practices, including qualities of experience that provide pragmatic touchstones for therapists, teachers and individuals wishing to expand their minds.

Following this session, participants will be able to:
1. Identify brain networks and regions associated with psychedelics
2. Identify brain networks and regions associated with mindfulness practice
3. Begin exploring qualities of experience related to the overlap between psychedelics and mindfulness

Reading List:
Brewer et al. (2013) "What about the "self" is processed in the posterior cingulate cortex?" *Frontiers in Human Neuroscience* 7: 647.
Carhart-Harris et al. (2012) Neural correlates of the psychedelic state as determined by fMRI studies with psilocybin. *PNAS*.
The History, Science and Future Regulation of Psychedelic-Assisted Psychotherapy and Psychedelic-Supplemented Meditation

Rick Doblin, PhD

Rick Doblin, PhD will summarize briefly the history of MDMA and its therapeutic use, Phase 2 and Phase 3 data for MDMA-Assisted Therapy for PTSD, mechanism of action, the role of the mystical experience in therapeutic outcomes, the impact of MDMA and psilocybin on enhancing meditation, and future directions for approval and post-approval.

Following this session, participants will be able to:

1. Identify major landmarks in psychedelic research/therapy history
2. Describe MDMA’S Mechanism of Action
3. Discuss the role of the mystical experience in treating people with MDMA-Assisted Therapy
4. Summarize Efficacy and Safety Data
5. Explain Risk Evaluation and Mitigation Strategies (REMS)

Reading List:


Ethical and Legal Risks of the Therapeutic Use of Psychedelic Exploration

Carmel Shachar, JD, MPH

Leading universities such as UCSF, Johns Hopkins, UC Berkeley, NYU, and Imperial College London are building centers for clinical research on psychedelic substances, including psilocybin, MDMA, and N,N-dimethyltryptamine. Meanwhile, drug companies are shepherding psychedelic therapies through the FDA approval process; six U.S. cities have voted to decriminalize various psychedelics, Oregon voted to decriminalize psychedelics and create the first statewide industry for psilocybin-assisted therapy, and California, Florida, Texas, Connecticut, Massachusetts, and Hawaii are considering related legislation. Due to the therapeutic potential of psychedelics, the U.S. market for these substances is projected to reach $6.85 billion by 2027, attracting a significant number of for-profit companies and investors.

However, despite the proliferation of medical research centers, increasing investment in psychedelic drug development, and widespread state and local decriminalization, there is a lack of consensus on ethical, legal, and policy issues associated with psychedelics research and clinical use.

Following this session, participants will be able to:

1. Identify key legal and regulatory challenges and trends regarding the use of psychedelics
2. Articulate the ethical principles and considerations that apply to the use of psychedelics
3. Identify opportunities for change when it comes to the use of psychedelics

Reading List:
Non-Ordinary States in Buddhist Meditation

Andrew Olendzki, PhD

It can be hard to discern what is considered ordinary and non-ordinary states in Buddhist thought and practice, since our normal state of mind is seen to be highly distorted and our underlying state of natural clarity of mind is so elusive and rarely accessed. We review the basic Buddhist model of mind to see how ordinary the practice of meditation can be, and then explore the details of the concentration practices called jhānas wherein more extraordinary experience often occurs. Ultimately the concern for Buddhist psychology is whether a state or experience can be considered healthy or unhealthy, and whether or not such states are transformative by altering unconscious traits and behaviors.

Following this session, participants will be able to:

1. Identify key components and processes of the mind according to Buddhist psychology.
2. Recognize insight meditation as following along the normal activity of experience.
3. Understand and name the four stages of concentration (jhāna) practice.
4. Recount the early Buddhist attitudes toward intoxicants and related mind states.
5. Discern for themselves the relationship between wisdom and non-ordinary states.
6. Appreciate that a case can be made both for and against the use of substances to evoke non-ordinary states.

Reading List:


Working with Dreams: Our Everyday Non-Ordinary State

Deirdre Barrett, PhD

Dreams are simply our brain continuing to think about our usual hopes and concerns in a very different physiologic state. Because that state is more visual and emotional but less linear, logical and verbal, dreamers may arrive at very different ideas than when awake. Evidence-based research has demonstrated that structured, non-directive discussion of dreams facilitates positive outcomes in psychotherapy.

This presentation will cover three of the most commonly used techniques for working with dreams: the dream interview, group dreamwork, and bedtime dream incubation. For each of these, short clinical examples will be presented, including some using dreams about the COVID-19 pandemic—a frequent dream topic this past year.

Following this session, participants will be able to:
1. Introduce dreamwork into their own therapy practice
2. Ask non-leading questions that help clients understand metaphors in their dreams.
3. Instruct clients on how to phrase dream incubation intent.
4. Help clients to decrease repetitive anxiety dreams.

Reading List:
Expanding Consciousness through Holotropic Breathing

Nicholas Luchetti, MS and Inna Khazan, PhD, BCB

In this course we will learn about Holotropic Breathwork, a method for accessing non-ordinary states of consciousness without substances. Developed by the pioneering psychedelic researcher Dr. Stanislav Grof, this breathing method offers an accessible methodology that can also assist in training of facilitators and can serve as a compliment to psychedelic work. We will explore the development of this approach, as well as the underlying theory and core elements of the practice. In particular we will examine methods of harm reduction and integration associated with this work. We will also discuss the contributions of this approach to the topic of non-ordinary states and their relationship to psychotherapy and contemplative practice.

The second part of this talk will focus on the physiology of Holotropic Breathwork, effects of this practice on the body and the brain, as well as safety considerations. We will review physiology of normal breathing and physiology of overbreathing, which constitutes a significant part of Holotropic Breathwork. Due to the effects of overbreathing on the brain and the body, Holotropic Breathing is contraindicated for people experiencing a number of medical conditions. Understanding the physiological effects of Holotropic Breathwork will enable the practitioner to apply it safely and be prepared for potential unintended effects.

Following this session, participants will:

1. Understand the historical development and significance of Holotropic Breathwork
2. Be able to articulate Holotropic Breathwork theory and practice
3. Discuss physiology of Holotropic Breathwork
4. Identify conditions which are contraindicated for Holotropic Breathwork

Reading List:


Hypnosis: The Clinical Applications of Absorption

Carol Ginandes, PhD, ABPP

Although clinical hypnosis has been poorly integrated into mainstream medical service delivery, for more than two centuries it has been shown to provide clinical benefits that can augment myriad psychological and medical treatments. In this session, an unfortunate but still prevalent myth about hypnosis that has diminished access to its utilization will be identified. A more accurate characterization of its hallmark elements will be offered. A schematic comparison to meditation and other similar states will also be outlined. Why it is so important for clinicians to be informed about hypnosis and how it is particularly useful in psychotherapy will be discussed. Then the session will overview a wide range of clinical hypnosis applications in psychological, behavioral, and mind/body conditions. Some current trajectories of hypnotic research will be summarized. In addition, a brief experiential exercise will be offered to those who wish to participate.

Following this session, participants will be able to:

1. Discuss the wide range of clinical applications in which hypnosis has been clinically documented to facilitate mind/body treatment.
2. Describe a prevalent myth about hypnosis that has limited access to its integration into medical care.
3. Articulate a difference between clinical hypnosis and the practice of meditation.
4. Identify why it is important for clinicians to be informed about clinical hypnosis.

Reading List:
Frontiers of Consciousness Exploration: Perspectives from Psilocybin Research

William A. Richards, PhD

With a focus on psilocybin research, this presentation will describe current understandings concerning the potential role of psychedelics in accelerating psychotherapy and contributing to spiritual development. Principles of maximizing safety and efficacy will be discussed along with theoretical orientations that may promote their integration into palliative and mental-health care. The definition and relevance of different states of consciousness will be considered, especially those of an archetypal and mystical nature.

Following this session, participants will be able to:

1. Appreciate the importance of set, setting and dosage in enhancing the safety and therapeutic efficacy of psychedelic-assisted exploration of consciousness.
2. Comprehend the variety of alternative states of awareness facilitated by psychedelic administration (and meditative procedures).
3. Define “mystical consciousness” as employed in psychedelic research and better understand its potential contribution in psychotherapy and spiritual development.

Reading List:
Clinical and Transformative Aspects of Ketamine Assisted Psychotherapy

Elizabeth Call, PsyD
Susan Walker, MD

Ketamine is one of a number of medicines that are being investigated to assist clients in accessing transformative and healing states in order to process traumatic and charged memories. Despite its reputation as a club drug with potential for abuse, ketamine is the only psychedelic that is not classified by the Drug Enforcement Agency as schedule 1 (of high abuse potential and no medical use). Ketamine is classified as a schedule 3 drug, allowing its off-label use for Ketamine Assisted Psychotherapy.

Ketamine works at the NMDA receptor which plays an important role in synaptic signaling, plasticity, learning, memory, and cell survival. Downstream effects facilitating immediate synaptogenesis may help explain why ketamine may be particularly suited in combination with psychotherapy (Hasler, 2020).

Ketamine quiets sensory input and can put people into an expansive, transpersonal space. Low dose ketamine offers a loosening of defenses, a detached yet positive state of consciousness, nonjudgmental awareness, verbal responsiveness, mental calmness, and an empathogenic (heart opening) state, which can be conducive to psychotherapy. Higher doses (still 6-10 times less than what is used in general anesthesia) offer the opportunity for transpersonal, spiritual, and mystical experiences and a direct experience of being connected to something larger than ourselves.

Following this session, participants will be able to:
1. Imagine the progression of a treatment session and the course of treatment using KAP
2. Describe benefits of KAP and its signature effect
3. Understand the role and importance of integration
4. Define key concepts in medicine assisted psychotherapy

Reading List:
Here is an article list from the Kriya institute website https://www.kriyainstitute.com/reading/ (they have many including those listed below regarding combining Ketamine with psychotherapy):


Other articles:


Books:


MDMA-Assisted Psychotherapy for PTSD: Clinical and Contemplative Aspects

James W. Hopper, PhD

Current pharmacological and behavioral interventions for posttraumatic stress disorder (PTSD) have limited efficacy and durability of outcomes. MDMA-Assisted Therapy (MDMA-AT) involves administration of a medicine that elicits expanded states of consciousness to facilitate therapeutic change within a “massed” 16-week protocol that includes three eight-hour “medicine-assisted” sessions. Phase 2 trials and the first phase 3 trial have yielded large and enduring PTSD symptom reductions with very large effect sizes. This presentation describes the overall approach of this medicine-assisted therapy, including its non-directive nature and guiding principle of supporting clients to access their own “inner healing intelligence.” It also explains and gives examples of how elements of several therapy models spontaneously emerge during medicine-assisted sessions, and how contemplative experiences, capacities and processes can be strongly accessed during medicine-assisted sessions and the “integration” process.

Following this session, participants will be able to:

1. Articulate the core principles of MDMA-AT
2. Name aspects of multiple therapeutic models that can emerge spontaneously in medicine-assisted sessions of MDMA-AT
3. Describe how contemplative capacities, experiences, and processes can spontaneously emerge within and across MDMA-AT medicine sessions.
4. Explain how multiple therapeutic models and contemplative practices can be flexibly utilized in the MDMA-AT integration process.

Reading List:


Letting Go: Common Elements in Psychedelics, Meditation, and Depth Psychology

Paul Summergrad, MD, FRCPsych (Hon)

Meditation, Psychedelics, and Depth Psychology are among many traditional means by which persons in variety of cultures have undergone transformational experiences. They share some common elements associated with changes in self object experiences, fluidity and attachment to mental states including thoughts and emotions, and in more intensive experiences changed or reorganized mental states. Some of these may also occur in the experience of some psychiatric illnesses as well as in common mental states such a dreaming.

Following this session, participants will be able to:
1. Identify types of mental activities or interventions associated with the letting go experience
2. Be aware of data on use of psychedelic agents in formal research studies including issues of risk and diversity of data
3. Understand common experiences of change and transformation associated with different clinical and traditional practices
4. Understand limits of our current knowledge

Reading and Media List:
End of Life Care and Psychedelics

Commentary on Ross and Griffiths

Meditation
Psychedelic agents as treatments: Psilocybin

Non-Psychedelic Agents as Treatments; MDMA

Video on meditation depth psychology and psychedelics
Learning Psychedelic-Assisted Therapy

Janis Phelps, PhD

The need for more effective treatments of mental health issues is a nationally recognized challenge in psychiatry and psychology. Research findings strongly support the efficacy of psychedelic medicines for several clinical symptomologies. Clinical trials are underway in the US, Canada, UK and EU that will likely result in the availability of MDMA and psilocybin for legal use in US medical clinics for PTSD and depression, respectively, within 2 to 4 years.

There is a national need to train medical and mental health professionals who are preparing for the possibility of conducting psychedelic-assisted psychotherapy. The presentation will discuss best practices in training these clinicians. Dr. Janis Phelps developed the training program at CIIS in collaboration with researchers and practitioners from MAPS, the Heffter Research Institute, and the Usona Institute. CIIS is highly successful as the first academically accredited certificate program for licensed medical and mental professionals, where they learn the full range of psychedelic-assisted therapy and research. The presentation will offer an overview of curricular foci for ideal professional psychedelic training programs, including neuropharmacology and research foundations, global transformational traditions, mindfulness practices, therapist competencies, and en vivo instruction. An engaging discussion will follow the presentation on questions of the demand for such training for licensed psychotherapists and medical professionals, the crucial need for harm reduction education in areas where psychoactive plants have been decriminalized, and how psychedelic medicines may very well fit within the newest innovations in the mental health field.

Following this session, participants will be able to:

1. Analyze 3 or more similarities and differences in therapist competencies for psychedelic-assisted interventions vs. traditional talk therapies.
2. State 1-2 therapist competencies that relate to the need for skills and grounding in mindfulness practices in this field.
3. Compare 2 or more key therapeutic measures needed in this clinical specialty to optimize a positive clinical outcome.
4. Analyze 1-2 risk mitigation strategies that are central to conducting psychedelic-assisted psychotherapy.
Reading List:
A Psychodynamic Approach to Working with Non-Ordinary States of Consciousness in Theory and Practice

Michael D. Alpert, MD

Psychedelic-assisted therapies have demonstrated remarkable efficacy in small and large-scale clinical trials for the treatment of mental illness. This presentation explores the relationship between well-established forms of non-directive psychotherapy and psychedelic-assisted treatments, particularly those forms of therapy that focus on helping patients feel more authentic and become more fully alive. Drawing on the theoretical approaches of ontological psychoanalysis and intersubjectivity as well as deidentified case examples, this presentation will discuss the role of play, creativity, relaxation, and the patient-therapist connection in the clinical use of MDMA and ketamine-assisted therapy.

Following this session, participants will be able to:

1. Understand the difference between epistemological (knowing and understanding) and ontological (being and becoming) therapeutic approaches.
2. Appreciate the potential role of psychodynamic approaches in psychedelic-assisted therapy.
3. Understand the differences between how psychodynamic theory is applied in standard treatment in comparison to psychedelic-assisted therapy sessions.
4. Appreciate the ways that psychodynamic approaches can help to shape future directions in psychedelic research.

Reading List:


Ogden, Thomas H. "Ontological psychoanalysis or “what do you want to be when you grow up?”." *The Psychoanalytic Quarterly* 88.4 (2019): 661-684.


Psychotherapy and the Integration of Non-Ordinary States

Francis Guerriero, MA, LICSW

Psychedelic-assisted psychotherapy is the next burgeoning wave in the field of psychotherapy. With the increased popularization and decriminalization of psychedelics, more people are likely to be seeking professional support around their personal experiences with psychedelic-induced non-ordinary states. Integration is the practice of transmuting these transient states into sustainable traits. It involves identifying change phenomena catalysed by these experiences (insights, meaning, and motivational shifts) and translating them into applied behavioral alterations. It is the process of consciously exploring and intentionally applying, to our daily lives, the learning, growth and healing that emerges from these expanded states.

Following this session, participants will be able to:

1. Articulate the importance of integration work in psychedelic-assisted therapies
2. Identify characteristics and evidence of client integration phenomena
3. Name common principles and practices of integration work
4. Begin developing their own repertoire of integration practices

Reading List:


Visions for the Future of Psychedelics

Franklin King IV, MD

As major academic medical centers and for-profit investor groups turn their attention toward psychedelics, largely for their use in the alleviation of symptoms of anxiety, depression, trauma, and substance use disorders, there remains a lack of consensus on how psychedelics are to be applied, for what goal, and to whom the responsibility for their access to various populations should belong. Furthermore, as a nascent field (at least within medicine), there is also little consensus on the ideal therapy structure and whether the effects of psychedelic-assisted therapies might be further optimized. This exploratory talk will review recent developments in psychedelics at an institutional level, explore some of the challenges psychedelics may face within the psychiatric and broader medical community, and discuss ways in which psychedelic research might be directed to achieve maximal benefit by considering integration of these medicines into other western as well as non-western traditions.

Following this session, participants will be able to:
1. Identify ancillary and complimentary approaches that might yield additional benefit within psychedelic-assisted therapy programs
2. Understand ways in which the current structure of research may be leading to a narrower-than-necessary approach to forming the new field of psychedelic medicine
3. Identify challenges to broader acceptance and understanding of psychedelic-assisted therapy within medicine.

Reading List:
Upcoming CHA Courses

Save the Dates for our 2021/2022 Courses:

Sep 24 – Oct 22, 2021  Sex, Sexuality and Gender webinar series (New format! Live stream only)
Nov 5-6, 2021        Treating Couples (Live stream only)
Nov 12-13, 2021     Traumatic Stress (Live stream only)
Feb 4-5, 2022       School Mental Health (Fairmont Copley Plaza Hotel, Boston)
Mar 4-5, 2022       Treating the Addictions (Fairmont Copley Plaza Hotel, Boston)
Apr 1-2, 2022       The Age of Anxiety (Hyatt Downtown Crossing Hotel, Boston)
May 6-7, 2022       Meditation and Psychotherapy (Hyatt Downtown Crossing Hotel, Boston)

For full and up-to-date course details, to register, or join our mailing list and receive periodic email updates, please visit www.cambridgecme.org.

Thank you and hope to see you at a future CHA course!