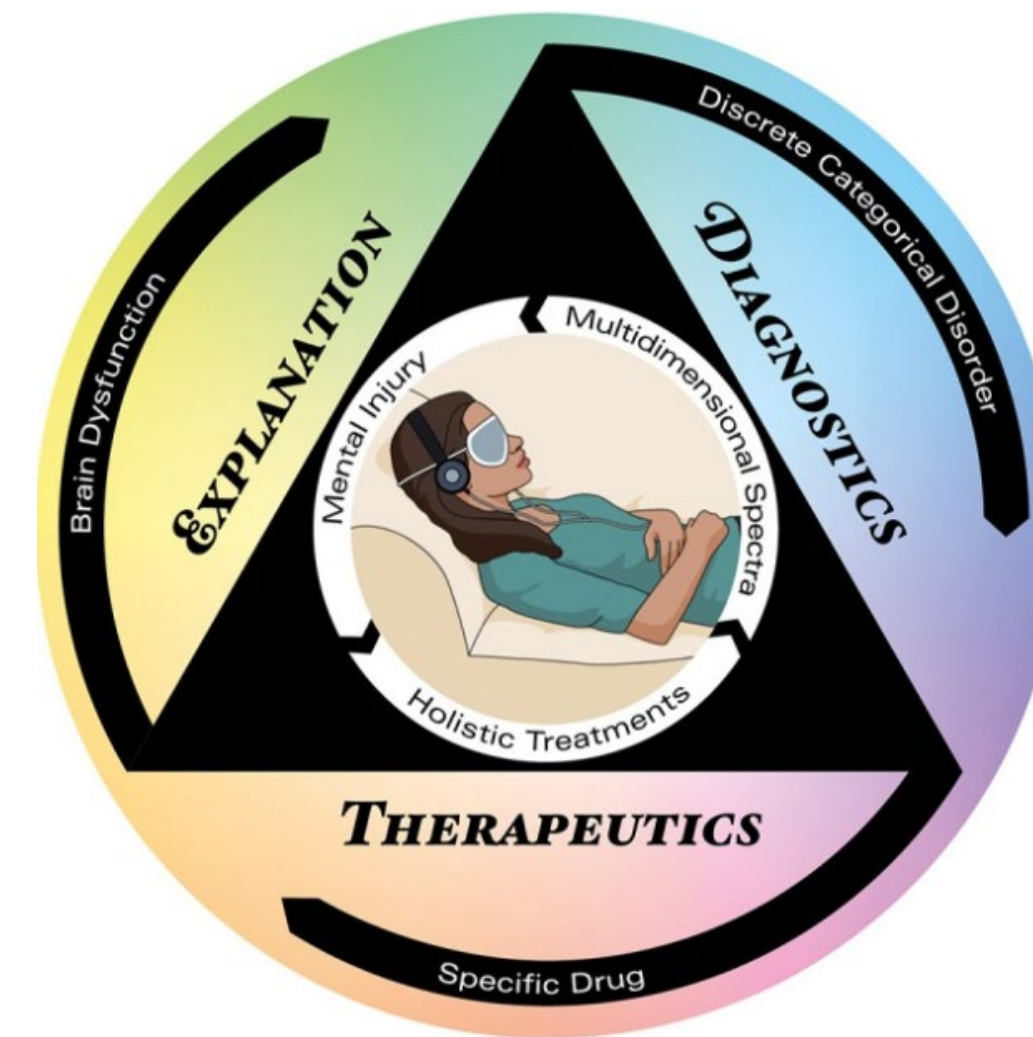


# Psychedelic Assisted Psychotherapy

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## History of PAP

Throughout history, humans have used psychedelics for ritual and healing purposes. Beginning in the early 1900s, research into Psychedelic Assisted Psychotherapy (PAP) showed promising results. After psychedelics were made illegal in the early 1970s they went largely underground. Beginning in the 1990s, there has been a resurgence of research into these drugs.



## Current and Future Use

Treatment often includes preparatory therapy sessions before, a session which includes the use of a psychedelic, and integrative therapy sessions after. Right now the Multidisciplinary Association for Psychedelic Studies (MAPS) is the main group that has FDA approval to do testing and training on PAP. With the possibility of a cure for mental health issues such as Major Depressive Disorder (MDD) and Post Traumatic Stress Disorder (PTSD) psychiatry might look very different in 10 years.

## Traditional Antidepressants

Medications already available often do not work and have long lasting and inconvenient side effects. While some of these may subside after discontinuation of use, not all do. Other issues with traditional antidepressants that are taken orally and are self-administered are non-compliance, delayed effects, and withdrawals. Unlike traditional antidepressants that only manage symptoms and cause long term side effects, psychedelics could possibly be a cure with no side effects once the drug has worn off.

