

CLINICAL WEBINARS

FOR HEALTH SERVICE PSYCHOLOGISTS

TRANSLATING RESEARCH TO PRACTICE

Today's Webinar Will Begin Promptly at 2pm ET

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CONSULT
Podcast

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The What, Why, and How of Psilocybin-assisted Therapy

Alan K. Davis, PhD

The Ohio State University

Johns Hopkins University

Webinar Tips for Attendees

Please review our webinar guidelines for frequently asked questions:

www.nationalregister.org/webinar-tips/

1 CE Credit, Instructional Level: Intermediate

1 Contact Hour (New York Board of Psychology)

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Alan K. Davis, PhD



Dr. Alan Davis is an Assistant Professor of Social Work & Psychiatry at Ohio State University and Adjunct Assistant Professor in the Center for Psychedelic and Consciousness Research at Johns Hopkins University. Dr. Davis's clinical experience includes working with people diagnosed with trauma-based psychological problems. His research interests focus on helping those suffering with substance use and mental health problems and developing ways to conceptualize substance use and mental health problems through a strengths-based approach. He recently completed a clinical trial of psilocybin therapy for depression. He also examines topics related to naturalistic psychedelic use among several populations including people of color who have experienced racial trauma, Spanish-speaking people, and people who use novel psychedelics such as 5-MeO-DMT.

Disclosures/Conflicts of Interest

- President, Source Research Foundation
- Funding:
 - Cohen Foundation
 - Tim Ferriss, Matt Mullenweg, Blake Mycoskie, and Craig Nerenberg
 - Riverstyx Foundation
 - NIDA T32 (07209)
 - NIDA R01 (03889)

Learning Objectives

1. Describe the background and current research on psilocybin therapy
2. Explain the acute and enduring effects of psilocybin
3. Discuss the features of the therapeutic approach of psilocybin therapy

References

- Davis, A. K., Barrett, F. S., May, D. G., Sepeda, N., Cosimano, M. P., Finan, P., Johnson M. W., Griffiths, R. R. (2020). Effects of psilocybin-assisted therapy for major depressive disorder: A randomized clinical trial. *Journal of the American Medical Association - Psychiatry*.
- Luoma, J. B., Chwyl, C., Bathje, G. J., Davis, A. K., & Lancelotta, R. (2020). A meta-analysis of placebo-controlled trials of psychedelic-assisted therapy. *Journal of Psychoactive Drugs*, 52, 289-299.
- Aday, J., Davis, A. K., Mitzkovitz, C., Bloesch, E., & Davoli, C. (2021). Predicting reactions to psychedelics drugs: A systematic review of states and traits related to acute drug effects. *ACS Pharmacology & Translational Science*, 4, 424-435.
- Aday, J. S., Mitzkovitz, C. M., Bloesch, E. K., Davoli, C. C., & Davis, A. K. (2020). Long-term effect of psychedelic drugs: A systematic review. *Neuroscience & Biobehavioral Reviews*, 113, 179-189.

UC Berkeley launches new center for psychedelic science and education

By Yasmin Anwar, Media Relations | SEPTEMBER 14, 2020

Jonns Hopkins Opens New Center for Psychedelic Research

CNN health Food Fitness Wellness Parenting Vit

'Magic mushroom health treat

POPULAR S

Popular Science

npr

NEWS ARTS & LIFE MUSIC SHOWS & PODCASTS SEARCH



Shots

HEALTH NEWS FROM NPR

TREATMENTS

Rigorous Study Backs A Psychedelic Treatment For Major Depression

November 4, 2020 · 3:27 PM ET
Heard on [All Things Considered](#)



JON HAMILTON

hedelic drugs could ression and mental i

author Michael Pollan on becoming a "reluctant tripper"
an.illing@vox.com | Updated Aug 25, 2018, 9:08am EDT

NEWS

Shrooms can heal the psychological scars caused by racism, study finds

Could magic mushrooms heal South Africans with racial trauma? Based on a new study, the answer could be yes

HEALTH

Private group raises \$30 million to test "ecstasy" for PTSD

MEN'S JOURNAL

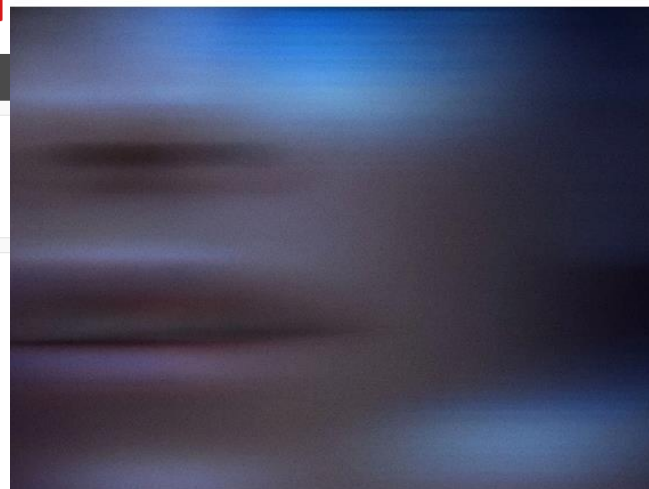
Why Doctors Are Turning to Psychedelics to Treat Depression and Addiction

LAB TRIPPING

Why Doctors Are Turning to Psychedelics to Treat Depression and Addiction

VOGUE

BEAUTY VOGUE CLOSET WEDDING WARDROBE HOROSCOPE WHAT'S NEW MAG



The New York Times

Opinion

Can Magic Mushrooms Heal Us?

A very promising mental health experiment is taking shape in Oregon.



By Ezra Klein
Opinion Columnist

March 18, 2021

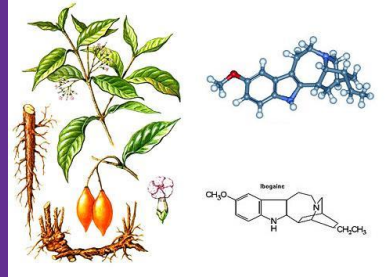
BY ELLEN BURNLEY
27 JANUARY 2020



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS



MDMA



Iboga



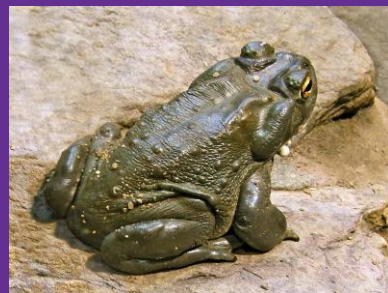
Psilocybin
(magic mushrooms)



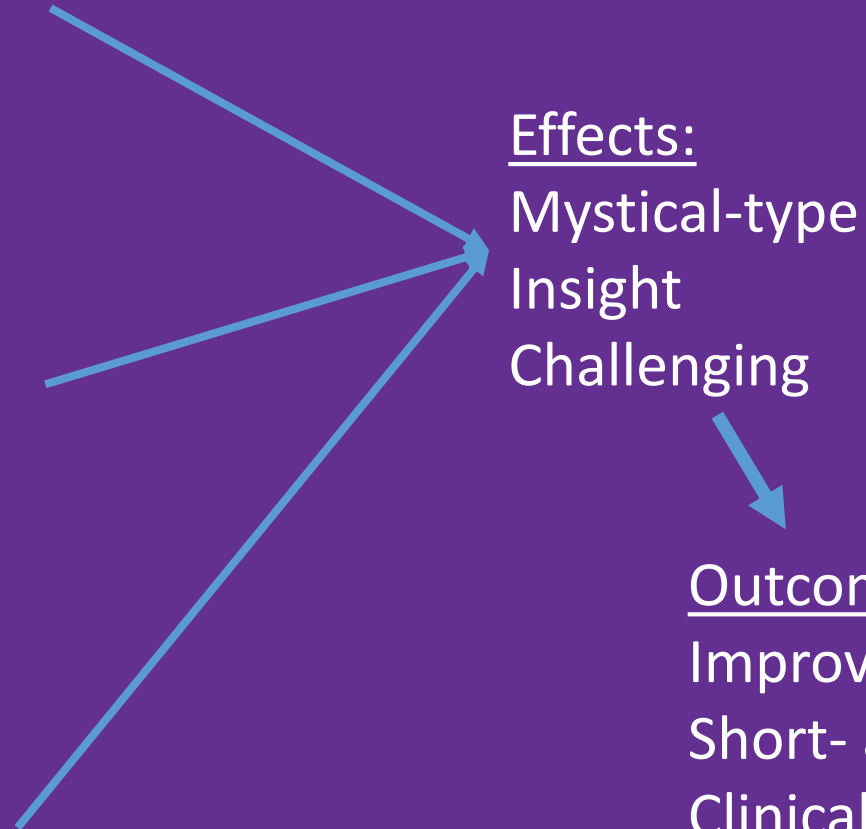
Mescaline



LSD



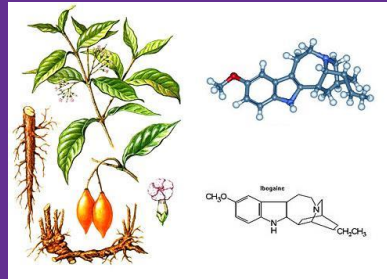
5-MeO-DMT



Outcomes:
Improved mental health
Short- and long-term effects
Clinical trials
Naturalistic studies



MDMA



Iboga



Psilocybin
(magic mushrooms)



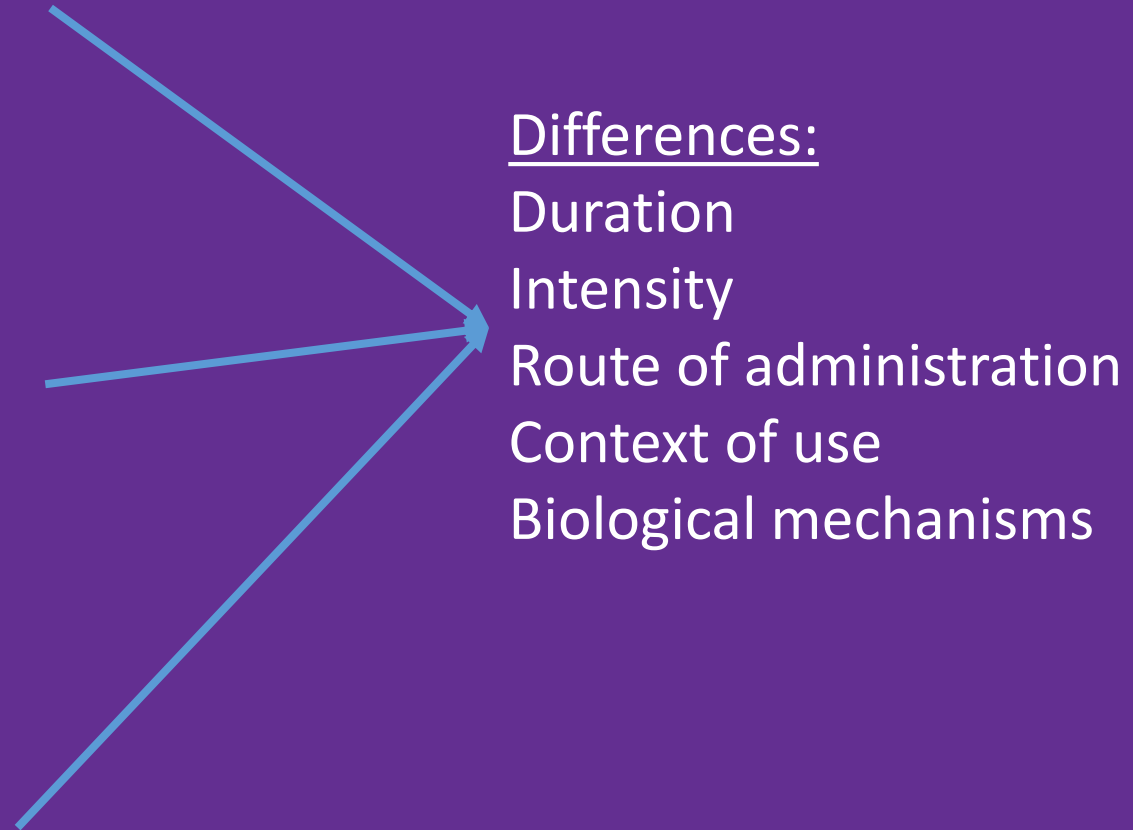
Mescaline



LSD



5-MeO-DMT



Acute Psilocybin Effects:

Mystical Experiences

Mystical experiences
are a hallmark of
psychedelic drug
effects

Mystical/Spiritual

Positive mood

Transcendence of
time/space

Ineffability



Acute Psilocybin Effects:

Insight Experiences

Can include
gaining awareness,
realizations,
discoveries about:

Emotions

Behaviors

Beliefs

Memories



Acute Psilocybin Effects: Challenging/Adverse Experiences

Anxiety/fear

Physical/Headache

Sadness/Grief

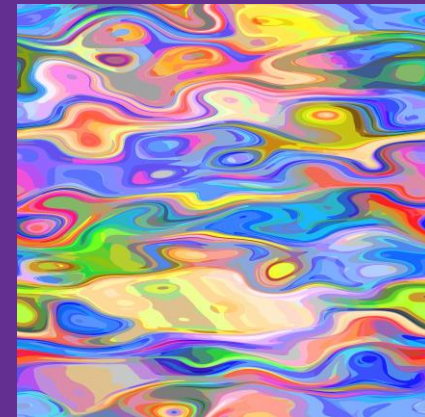
Odd sensations

Visions/visuals



Quantum Change: What happens when insight and mystical experiences happen together?

- Rapid and enduring transformations may occur when these experiences happen at the same time (Miller & C'de Baca, 2001; Miller, 2004)



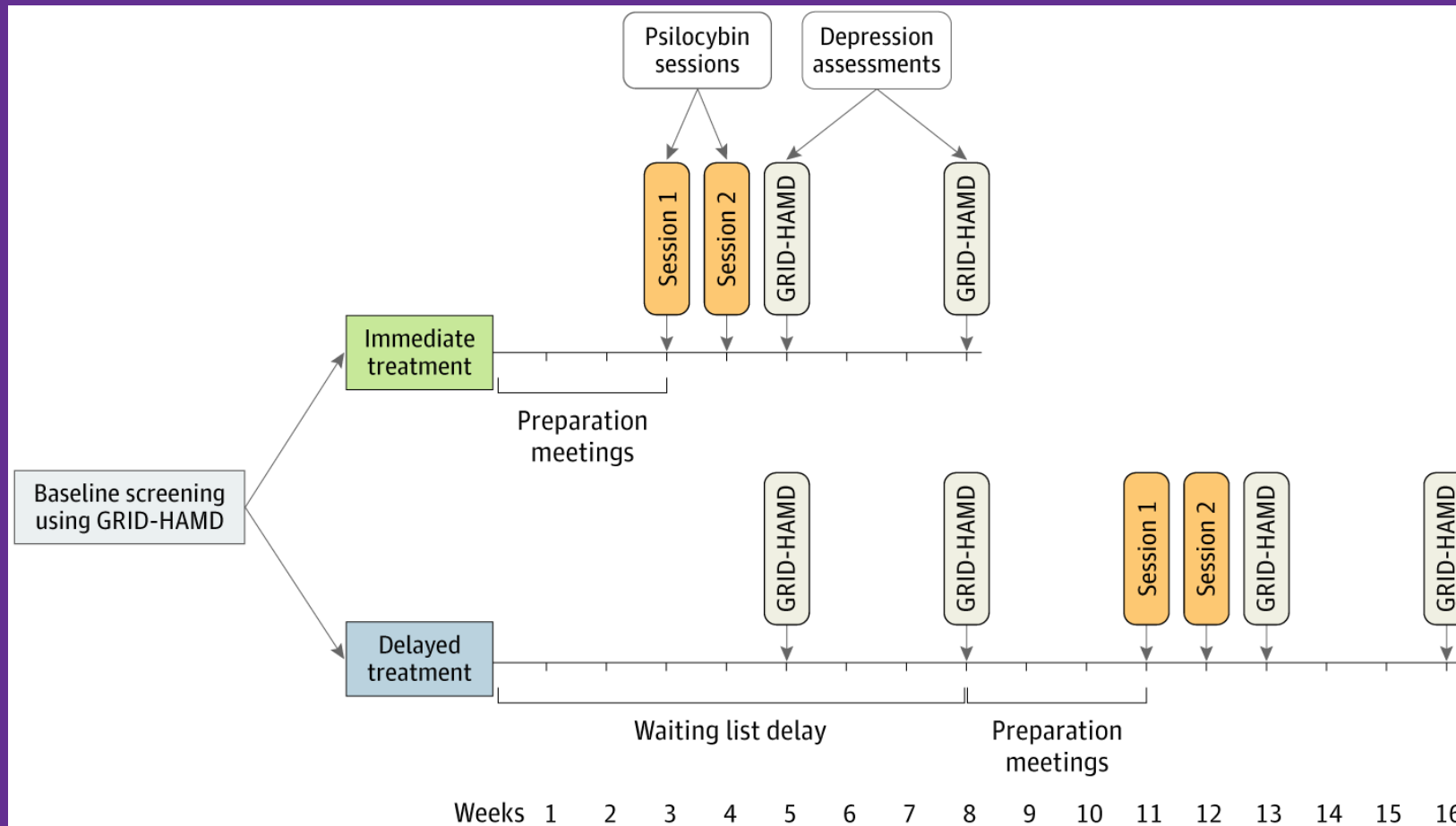
Effects of Psilocybin-Assisted Therapy on Major Depressive Disorder A Randomized Clinical Trial

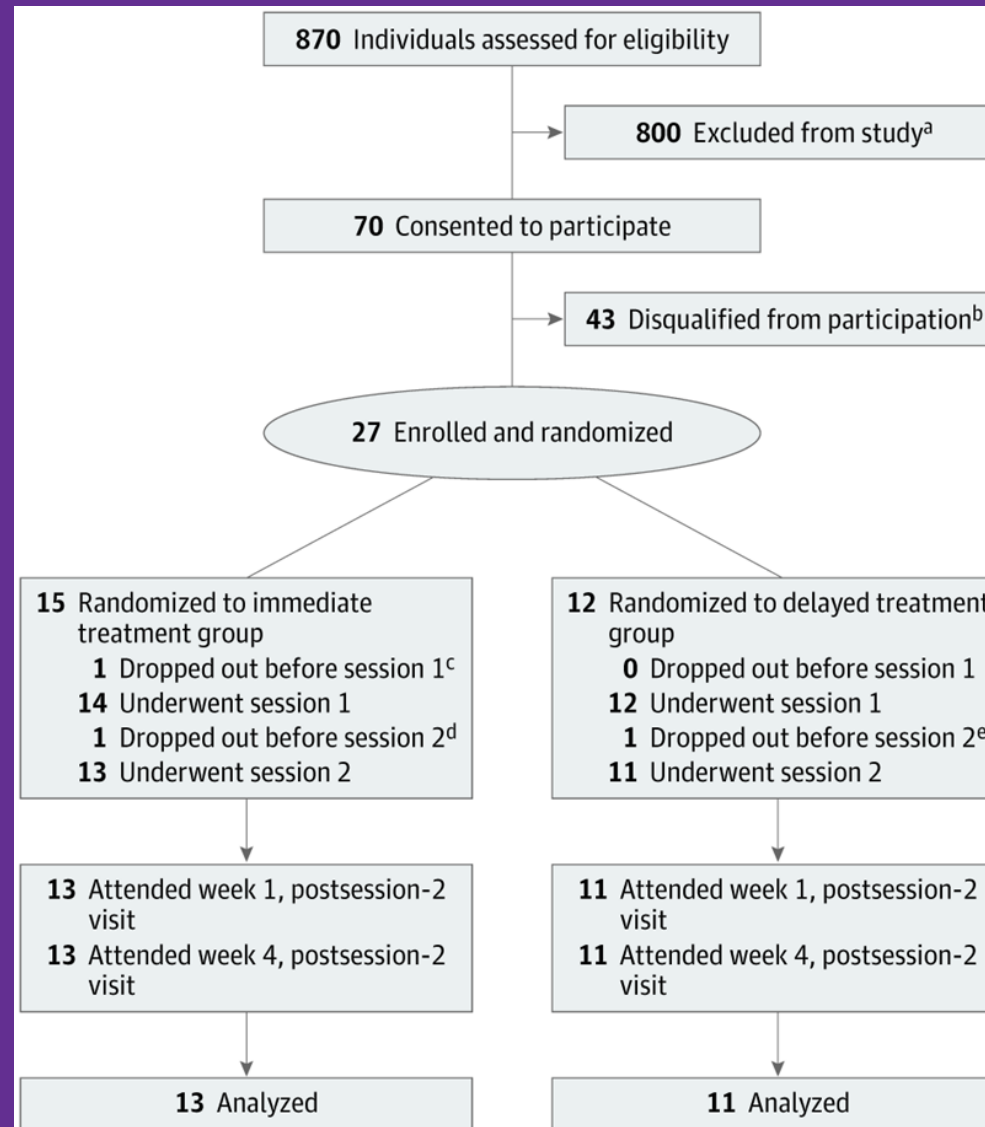
Alan K. Davis, PhD; Frederick S. Barrett, PhD; Darrick G. May, MD; Mary P. Cosimano, MSW; Nathan D. Sepeda, BS; Matthew W. Johnson, PhD; Patrick H. Finan, PhD; Roland R. Griffiths, PhD

MDD Trial Aims

- Randomized wait-list controlled trial
- 24 patients with MDD
- Primary Objectives:
 - Examine rapid and sustained antidepressant effects.
 - Demonstrate safety and feasibility
- Long-term outcomes at 3, 6, and 12-months





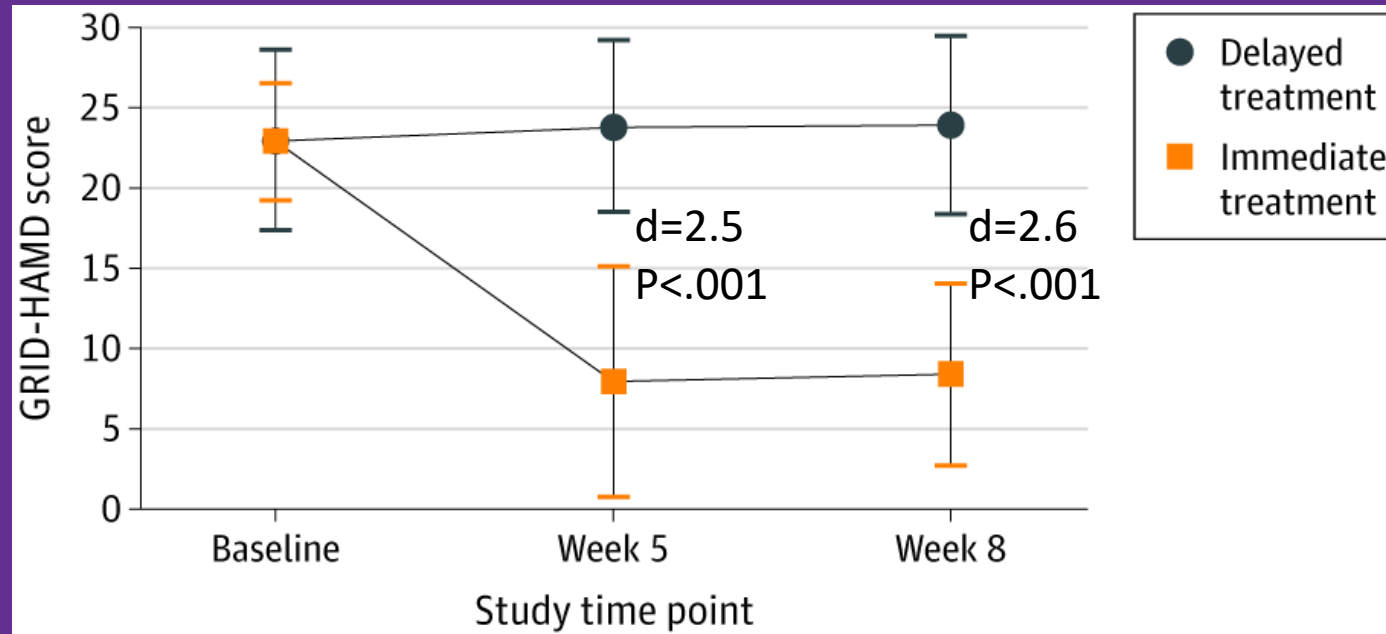


24 volunteers with moderate to severe depression

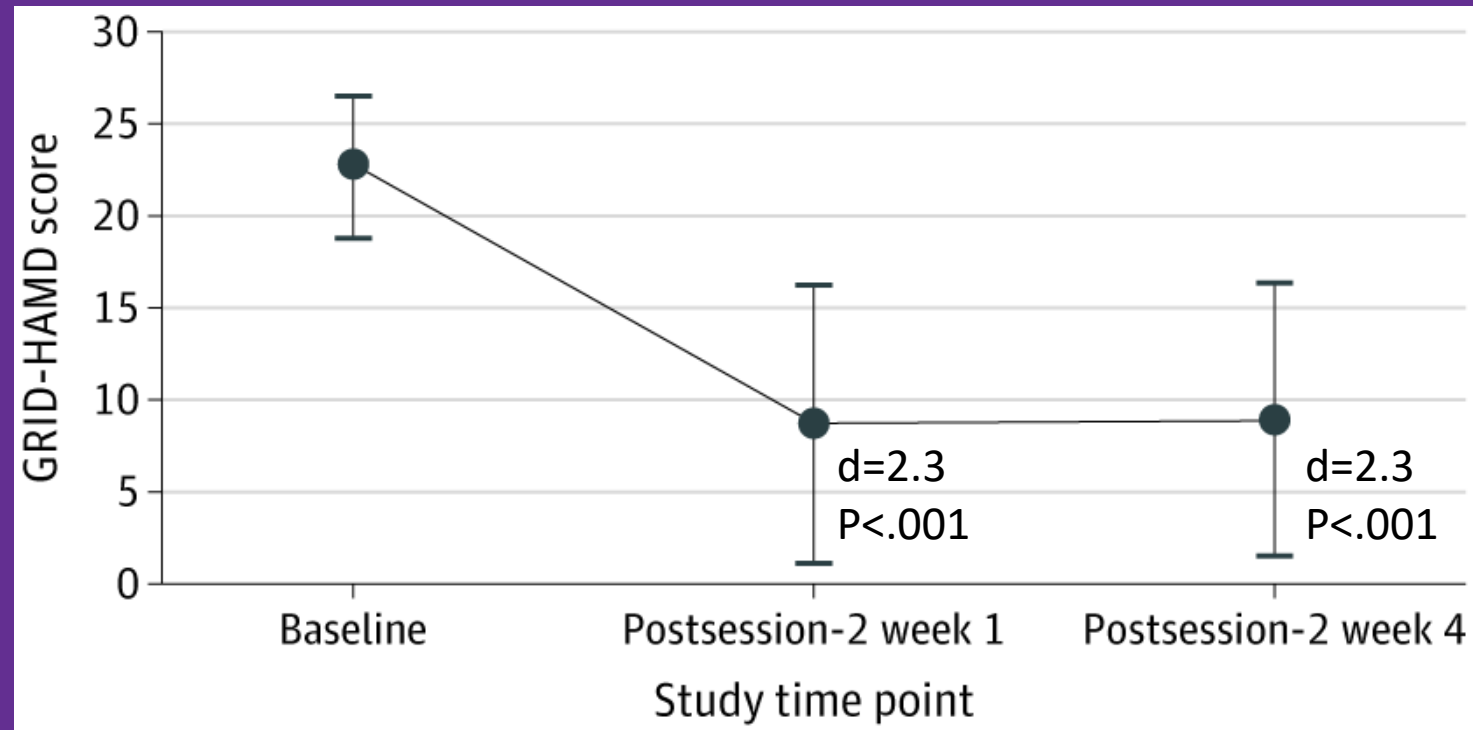
- Demographics
 - Average age = 39.8 (SD=12.2)
 - Female = 67%
 - White = 92%
 - Heterosexual = 96%
 - Mean duration of MDE = 24 months
- No statistical differences in demographics between IT and DT groups



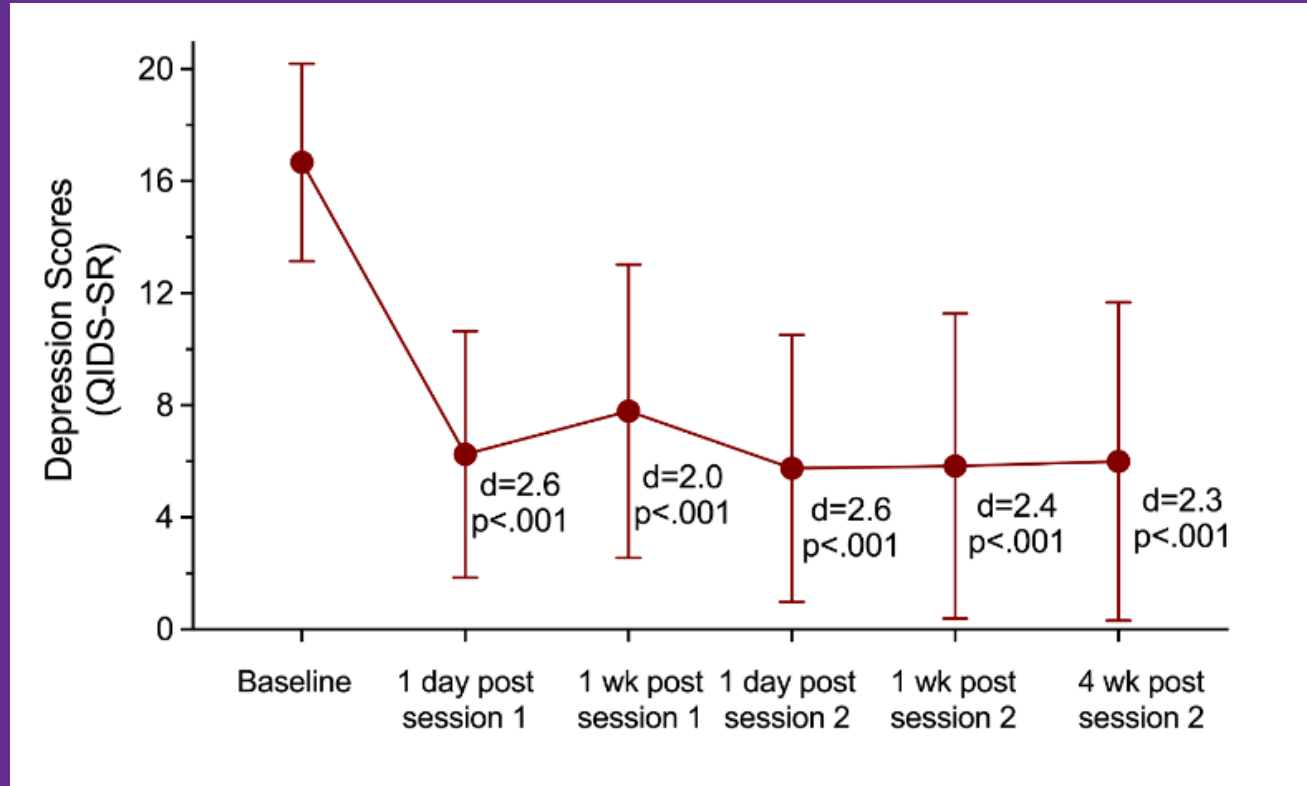
Change in depression scores over time as a function of treatment condition



Change in depression scores over time across both treatment conditions

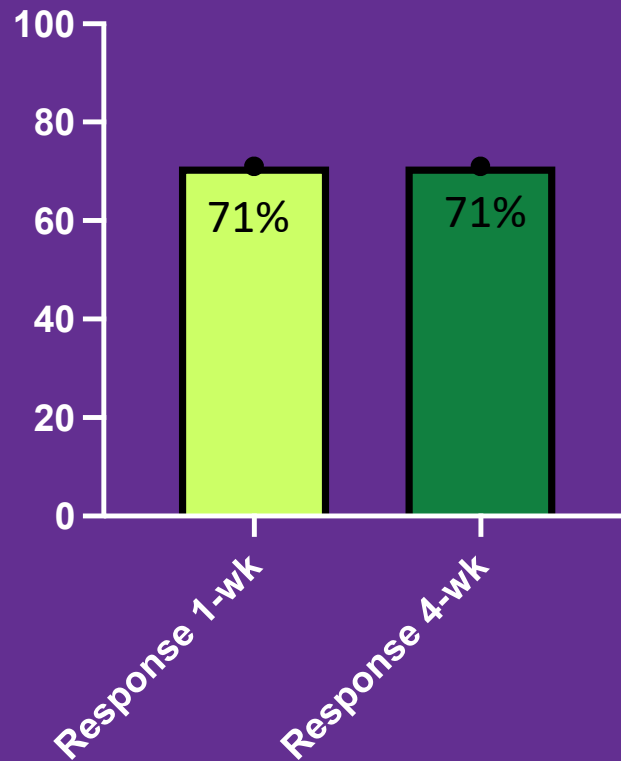


Rapid changes in depression across both treatment conditions

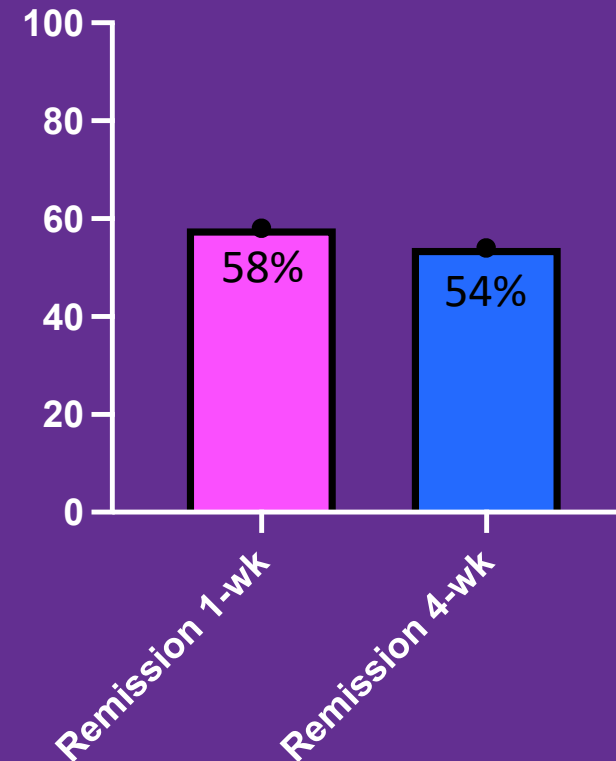


Response & Remission

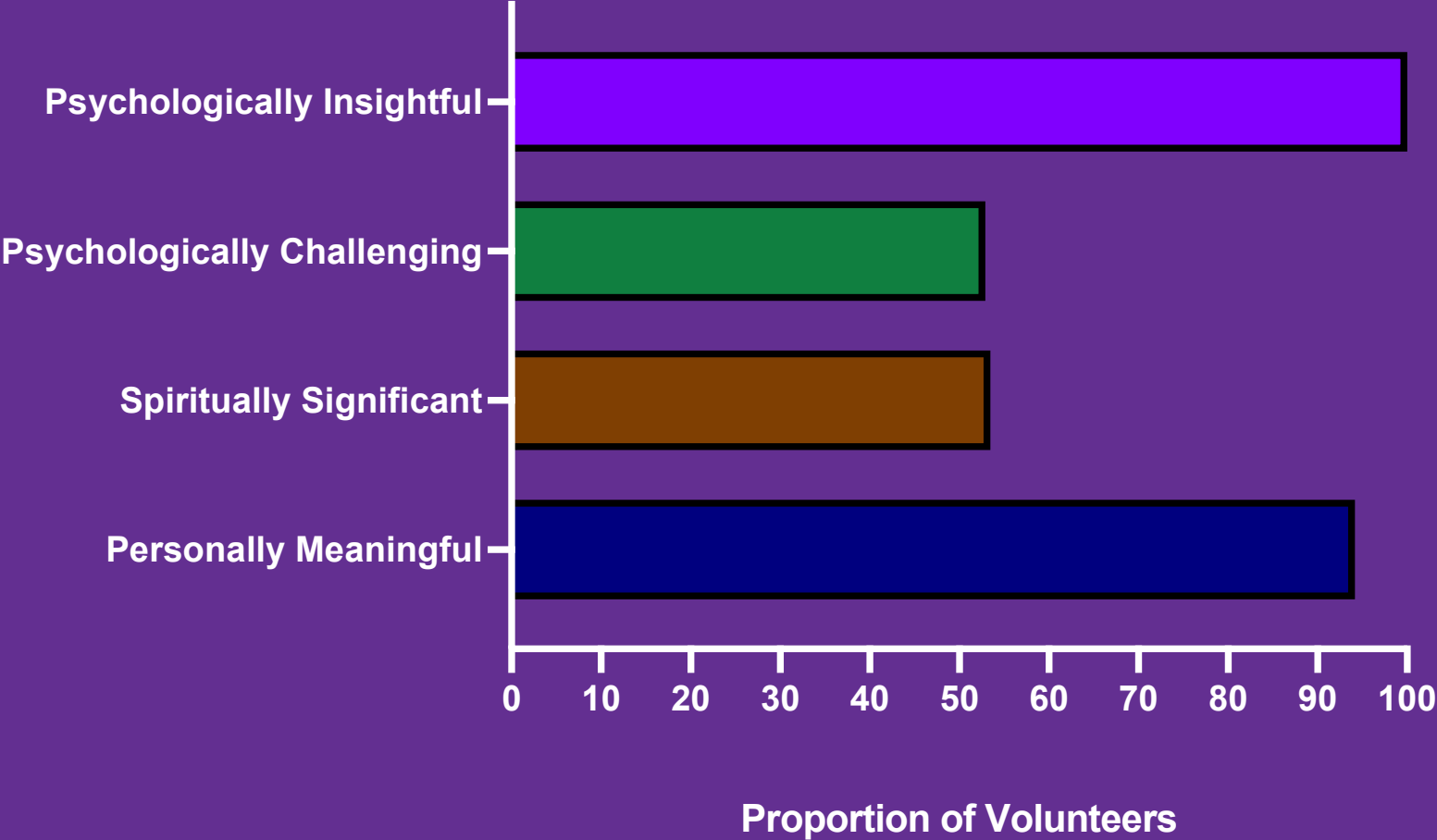
Proportion of participants meeting criteria for clinically significant response (>50% decrease in depression scores)



Proportion of participants meeting criteria for clinically significant remission (≤ 7 in clinician rated GRID-HAMD score)



High Dose Session:
Top 5 or Single Most



Psychological Mechanisms

Quantum Change



- Mystical experience **moderately correlated ($r = -.41$)** with change in depression scores at 4-weeks.
- Psychological insight **strongly correlated ($r = -.60$)** with change in depression scores at 4-weeks.

In their own words

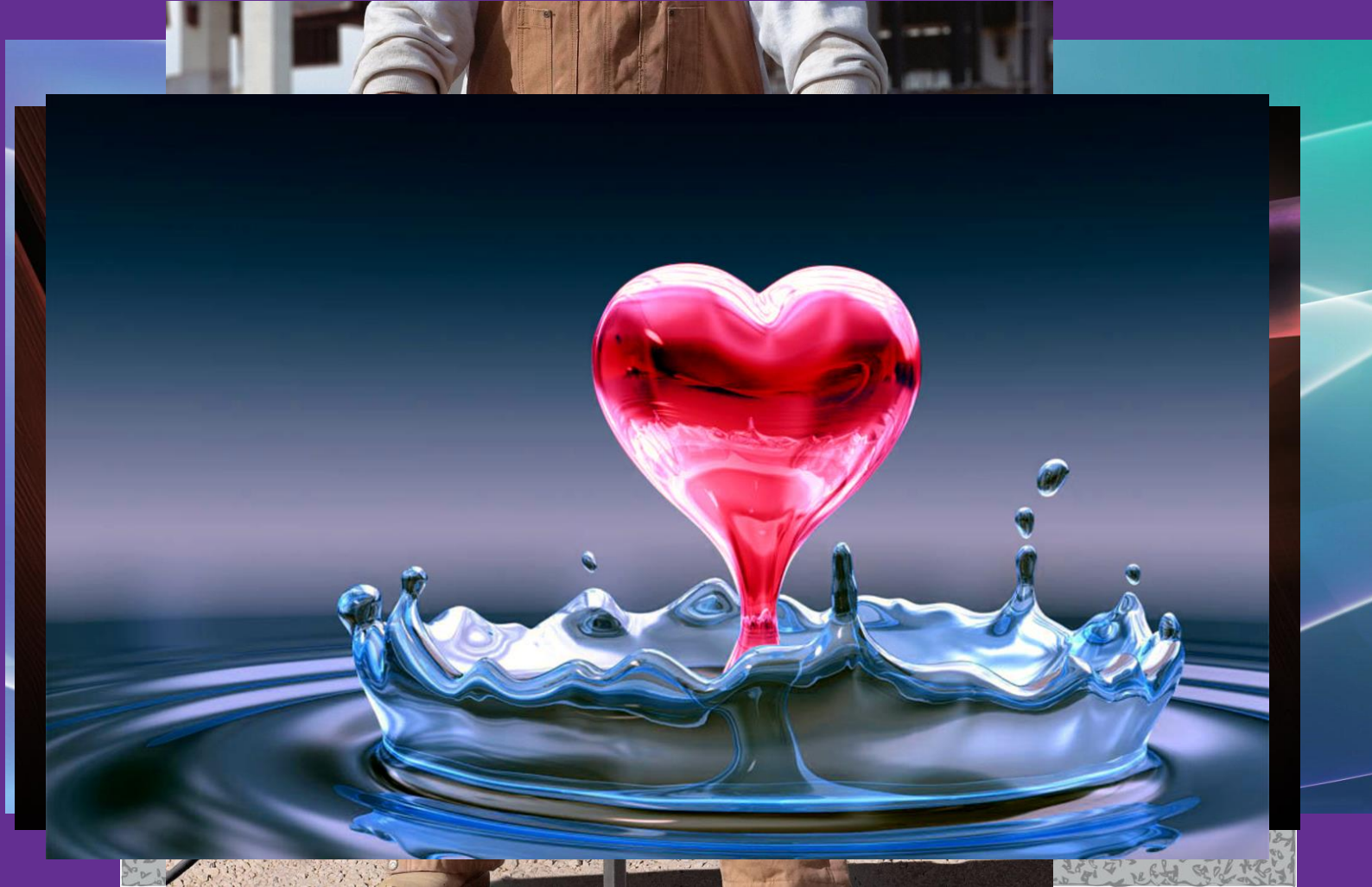
- Young male participant
- Depressed since adolescence; no medication trials or psychotherapy
- Abusive childhood; parents divorced
- Randomized to the delayed treatment condition

Session 1:



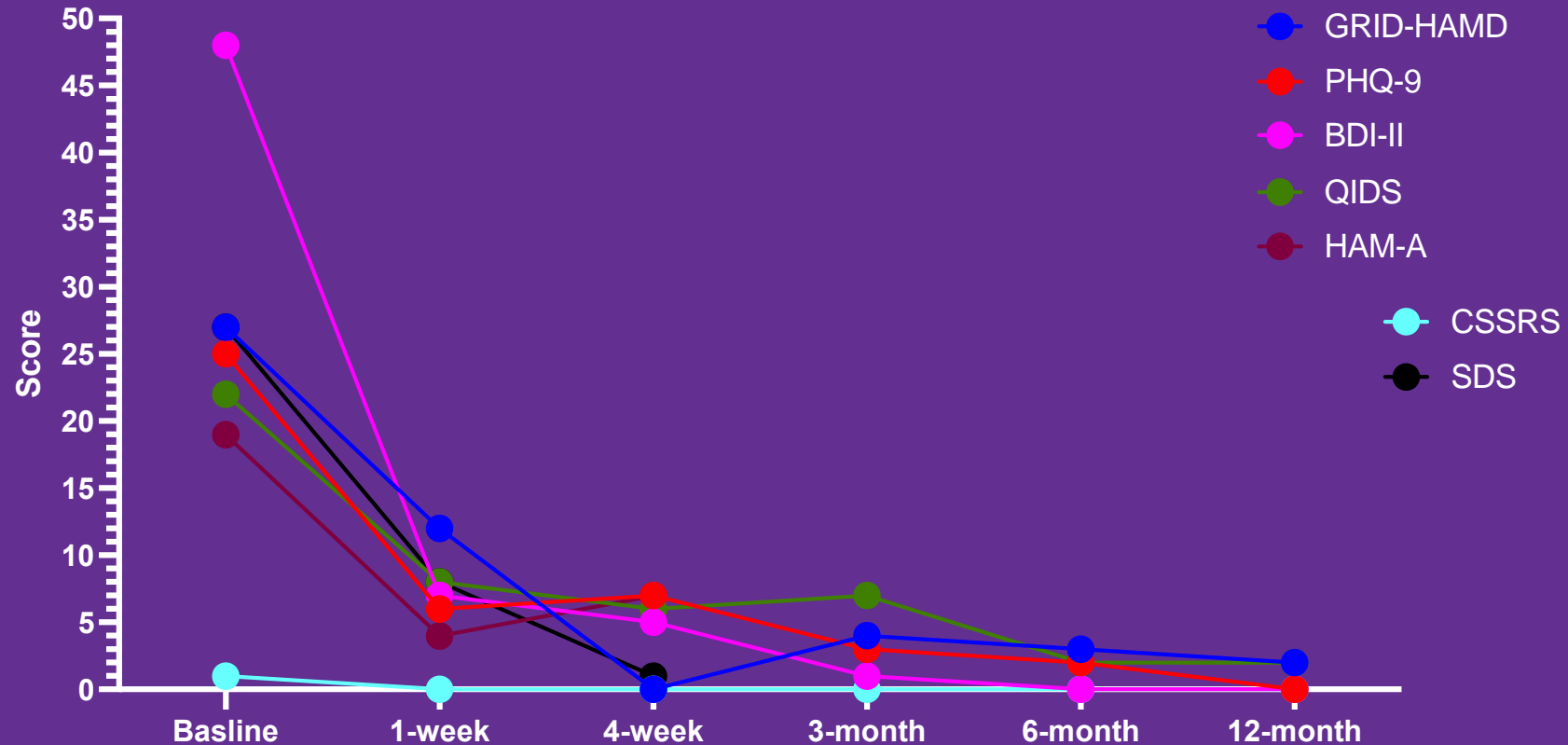
In their own words

Session 2:

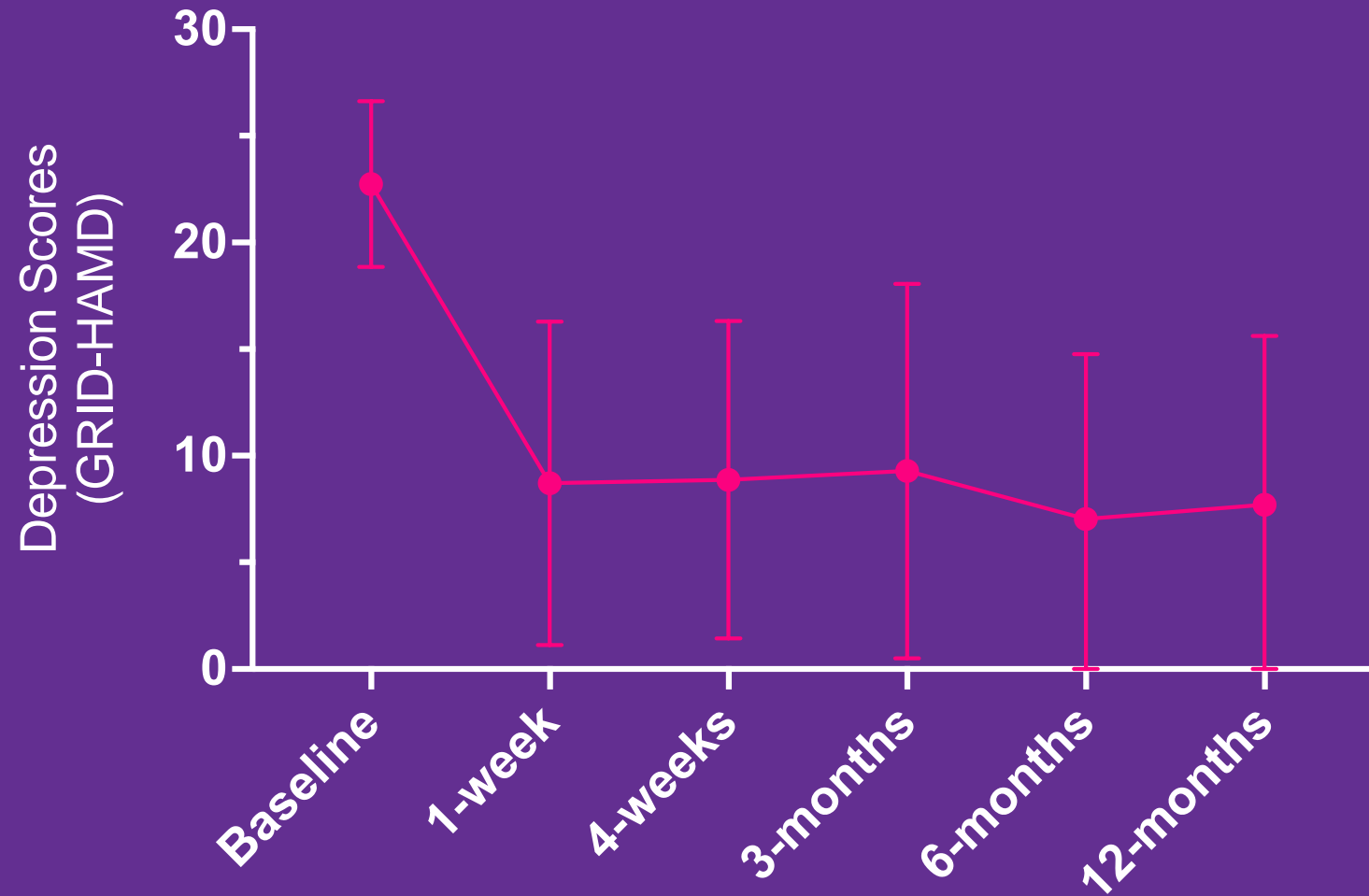


In their own words

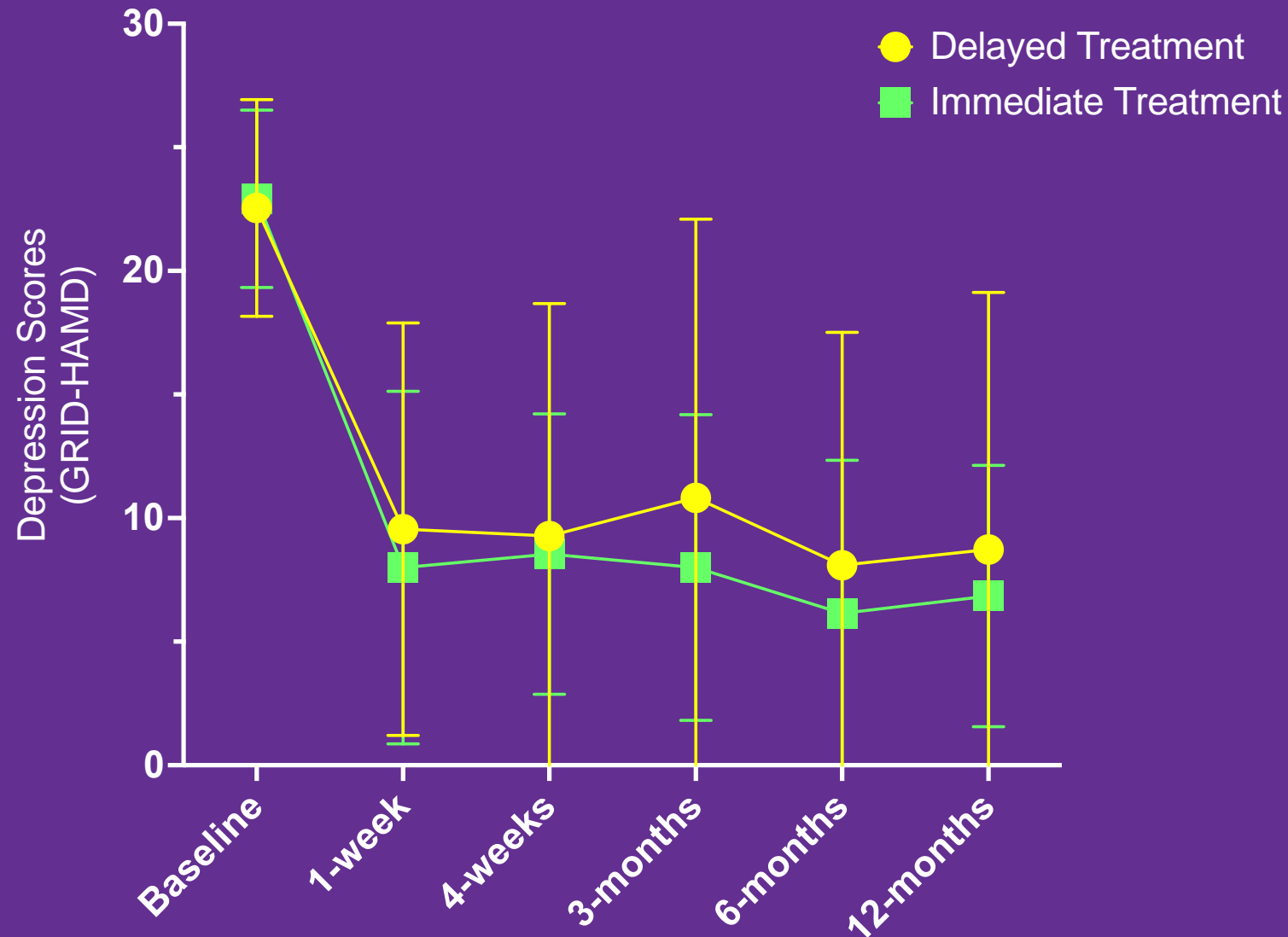
Primary Study Measures



Long-term outcomes - entire sample



Long-term outcomes - entire sample



Conclusions & Future Directions

Mystical-type AND psychological insight effects produce behavioral and psychological changes in clinical trials and naturalistic settings.

Findings could explain a transdiagnostic psychological mechanism of change.

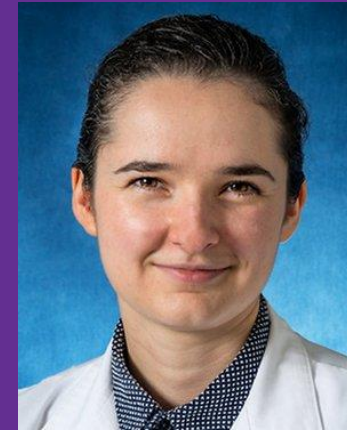
Psychedelic experiences are among the most psychologically insightful and spiritually significant experiences of people's lives.

Clinical trials with variety of patient populations: PTSD, Opioid Use, Alzheimer's, Lyme disease, Alcohol/Depression, and others.

Survey studies among people of color, native Spanish-speaking individuals, and people identifying as LGB or T.

Changing landscape regarding decriminalization and medical legalization efforts across the US.

Thank you!



Contact:
Alan K Davis, PhD
davis.5996@osu.edu

Q&A With Dr. Davis



- Dr. Sammons will read select questions that were submitted via the Q&A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.