



Shaily Jain, MD
Psychiatry

Psychiatrist's Perspective and Considerations on the Therapeutic Use of Psychedelics

Psychedelics Medicine Working Group Meeting June 25th 2024

1. Disease Burden.

About 13 million Americans suffer from PTSD (5% of the population) in any given year and estimated 12 month prevalence of medication treated MDD is 8.9 million adults, 30 % of whom have TRD. There has not been any new treatment for PTSD in several decades now, non-response rates are high.

2. Potential for Therapeutic Use of Psychedelics in Mental Health

Resources: Psychedelia Alpha

NPA Online CME Library: Preconference lectures on Psychedelics

3. Clinical considerations regarding Therapeutic Use of Psychedelics in Mental Health

- Facilitator Qualifications, Additional Psychedelic Education, Emphasis on trauma-informed care, Experience, and Training and Scope of Practice and licensure for psychedelic facilitation and maintenance of that licensure in good standing
- Medical and Psychiatric Clearance. Does the recipient have a relationship with this professional? Does the medical and/or psychiatric clinician have an accurate understanding of psychedelics? We want to minimize a cottage industry of "clearance" professionals.
- Continuing Education requirements
- Ongoing consultation groups for clinical facilitators to minimize the pervasive self-deception that exists in clinical settings regarding boundaries etc
- Ideally, this treatment is provided in a collaborative care model that has a treatment team that includes psychiatric clinician and therapists and possibly other medical professionals in a bio-psycho-social paradigm of treatment
- Issue of Relational Boundary violations and misconduct. Who do patients undergoing treatment report to? To the facilitator's licensing board? If so, how do you educate and provide support to professional boards who may not have a good understanding of the field of psychedelic medicine for both the protection of patients and also for clinicians to have support from.
- Patient advocacy groups focused of psychedelics



Shaily Jain, MD
Psychiatry

- Preparation and Ongoing Informed consent about safety issues, realistic expectations, set, setting, selection, dosage and indications, post-psychedelic difficulties, derealization, spiritual emergencies and serious adverse effects(SAEs),
- Post-treatment support in the form of integration with clinical team, use of community integration circles, psychiatric/psychological and medical support for post psychedelic difficulties, derealization, spiritual emergencies and SAEs,
- Some form of REMS or registry to gather observational data about outcomes and incidence of post-psychedelic difficulties, derealization, spiritual emergencies and SAEs
- Creating ethics guidelines for facilitators, establishing some guidelines for standards of practice and disciplinary procedures.

References:

1. <https://pubmed.ncbi.nlm.nih.gov/33989464/>
2. https://www.ptsd.va.gov/understand/common/common_adults.asp
3. <https://pubmed.ncbi.nlm.nih.gov/26241600/>
4. <https://psychedelicalpha.com/data/psychedelic-drug-development-tracker>
5. <https://psychedelicalpha.com/news/2023-annotated-interdisciplinary-psychedelics-bibliography>
6. <https://showrunnerinc.com/e/5eab1468e6fe5803dbae2cd0/B10122>
7. <https://www.amazon.com/Psychedelic-Outlaws-Movement-Revolutionizing-Medicine/dp/0306828944>