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Nature Relationships and Psychedelic Therapy Resources

Presenter Information

- Tiffany Sauls, MD - Asheville Integrative Psychiatry-
<https://www.ashevilleintegrativepsychiatry.com/>
- Kaity Horseman LCSW PLLC. <https://www.kaityhorsemanlcsw.com/>

References in Presentation

- "Psychedelics Said to Relax Patients' Internal Confidence to Promote Plasticity":
https://www.psychnews.org/alert_AM2022_4c.html
- "Nurtured by nature": <https://www.apa.org/monitor/2020/04/nurtured-nature>
- "The brain's default network: anatomy, function, and relevance to disease":
<https://pubmed.ncbi.nlm.nih.gov/18400922/>
- "The potential synergistic effects between psychedelic administration and nature contact for the improvement of mental health": <https://pubmed.ncbi.nlm.nih.gov/33335742/>
- Last Child in the Woods: <https://richardlouv.com/books/last-child/>
- How to Change Your Mind- Michael Pollan <https://michaelpollan.com/books/how-to-change-your-mind/>

Databases with quality research on psychedelic medicine and therapy:

- Imperial College of London: <https://www.imperial.ac.uk/search/?q=psychedelics>
- Carhart- Harris Publications: <https://www.imperial.ac.uk/people/r.carhart-harris/publications.html>
- Sam Gandy Publications: <https://www.researchgate.net/profile/Sam-Gandy-4>
- Journal of Psychedelic Psychiatry: <https://www.journalofpsychedelicpsychiatry.org/2020articles>
- MAPS <https://maps.org/our-research/>

Podcasts:

- Psychedelic Medicine Podcast
- PsychEd: Educational Psychiatry Podcast
- Back from the Abyss: Psychiatry in Stories
- Psychedelics Today
- The Psychedelic Therapy Podcast

Books on Psychedelic Therapy and KAP:

- The Ketamine Papers, Phil E Wolfson, MD
- Ketamine for Depression, Dr. Stephen Hyde
- How to Change Your Mind, Michael Pollan
- Consciousness Medicine, Francoize Bourzat
- The Ethics of Caring, Kylea Taylor

News Articles:

- <https://robbreport.com/lifestyle/health-wellness/psychedelics-mental-health-1234728031/>
- <https://www.smithsonianmag.com/science-nature/a-brief-history-of-ketamines-use-to-treat-depression-180980106/>
- <https://www.outsideonline.com/health/wellness/psychedelic-nature-therapy-ketamine-anxiety-depression/>

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- https://www.dailymaverick.co.za/article/2022-06-26-psychedelics-how-they-act-on-the-brain-to-relieve-depression/?fbclid=IwAR144cyPN_7yEJVCNinh24I8y1WNeyYJGeAUUrrcMps5biozQTK7IR_n6Q
- https://www.psychnews.org/alert_AM2022_4c.html
- <https://www.newyorker.com/culture/annals-of-inquiry/ketamine-therapy-is-going-mainstream-are-we-ready>

Research Articles on the Promising Results of Psychedelic Medicine:

- Carhart-Harris, Robin L et al. "Psilocybin with psychological support for treatment-resistant depression: an open-label feasibility study." *The lancet. Psychiatry* vol. 3,7 (2016): 619-27. doi:10.1016/S2215-0366(16)30065-7
- Davis, Alan K et al. "Effects of Psilocybin-Assisted Therapy on Major Depressive Disorder: A Randomized Clinical Trial." *JAMA psychiatry* vol. 78,5 (2021): 481-489. doi:10.1001/jamapsychiatry.2020.3285
- Griffiths, Roland R et al. "Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer: A randomized double-blind trial." *Journal of psychopharmacology (Oxford, England)* vol. 30,12 (2016): 1181-1197. doi:10.1177/0269881116675513
- Grob C, Grigsby J, Handbook of Medical Hallucinogens, (2021), The Guilford Press
- Marseille E, Kahn JG, Yazar-Klosinski B, Doblin R (2020) The cost-effectiveness of MDMA-assisted psychotherapy for the treatment of chronic, treatment-resistant PTSD. PLoS ONE 15(10): e0239997.
- Mitchell, Jennifer M et al. "MDMA-assisted therapy for severe PTSD: a randomized, double-blind, placebo-controlled phase 3 study." *Nature medicine* vol. 27,6 (2021): 1025-1033. doi:10.1038/s41591-021-01336-3
- Ross, Stephen et al. "Rapid and sustained symptom reduction following psilocybin treatment for anxiety and depression in patients with life-threatening cancer: a randomized controlled trial." *Journal of psychopharmacology (Oxford, England)* vol. 30,12 (2016): 1165-1180. doi:10.1177/0269881116675512

Research Supporting Ketamine Use for Addressing Mental Health:

- Huang YJ et al. New Treatment Strategies of Depression: Based on Mechanisms Related to Neuroplasticity. *Neural Plast.* 2017; 2017:4605971.
- Hamilton et al. Depressive Rumination, the Default-Mode Network, and the Dark Matter of Clinical Neuroscience. *Biological Psychiatry.* 2015 Aug 15;78(4):224-30.
- Andrade, C. Ketamine for Depression, 1: Clinical Summary of Issues Related to Efficacy, Adverse Effects, and Mechanism of Action. *J Clinical Psychiatry* 2017 Apr;78(4):e415-e419.
- Gaynes BN et al. What Did STAR*D Teach Us? Results From a Large-Scale, Practical, Clinical Trial for Patients With Depression. Published online 1 Nov 2009. <https://doi.org/10.1176/ps.2009.60.11.1439>.
- Zarate CA, et al. A randomized trial of an N-methyl-D-aspartate antagonist in treatment-resistant major depression. *Arch Gen Psychiatry.* 2006 Aug;63(8):856-64.
- Aan Het Rot M et al. Ketamine for depression: where do we go from here? *Biol. Psychiatry.* 2012 Oct 1;72(7):537-47.

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- DiazGranados N et al. Rapid resolution of suicidal ideation after a single infusion of an N-methyl-D-aspartate antagonist in patients with treatment-resistant major depressive disorder. *J. Clin. Psychiatry*. 2010 Dec;71(12):1605-11.
- <https://www.nimh.nih.gov/about/directors/thomas-insel/blog/2014/ketamine.shtml>
- Jennifer Dore et al. Ketamine Assisted Psychotherapy (KAP): Patient Demographics, Clinical Data and Outcomes in Three Large Practices Administering Ketamine with Psychotherapy, *Journal of Psychoactive Drugs*, 51:2, 189-198, DOI: 10.1080/02791072.2019.1587556.

Psychedelic Therapy Training Programs in the U.S.:

- California Institute of Integral Studies
- Psychedelic Research and Training Institute
- Polaris Insight Center (for KAP specifically)
- MAPS MDMA assisted therapy training
- Integrative Psychiatry Institute Psychedelic Assisted Psychotherapy
- Onca's Psychedelic Psychotherapy Training
- Synthesis Institute
- Fluence's Psychedelic Training
- Sage Institute
- Psychedelic Somatic Institute