

The use of psychedelic medicines like MDMA, psilocybin and LSD are attracting a lot of attention in the field of mental health as a result of a handful of clinical trials that have been showing remarkable results for indications ranging from PTSD to depression to addiction. This presentation will examine this recent interest and the data from clinical trials that have resulted in the designation of MDMA-assisted psychotherapy as a breakthrough for the treatment of PTSD. What is most revolutionary about this treatment approach is the reliance not only on the psychedelic medicine, but also on a strong psychotherapy component. Working with any drug, but particularly a psychedelic compound to facilitate a psychotherapeutic process represents a new paradigm of care that offers the field of mental health tools it sorely needs. This presentation will describe the approach of MDMA-assisted psychotherapy for PTSD. There are many important ethical and training considerations to be addressed in working with this approach. At the same time, efforts to legalize the use of psychedelics in the US and around the world may pose some challenges to how this treatment is integrated in mental health.