

# Entheogens and Psychedelic Medicine: A Conversation about Spirit

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**Psychedelics:** a class of drugs that produce “non-ordinary states of consciousness” and change our sense of self and the world.

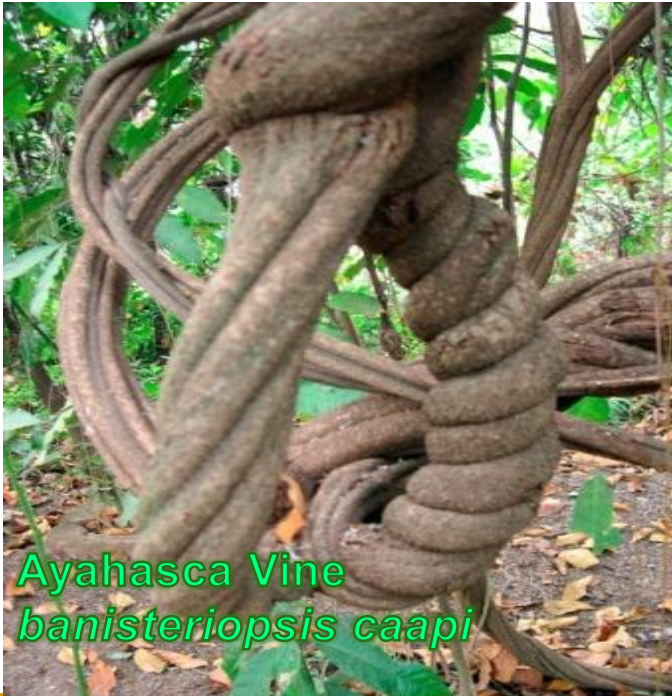
- “classic” psychedelics - agonists of the 5HT<sub>2A</sub> receptor (LSD, DMT, psilocybin, mescaline)
- “atypical” psychedelics –different mechanisms but many similarities in effect e.g., MDMA, Ketamine, Ibogaine

**Entheogen:** naturally derived substances used to stimulate a connection with spirits, the Spirit, or some numinous process (e.g., ayahuasca, psilocybe mushrooms, peyote)

# Ayahuasca



Chakruna leaves  
*psychotria viridis*



Ayahuasca Vine  
*banisteriopsis caapi*



# Psilocybin

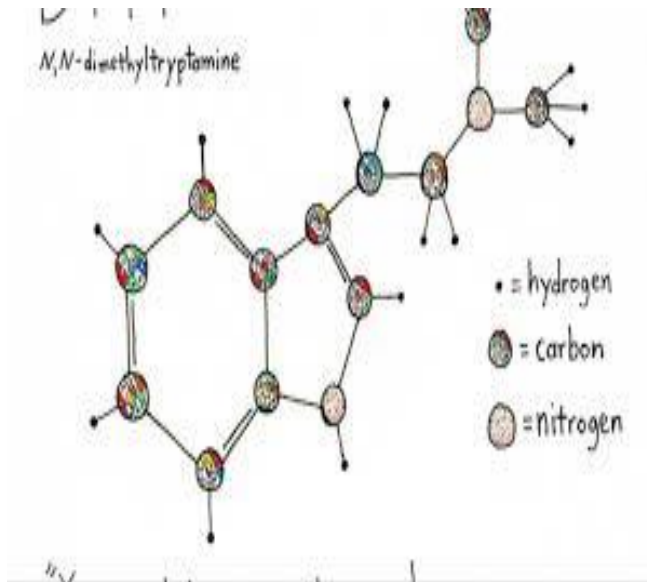


# LSD





# DMT



# Peyote



# Wachuma (San Pedro)





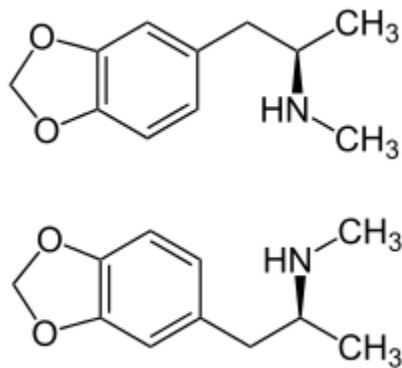
# Yopo



# Iboga and Ibogaine



# MDMA (Ecstasy)





Important to also acknowledge the non-psychedelic members of the large family of plant medicine





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# Healing Contexts

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# Psychedelic-assisted therapy



# Healing (psychedelic) retreats



# An Amazonian shamanic context





# A syncretic church context





# Accredited Treatment Centres





# Our Own Context: Indigenous Healing, Truth and Reconciliation



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# Starting a Conversation

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1. Thinking about this big family of **plants** and **plant medicine**, what do they all have in common ?

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2. What about the **processed, manufactured medicines**, often directly related to the same plants (e.g., psilocybin, ibogaine)? From an Indigenous cultural lens is there a conflict or challenge using these manufactured medicines in a therapeutic manner, often drawing upon Indigenous traditions.

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3. So now we have these traditional medicines such as psilocybe mushroom, ayahuasca, and let's call them, "psychedelic cousins" like MDMA, ketamine etc. being integrated with psychotherapy and other Western approaches to healing. What principles should we follow to ensure cultural safety for Indigenous peoples?

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4. Let's talk about research for a moment, I would assume those same principles apply? Anything else come to mind for the research from an Indigenous lens on that work?

And what are the key outcomes that are most important for us to be measuring in this research?

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**Thank you  
and good luck in your personal and  
professional work!**



**Miigwetch  
Haux Haux**

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# Ketamine-Assisted and Culturally Attuned Trauma Informed Psychotherapy as Adjunct to Traditional Indigenous Healing: Effecting Cultural Collaboration in Canadian Mental Health Care

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