



Psychedelic Medicine: A New Paradigm in Mental Health

October 25 & 26, 2024 | Virtual, Zoom

DETAILED PROGRAM AGENDA

Day 1: Friday, October 25th, 2024 | Zoom | Eastern Daylight Time (EDT) Psychedelic Psychotherapy: History, Clinical Approach and the Evidence

The first day of the conference will feature a variety of Canadian and International experts in the emerging field of psychedelic-assisted psychotherapy. Together we will explore the history of the field, how the therapy is delivered and the current evidence base including risks and benefits, and pathways toward legalization for medical use.

This interactive conference will include ample time for questions and answers and includes breakout rooms to meet fellow attendees to digest the material together.

TIME (EDT)	SESSION DETAILS
09:00 – 09:10 am <i>(10 minutes)</i>	WELCOME REMARKS
09:10 – 09:20 am <i>(10 minutes)</i>	BREAKOUT DISCUSSION
09:20 – 10:00 am <i>(40 minutes)</i>	THE PSYCHEDELIC RENAISSANCE IN 2024: FROM THEN UNTIL NOW Dr. Emma Hapke Using plants and fungi to alter consciousness in the service of healing has been used by Indigenous cultures around the world for centuries. In fact, the use of psychedelic plants is found in human cultures from ancient history to modern times. This talk will explore the roots of this field, examine the current landscape and explore future directions including risks and possibilities. <u>Learning Objectives:</u> <ol style="list-style-type: none">1. Describe the Indigenous and historical use of psychedelic medicines.2. Understand at a high level the current evidence base for psychedelic therapy, gaps in the field and future directions.
10:00 – 10:15 am <i>(15 minutes)</i>	QUESTION & ANSWER Dr. Emma Hapke
10:15 – 10:30 am	BREAK
10:30 – 11:15 am <i>(45 minutes)</i>	AN APPROACH TO PSYCHEDELIC THERAPY: SCREENING, PREPARATION, DOSING AND INTEGRATION Dr. Emma Hapke

This talk will provide an overview of the general principles and approach to psychedelic therapy. It will begin by exploring how to screen people, the current understanding of psychiatric and medical contraindications and patient suitability. It will then explore best practices for preparation, dosing sessions and integration. Content that can arise in a psychedelic session will also be explored.

Learning Objectives:

1. Describe the four phases of psychedelic therapy: screening, preparation, dosing sessions and integration.
2. Identify common challenging experiences in preparation, dosing and integration and learn basic management strategies.

11:15 – 12:00 pm
(45 minutes)

**WISDOM FROM THE FRONT LINES: INTERVIEW WITH EXPERIENCED PSYCHEDELIC GUIDE
Mary Cosimano**

This interview will provide a deeper dive into how psychedelic therapies are structured and conducted with questions exploring how to build trust, the therapeutic relationship and how to screen, prepare and safely guide patients in psychedelic sessions. Challenging experiences in dosing sessions and after will also be explored. Lessons learned from the Johns Hopkins program will be shared.

Learning Objectives:

1. Explore from the perspective of a guide how to build trust, safely prepare and dose patients with psilocybin therapy.
2. Understand what challenging experiences can arise in preparation, dosing and integration and how to manage them.

12:00 – 12:15 pm
(15 minutes)

BREAKOUT DISCUSSION

12:15 – 12:30 pm
(15 minutes)

**QUESTION & ANSWER
Dr. Emma Hapke and Mary Cosimano**

12:30 – 01:15 pm

LUNCH

01:15 – 01:50 pm
(35 minutes)

**MDMA-ASSISTED THERAPY FOR PTSD AND BEYOND: CURRENT EVIDENCE AND APPLICATIONS
Dr. Anne Wagner**

MDMA-assisted therapy for PTSD has been investigated across numerous trials, including pilot trials using different models of psychotherapy (Cognitive Processing Therapy, Cognitive Behavioral Conjoint Therapy). How and why MDMA-assisted therapy is theorized to work will be explored, as well as the components of the therapeutic approaches.

01:50 – 02:00 pm
(10 minutes)

Learning Objectives:

3. Discuss key findings from MDMA-assisted therapy trials using different psychotherapies
4. Describe the components of MDMA-assisted therapy

QUESTION & ANSWER

Dr. Anne Wagner

02:00 – 02:45 pm
(45 minutes)

PSILOCYBIN THERAPY FOR END-OF-LIFE DISTRESS AND DEPRESSION: FROM EVIDENCE TO MECHANISM OF ACTION

Dr. Daniel Rosenbaum

This presentation will provide a high-level overview of the use of psilocybin in contemporary clinical trials, with a focus on depression and cancer-associated distress.

Learning Objectives:

1. Understand the basic pharmacologic properties of psilocybin
2. Discuss different mechanisms of action of psilocybin in conjunction with psychotherapy
3. Describe important safety considerations around psilocybin, including potential adverse effects, contraindications, and drug-drug interactions
4. Discuss key findings from contemporary clinical trials of psilocybin-assisted psychotherapy for the treatment of depression and cancer-associated distress

02:45 – 03:00 pm

BREAK

03:00 – 03:30 pm
(30 minutes)

PSYCHEDELIC THERAPY FOR SUBSTANCE USE DISORDERS

Dr. Monique Moller

Substance use disorders are chronic, relapsing illnesses with increasing global prevalence, leading to significant morbidity and mortality. Innovative treatments are scarce, and current pharmacological and psychosocial interventions often yield poor outcomes. The utilization of psychedelic compounds has a long history in traditional healing practices; only in the last few decades are we realizing their potential benefits and incorporating them into Western medicine and research. This presentation will provide an overview of the use of psychedelic therapies to treat substance use disorders, including a review of current literature and a discussion of future clinical applications.

Learning Objectives:

1. Describe current substance use disorder treatment outcomes, highlighting the need for innovative approaches.
2. Discuss available literature and evidence supporting the use of psychedelic therapies for treatment of substance use disorders.
3. Examine the implications for clinical practice, including barriers to therapy as well as potential harms.

03:30 – 03:45 pm <i>(15 minutes)</i>	BREAKOUT DISCUSSION
03:45 – 04:00 pm <i>(15 minutes)</i>	QUESTION & ANSWER Dr. Daniel Rosenbaum and Dr. Monique Moller
04:00 – 04:30 pm <i>(30 minutes)</i>	PSYCHEDELICS AND THE CANADIAN LEGAL LANDSCAPE: WHERE DO WE GO FROM HERE? John Gilchrist Why is legal access to psychedelics in Canada so difficult despite its proven benefits? This presentation will explore the complexities of psychedelic therapy in Canada, the current legal landscape, and potential pathways to making psychedelic therapy more accessible. We'll examine how TheraPsil, a grassroots nonprofit, is advocating for "medical assistance in living" through psychedelic therapy and the critical role of professional training in a trusted ecosystem for psychedelic healthcare. <u>Learning Objectives:</u> <ol style="list-style-type: none"> 1. Understand the current legal status of psychedelics in Canada and how you can help drive progress for safe, legal psychedelic therapy for those who need it most. 2. Recognize the importance of training healthcare professionals in psychedelic therapy to ensure patient safety and effective treatment. 3. Explore the path towards a regulated framework for medical psychedelic use, including the impact of legal cases and advocacy on future access to psychedelic therapies.
04:30 – 04:45 pm <i>(15 minutes)</i>	QUESTION & ANSWER John Gilchrist
04:45 pm	CLOSE OF DAY 1

Day 2: Saturday, October 26th, 2026 | Zoom | Eastern Daylight Time (EDT)

Integration: From Individual Healing to Collective Well-being

The second day of the conference will dive deep into the topic of integration, learning what can happen after people take psychedelics and how to best support them. We will explore the neuroscience of the integration period in the brain and learn why support during this period is critical. We will then explore integration in groups, how to build resilient communities and how the field is grappling with honouring the Indigenous roots of psychedelic medicine.

The interactive nature of the conference will continue with extended question and answer periods and breakout rooms for smaller group discussions.

TIME (EDT)	SESSION DETAILS
09:00 – 09:15 am <i>(15 minutes)</i>	WELCOME REMARKS
09:15 – 10:45 am <i>(90 minutes)</i>	INTEGRATION: CHALLENGING EXPERIENCES AND SUPPORTIVE TECHNIQUES Dr. Marc Aixala <p>This presentation will offer a comprehensive overview of the integration work conducted by the author since 2012, alongside the development of an integration model grounded in extensive clinical experience. The talk will explore various facets of integration, providing a broad conceptual framework and addressing common challenges encountered following difficult psychedelic experiences. Additionally, it will cover strategies and methods for effectively supporting individuals through these challenges.</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. Develop a comprehensive understanding of psychedelic integration from a constructivist perspective. 2. Identify and analyze the primary challenges reported by individuals after difficult psychedelic experiences. 3. Gain an introductory exposure to a structured methodology for psychedelic integration.
10:45 – 11:00 am <i>(15 minutes)</i>	BREAKOUT DISCUSSION
11:00 – 11:15 am <i>(15 minutes)</i>	QUESTION & ANSWER Dr. Marc Aixala
11:15 – 11:45 am <i>(30 minutes)</i>	HOW PSYCHEDELICS AFFECT THE BRAIN Dr. Manesh Girn <p>Over the past decade, the study of how psychedelics affect the brain has experienced an explosion of scientific interest. The findings from these studies are crucial for understanding how psychedelics can promote lasting therapeutic benefits, and for optimizing approaches to psychotherapy and integration. In this talk, I provide an accessible yet comprehensive overview of the current state of our understanding of how psychedelics affect the brain, highlighting key discoveries and ongoing debates that are relevant for practitioners, laypeople, and policy makers.</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. Describe the key brain systems affected by psychedelics, including serotonin receptor activity and the modulation of brain networks 2. Gain a deeper understanding of neuroplasticity and its potential role in psychedelic therapy and integration. 3. Critically discuss current controversies in psychedelic neuroscience, such as the nature of therapeutic mechanisms (e.g., neuroplasticity vs.

subjective experience) and the limitations of current research methodologies.

11:45 – 12:00 am
(15 minutes)

QUESTION & ANSWER
Dr. Manesh Girn

12:00 – 01:00 pm

LUNCH

01:00 – 01:45 pm
(45 minutes)

BUILDING RESILIENT PSYCHEDELIC COMMUNITIES AND PRACTITIONERS: AN INTERVIEW WITH SHANNON DAMES
An Interview with Shannon Dames

This interview will explore Dr. Dame’s pioneering work in the study of human resilience and how she developed the Roots to Thrive model and integrated psychedelic therapy into it. We will then learn how she has built programs that involve a two-eyed way of seeing, integrating Indigenous and Western knowledge in psychedelic treatment and training. The talk will then conclude with an exploration of lessons learned from Dr. Dames development and iteration of the Vancouver Island University graduate certificate in psychedelic-assisted psychotherapy.

Learning Objectives:

1. Discuss the Roots to Thrive model and explore psychedelic therapy can foster human resilience. support Examine the implications for clinical practice, including barriers to therapy as well as potential harms.
2. Describe the two-eyed way of seeing approach to developing program that integrate Indigenous and Western ways of know.
3. Explore early best practices in the training of psychedelic therapists.

01:45 – 02:00 pm
(15 minutes)

QUESTION & ANSWER
Shannon Dames

02:00 – 02:45 pm
(45 minutes)

PATIENT AND PROVIDER PERSPECTIVES ON THE SPECIAL ACCESS PROGRAM IN CANADA: A PANEL DISCUSSION
ANDREA HARRIS, PRACHI SONEJI, SABRINA AKHTAR, AND SHAWNA ALVIS

Canada is one of a few jurisdictions in the world where the government allows physicians to prescribe psilocybin and MDMA-assisted psychotherapy for patients who meet certain criteria through its Special Access Program. This panel will explore the Canadian Special Access Program from multiple perspectives: clinic head, prescribing physician, therapist and patient.

Learning Objectives:

1. Learn about psychedelic healing from the perspective of the providers and the patient.
2. Describe the Special Access Program criteria and how to support patient access this treatment.
3. Learn best practices for establishing a clinic for psychedelic therapy.

02:45 – 03:00 pm <i>(15 minutes)</i>	BREAKOUT DISCUSSION
03:00 – 03:15 pm <i>(15 minutes)</i>	QUESTION & ANSWER Special Access Program Panelists ANDREA HARRIS, PRACHI SONEJI, SABRINA AKHTAR, AND SHAWNA ALVIS
03:15 – 03:30 pm	BREAK
03:30 – 04:15 pm <i>(45 minutes)</i>	INDIGENOUS PERSPECTIVES ON PSYCHEDELICS AS MEDICINE: A PANEL DISCUSSION Kim Haxton, Brian Rush, and Francine Douglas This panel will explore topics relevant to the use of psychedelics as medicine, including Indigenous perspectives on health and wellness, illness, and healing practices. Panel members will also describe how psychedelics, or “entheogens,” are being used to support healing in Indigenous communities in North and South America.
	<u>Learning Objectives:</u> <ol style="list-style-type: none"> 1. Identify how colonization has impacted Indigenous plant medicine/psychedelic use and practices 2. Recognize how non-Indigenous people can work safely and respectfully with Indigenous people, clinicians, communities 3. Recognize important differences between Western biomedicine and many Indigenous healing paradigms
04:15 – 04:30 pm <i>(15 minutes)</i>	QUESTION & ANSWER Indigenous Perspectives Panelists Kim Haxton, Brian Rush, and Francine Douglas
04:30 – 04:45 pm <i>(15 minutes)</i>	CLOSING REMARKS