



# Psychedelic Medicine: A New Paradigm in Mental Health

Saturday May 7, 2022 | Virtual Event via Zoom

## Schedule

Time	Program Title	Presenter	Type of Session
09:00	Welcome	Susan Abbey, MD, FRCPC	Plenary
09:05	Opening	Clayton Shirt	Plenary
09:15	<u>Discussion</u> : Intentions & learning goals for today		Breakout
09:30	<p>The View from 10,000 Feet: An Overview of the Field</p> <p>This talk will provide a broad overview of the field of psychedelic medicine to set the context for the rest of the day. We will begin by reviewing the indigenous origins of using plants and fungi to induce non-ordinary states of consciousness (NOSC) in the service of healing. We will then explore the different classes of psychedelic medicines with a brief description of their safety and how they work. We will discuss the phenomenology of NOSC and how mystical experiences have been linked to therapeutic outcomes. We will conclude with an exploration of the current regulatory framework in Canada and how patients can access these medicines in Canada today.</p> <p>By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the classes of psychedelic medicines including their safety profile.</li> <li>2. Describe the subjective effects of psychedelic drugs.</li> <li>3. Understand how the field defines a mystical experience and its link to therapeutic outcomes.</li> </ol>	Emma Hapke, MD, FRCPC	Plenary
10:00	<p>The History about Psychedelics You Need to Know</p> <p>By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Explain how the history of psychedelic research impacts upon current day perspectives on psychedelic medicine.</li> <li>2. Identify Canada's role in psychedelic research.</li> <li>3. List key milestones in the history of psychedelic research.</li> </ol>	Susan Abbey, MD, BSc	Plenary
10:20	Question & Answer	Susan Abbey, MD, BSc Emma Hapke, MD, FRCPC	Plenary
10:30	Break		
10:45	<p>Conducting a Therapeutic Psychedelic Session: Preparation, Session Day, Integration.</p> <p>This presentation will provide an overview of the criteria for patient selection and preparation, conducting the session itself, and the importance of post session integration.</p>	Sean O'Sullivan, MD Donna Rosenthal, BA	Plenary

	<p>By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Identify patients most likely to benefit from psychedelic therapy.</li> <li>2. Describe the essential features of patient selection, preparation and the session itself.</li> <li>3. Understand the critical importance of post session integration, and techniques to achieve this.</li> </ol>		
<b>11:45</b>	Question & Answer	Sean O'Sullivan, MD Donna Rosenthal, BA	Plenary
<b>12:15</b>	Lunch Break		
<b>13:15</b>	<u>Discussion</u> : What did you take away from this morning?		Breakout
<b>13:30</b>	<p>Psychedelics and Entheogens: Exploring Challenges and Opportunities for Indigenous peoples in Canada and Globally.</p> <p>"Psychedelics" refers to a class of drugs that produce "non-ordinary states of consciousness" and change our senses of self and the world. They are also noteworthy for their appearance in many natural fungi and plants used for millennia in healing rituals in many parts of the world. Such naturally-derived substances are also known as 'entheogens' since their intended use is to stimulate a connection with spirits, the Spirit, or some spiritual process. The current discourse and related research with respect to "psychedelic-assisted therapy" raises many issues for Indigenous peoples, including but not limited to environmental and cultural protection of these historical medicines, the fundamental mechanisms underlying their healing potential, and how the inter-cultural global exchange of traditional medicines among Indigenous peoples may led mutual support for their own local and regional processes for individual and community healing.</p> <p>By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Discuss the difference between "psychedelics" and "entheogens" and the relevance for research and healing practices for both Indigenous and non-Indigenous people.</li> <li>2. Describe facilitators and barriers to the inter-cultural exchange of these traditional medicines in support of individual and community wellness.</li> </ol>	Brian Rush, PhD Clayton Shirt	Plenary
<b>14:00</b>	<p>A Deeper Dive into MDMA and Psilocybin Therapy</p> <p>MDMA and psilocybin as the two psychedelic medicines furthest along the drug development process. MDMA-assisted psychotherapy for PTSD is likely to be approved by the FDA in late 2023 and Health Canada may not be far behind. This talk will review the science of MDMA-assisted psychotherapy in more detail including how it may work at biological and psychological levels. We will then review the current evidence base for psilocybin-assisted psychotherapy for treatment-resistant depression. Finally, we will review the compelling literature on the robust and sustained effects of psilocybin therapy for end-of-life distress in people who are dying. This presentation will include a patient perspective on healing with psilocybin-assisted psychotherapy.</p>	Emma Hapke, MD, FRCPC Daniel Rosenbaum, MD, FRCPC Mona Strelaef, BA	Plenary

	<p>By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe how MDMA-assisted psychotherapy works in the brain and at a psychological level.</li> <li>2. Describe current status of research on psilocybin-assisted psychotherapy for depression.</li> <li>3. Discuss key findings from contemporary clinical trials of psychedelic-assisted psychotherapy in palliative &amp; cancer care.</li> </ol>		
<b>15:00</b>	Question & Answer	Emma Hapke, MD, FRCPC Daniel Rosenbaum, MD, FRCPC Mona Strelaeff, BA Brian Rush, PhD Clayton Shirt	Plenary
<b>15:15</b>	Break		
<b>15:30</b>	<u>Discussion:</u> What have you learned that you will share with your patients? What are some of the risks and challenges that you see with this field?		Breakout
<b>15:45</b>	<p>Risks and Challenges in the Field</p> <p>This panel discussion will focus on the challenges facing the field of psychedelic medicine today and in the future. We will explore the lack of diversity in the field and how to address this and ensure equitable access. We will look at the hype in the media and the hype-disappointment cycle that has plagued psychiatry in the past and what can be done to mitigate it. We will explore some of the methodological issues in studying psychedelic-assisted psychotherapy. Finally, we will explore some of the unique ethical issues in this area of medicine. This will include a discussion of the risks of commercialization. There will be ample time for questions and answers from the audience.</p> <p>By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the hype-disappointment cycle and how it applies to psychedelic medicine today.</li> <li>2. Describe one methodological issue that makes studying psychedelic-assisted psychotherapy using the standard RCT paradigm more difficult.</li> <li>3. Describe some of the risks of commercialization in the space.</li> </ol>	<p>Moderator: Yariisa Herman, DPsych, CPsych</p> <p>Panelists: Emma Hapke, Daniel Rosenbaum, Susan Abbey, Brian Rush, Clayton Shirt</p>	Plenary
<b>16:30</b>	Evaluation and Learning Needs for Next Year		Plenary
<b>16:35</b>	Closing	Clayton Shirt	Plenary