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# Psychosocial Contexts

NASEM

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Founding Director ACER Integration

Clinical Track Lead, Psychedelic Practitioner Training Synthesis Institute

Consultant Clinical Psychologist, DMT for Depression Study (Small Pharma)

Former Clinical Lead of Psilodep, Imperial College London



## Disclosures

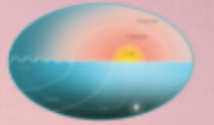
Founding director and owner ACER Integration  
Funded by a private loan

Consultancy  
Clinical Track Lead, Psychedelic Practitioner Training Synthesis Institute,  
Consultant Clinical Psychologist, DMT for Depression Study (Small Pharma)

Former Employment  
Clinical Lead of Psilodep, Imperial College London

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ACE manual for psilocybin therapy

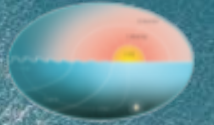
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How do the non-pharmacological features engage with the biology ?



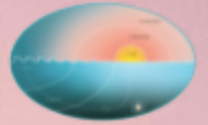


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# Overview

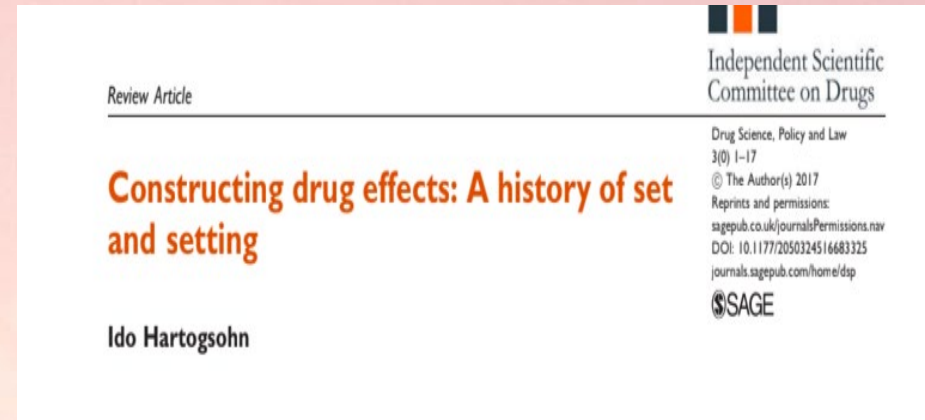
- 1) Introduction
- 2) Mechanisms
- 3) Treatment elements
- 4) References/ evidence





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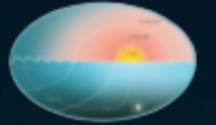
## 1) Essential treatment elements



2) Without these elements- psychedelic therapy may be ineffective/ unsafe

3) Research gap- unethical to exclude these elements

4) How do these essential elements interact with mechanisms/ outcomes?

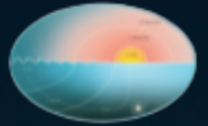


## 2) Mechanisms

1) Brain imaging

2) Qualitative research- thematic analysis of participant accounts of mechanism

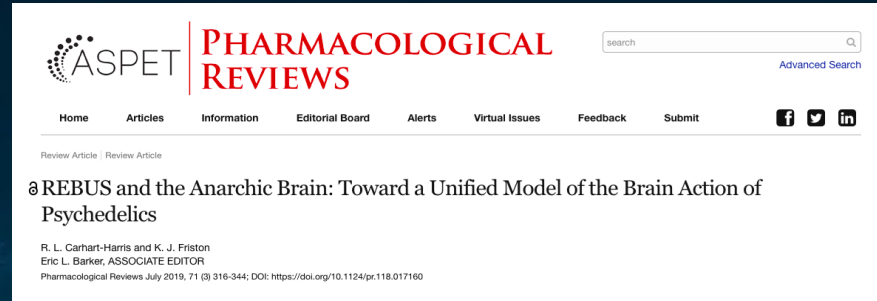




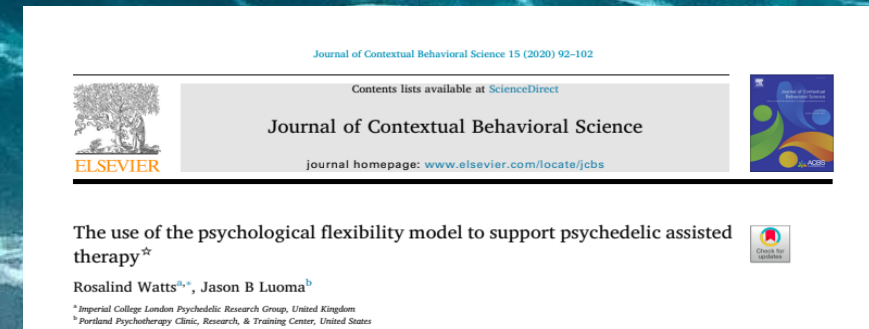
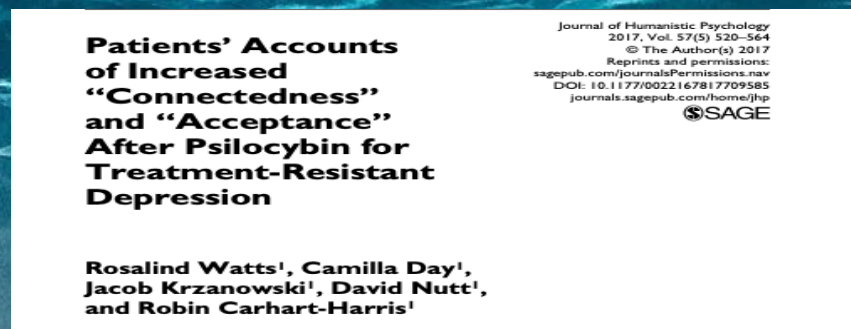
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## 2) Mechanisms

## 1) Brain imaging



## 1) Qualitative research

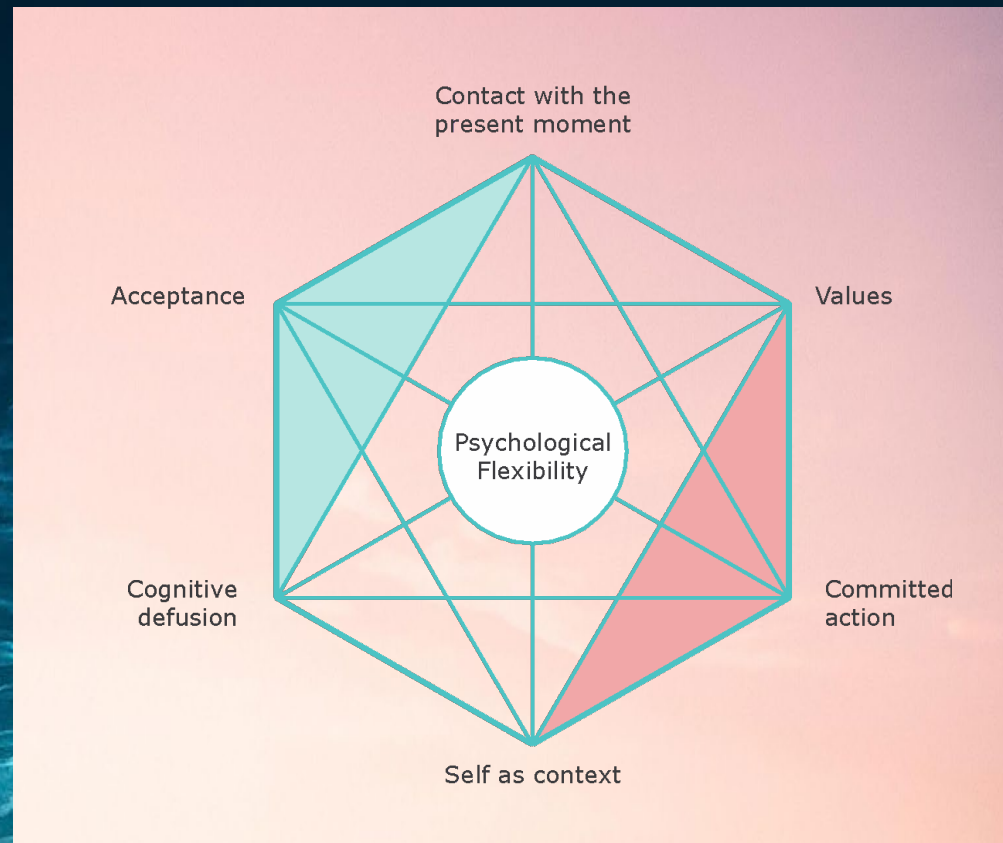






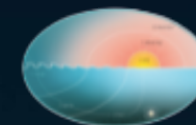


## Psychological Flexibility



Hayes et al, 1999

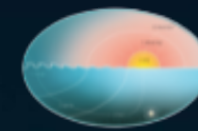




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- 1) ACCEPTANCE
- 2) CONNECTEDNESS
- 3) EMBODIMENT

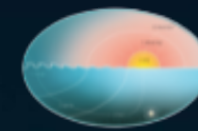




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## 1) ACCEPTANCE

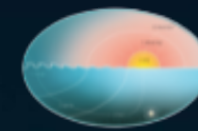




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## 1) CONNECTEDNESS

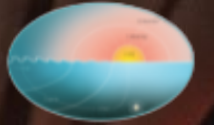




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## 1) EMBODIMENT



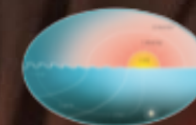


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### 3. Treatment elements that facilitate mechanisms







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## Preparation

Trust/ Rapport/Safety /Communication  
Visualisation

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Journal of Contextual Behavioral Science

journal homepage: [www.elsevier.com/locate/jcbs](http://www.elsevier.com/locate/jcbs)



The use of the psychological flexibility model to support psychedelic assisted therapy<sup>\*</sup>

Rosalind Watts<sup>a,\*</sup>, Jason B Luoma<sup>b</sup>

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<sup>b</sup> Portland Psychology Clinic, Research & Training Center, United States



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PSILOCYBIN for Depression: The ACE Model Manual

AUTHORS  
Rosalind Watts

AUTHOR ASSERTIONS  
Conflict of Interest: No Public Data: Not applicable Preregistration: Not applicable

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Abstract

"The Psilocybin for Depression: The ACE Manual" describes the structure, procedures, and scripts used in the two Imperial College London studies (Palodep) researching psilocybin treatment for major depression.

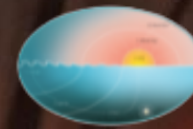
Preprint DOI

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## Session

Two guides  
Music  
Touch  
Boundaries





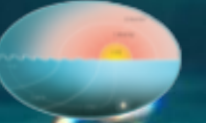
## Integration

Meaning making

Managing sensitivity, confusion, rawness

Community – peer support





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## 4. Evidence



## Psychedelics and the essential importance of context

Robin Lester Carhart-Harris<sup>1</sup>, Leor Roseman<sup>1</sup>, Eline Haijen<sup>1</sup>,  
David Erritzoe<sup>1</sup>, Rosalind Watts R<sup>1</sup>, Igor Branchi<sup>2</sup> and Mendel Kaelen<sup>1</sup>




*Journal of Psychopharmacology*  
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DOI: 10.1177/0269881118754710  
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## Emotional breakthrough and psychedelics: Validation of the Emotional Breakthrough Inventory

Leor Roseman<sup>1</sup>, Eline Haijen<sup>1</sup>, Kelvin Idialu-Ikato<sup>1</sup>,  
Mendel Kaelen<sup>1,2</sup>, Rosalind Watts<sup>1</sup> and Robin Carhart-Harris<sup>1</sup>



*Journal of Psychopharmacology*  
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DOI: 10.1177/0269881119855974  
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## Quality of Acute Psychedelic Experience Predicts Therapeutic Efficacy of Psilocybin for Treatment-Resistant Depression

Leor Roseman<sup>\*</sup>, David J. Nutt and Robin L. Carhart-Harris

*Psychedelic Research Group, Department of Medicine, Imperial College London, London, United Kingdom*

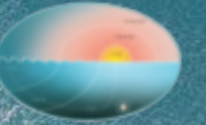


## Psychedelic Communitas: Intersubjective Experience During Psychedelic Group Sessions Predicts Enduring Changes in Psychological Wellbeing and Social Connectedness

H. Kettner<sup>1\*</sup>, F. E. Rosas<sup>1,2,3</sup>, C. Timmermann<sup>1</sup>, L. Kärtner<sup>1</sup>, R. L. Carhart-Harris<sup>1</sup> and L. Roseman<sup>1</sup>

<sup>1</sup>Centre for Psychedelic Research, Department of Brain Sciences, Imperial College London, London, United Kingdom, <sup>2</sup>Data Science Institute, Imperial College London, London, United Kingdom, <sup>3</sup>Centre for Complexity Science, Imperial College London, London, United Kingdom





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**Thank You**