

1. **Proposed Course Name:** Psychedelic Drug Use in Therapy: What are they and how do they work?
2. **Brief Course Description:** Current medications used to treat diagnoses such as Major Depression Disorder (MDD) and Post-Traumatic Stress Disorder (PTSD) are moderately effective at best. As a result, researchers have been focusing on psychedelic substances such as ketamine, psilocybin and others to treat these diagnoses. This online webinar will cover how to classify these psychedelic substances as well as how they work in the brain, benefits and side-effects. Psilocybin will be highlighted in particular. Also included is a brief overview of microdosing. Finally, a summary of actual clinical experiences will be presented.
3. **Learning Objectives:** At the conclusion of this session participants will be able to:
 - a. Differentiate “traditional” versus “non-traditional” psychedelic substances based on their effects in the brain
 - b. List common side-effects of several psychedelics
 - c. Summarize research comparing psilocybin and escitalopram (Lexapro)
 - d. Describe some common clinical experiences by clients who have experienced psychedelic assisted therapy (PAT).
4. **Content Level:** Beginner-Intermediate
5. **Outline**
 - a. What are the psychedelic drugs?
 - i. Traditional
 - ii. Non-traditional
 - b. Brief history of psychedelics
 - i. Timelines
 - ii. Why do we need them (or do we)?
 - c. How do they work?
 - i. Brain chemistry
 - ii. Large scale networks
 - d. A word on microdosing
 - e. Psilocybin: The Daws, et.al. research
 - f. The PAT Experience
 - i. The clinical process
 - ii. The client experience
 - iii. Benefits and Risks

6. Reference Section

- Calder AE and Hasler G. (2024) Validation of the Swiss Psychedelic Side Effects Inventory: Standardized assessment of adverse effects in studies of psychedelics and MDMA. *Journal of Affective Disorders*, 365:258-264. doi: 10.1016/j.jad.2024.08.091.
- Calvey T, Howells FM. An introduction to psychedelic neuroscience. (2018) Introduction to Psychedelic Neuroscience. *Progress in Brain Research*, 242:1-23. doi: 10.1016/bs.pbr.2018.09.013.
- Daws RE, Timmermann C, Giribaldi B, Sexton JD, Wall MB, Erritzoe D, Roseman L, Nutt D, Carhart-Harris R. (2022) Increased global integration in the brain after psilocybin therapy for depression. *Nature Medicine*, 28(4):844-851. doi: 10.1038/s41591-022-01744-z.
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- Karabulut S, Kaur H, Gauld JW. (2024) Uncovering Structure-Activity Relationships of Phenethylamines: Paving the Way for Innovative Mental Health Treatments. *ACS Chemical Neuroscience*, 15(5):972-982. doi: 10.1021/acscchemneuro.3c00677.

7. Biography

Dr. Strickland graduated from Bryn Mawr College with a Doctorate in Psychology and a focus on experimental research and neuroscience. Past positions include a faculty position at the Medical College of Pennsylvania and affiliate faculty positions at Widener University and Springfield College. He currently has guest lecturer privileges at the Bryn Mawr Graduate School of Social Work and Social Research, the Rutgers School of Social Work and an affiliate professor position at Thomas Jefferson University, East Fall Campus in the Community and Trauma Counseling program. Dr. Strickland is the owner of Biobehavioral Education and Consultation, LLC.