

## “Psychedelic Assisted Therapy”

### Episode Overview

In this episode, I explore the growing scientific interest in psychedelic-assisted therapy as a potential treatment for substance use disorders, particularly opioid addiction. I trace the historical roots of psychedelic therapy, review emerging evidence on substances like lysergic acid diethylamide (LSD), ketamine, psilocybin, and ibogaine, and highlight the challenges of translating promising findings into safe, regulated clinical practice.



- Psychedelic-assisted therapy has deep historical roots, including early connections to Alcoholics Anonymous (AA) and mid-20th-century clinical research.
- Renewed interest has emerged because traditional treatments (e.g., methadone, buprenorphine) do not meet everyone’s needs.
- Current research spans multiple substances – LSD, ketamine, ibogaine, methylenedioxy-methamphetamine (MDMA), psilocybin, and others – across both clinical trials and naturalistic settings.

### TAKEAWAYS

- ✓ Early evidence shows psychedelics may help reduce opioid use, ease withdrawal, improve abstinence rates, and support long-term recovery through psychological insight.
- ✓ Successful treatment likely requires integrating psychedelics with therapy, peer support, and structured recovery models.
- ✓ Major challenges ahead include regulation, safety protocols, clinician training, and the need for larger, more rigorous trials.

## References & Future Reading

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