



Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy What Clinicians Need to Know About Non-Ordinary States

Presented by

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Overview

Ever since Freud, psychotherapists have worked with non-ordinary states such as dreams, hypnosis, and free association to understand and heal the heart and mind. In the past decade mindfulness and compassion practices have become mainstream tools, while more recently research on psychedelic-assisted psychotherapy has mushroomed. Psychedelics, often combined with insights from mindfulness and compassion practices, now offer not only possible breakthrough treatments for PTSD, depression, addictions, and end-of-life anxiety, but provide new insights into the nature of psychological distress, mechanisms of healing.

What can clinicians learn from these developments? What can they teach us about the neurobiology of human suffering and flourishing? How can they inform our practice?

You'll learn practical tools and techniques derived from mindfulness and compassion-oriented treatment and psychedelic-assisted psychotherapy to help clients with a wide-array of disorders. We'll explore ways to help clients integrate split-off traumatic memories, open their hearts, embrace vulnerability, surrender to the flow of ever-changing experience, move from isolation to deep connection with people and nature, appreciate the unreliable fluidity of thought, and find meaning in everyday moments.

You'll learn how to use mindfulness and self-compassion practices along with other techniques to harness these healing mechanisms, while also gaining the knowledge necessary to help clients who might be experimenting with psychedelics to integrate and grow from their experiences.

Objectives: Participants will be able to:

- Describe how mindfulness practices work to resolve psychological distress
- Describe the role of compassion, and self-compassion in psychotherapeutic progress
- Describe evidence for the efficacy and mechanisms of action in psychedelic-assisted psychotherapy
- Identify patients considering psychedelic experiences outside of treatment
- Identify how to help clients integrate psychedelic experiences into their therapy
- Identify how to incorporate elements of mindfulness and compassion-informed, and psychedelic-assisted sessions into other forms of psychotherapy

• **Session One (1:28:23)**

- History of non-ordinary states in psychotherapy
- Common factors in psychopathology and their antidotes
- What are psychedelics?
- History of psychedelic-assisted psychotherapy (PAP)

• **Session Two (1:30:01)**

- Origins and effects of different psychedelic agents
- Cautions and contraindications
- Structuring PAP

• **Session Three (1:33)**

- What are mindfulness practices and how do they work?
- Compassion: What is it really?
 - Synergies among mindfulness, compassion, & PAP

• **Session Four (1:32:03)**

- The role of transpersonal awareness in healing
- Discovering the extraordinary gift of being ordinary

Dr. Ronald D. Siegel is an Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 35 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts.

He has written *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coauthor of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*; and *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; coeditor of *Mindfulness and Psychotherapy, 2nd Edition*, and author of the new book, *The Extraordinary Gift of Being Ordinary: Finding Happiness Right Where You Are*.

CE Hours for Psychologists Counselors Social Workers MFT AOTA

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