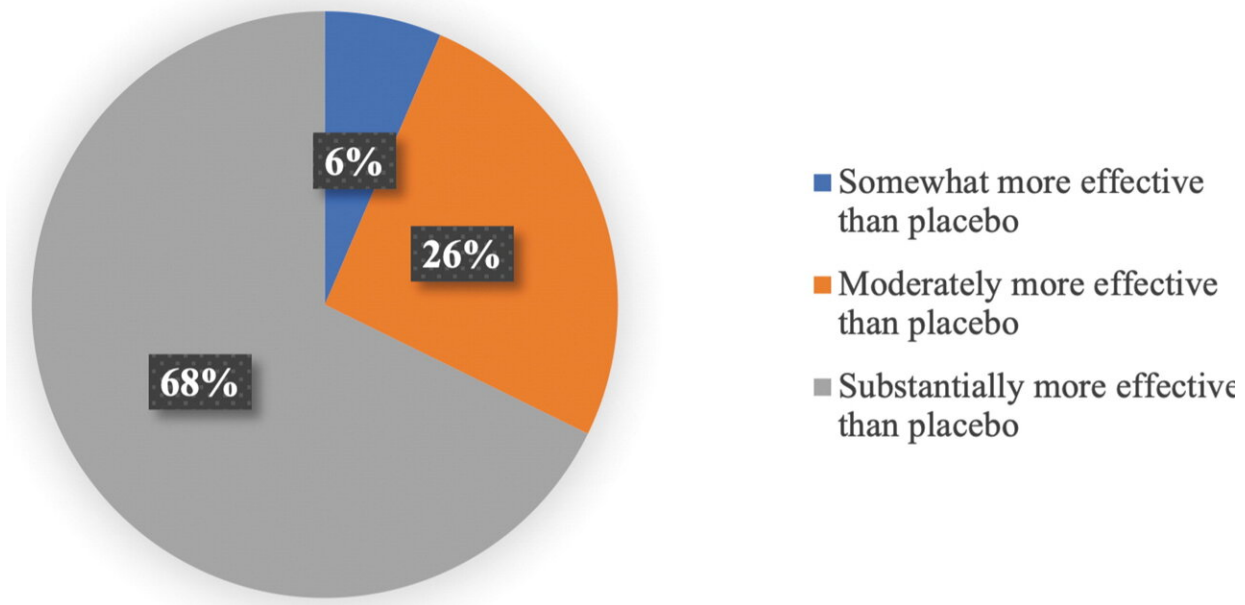


Personal psychedelic use may be common among psychedelic therapists

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"Compared to placebo, how effective do you believe psilocybin therapy will be for treating major depressive disorder in PSIL201?"



Participants' belief in psilocybin therapy efficacy compared with placebo.
Credit: *Psychedelic Medicine* (2023). DOI: 10.1089/psymed.2022.0004

Whether personal use of psychedelics is appropriate among psychedelic therapists, a new study finds that it may be common. The study is published in *Psychedelic Medicine*.

Experiential learning is common in psychotherapy. Psychedelic therapy is a practice that uses psychedelics such as psilocybin as an adjunct to psychotherapy. Some contend that having personal experience with psychedelics is essential to understanding the effects of these substances and being an effective psychedelic therapist, although there are no data that support this contention, psychedelics remain Schedule I controlled substances, and use outside of approved research settings is illegal in the United States, United Kingdom, and elsewhere

Jacob Aday, Ph.D., from the University of California, San Francisco, and co-authors surveyed psychedelic therapists involved in a trial of psilocybin to treat major depressive disorder. The vast majority of the respondents reported [personal experience](#) using psychedelic compounds.

More information: Jacob S. Aday et al, Personal Psychedelic Use Is Common Among a Sample of Psychedelic Therapists: Implications for Research and Practice, *Psychedelic Medicine* (2023). [DOI: 10.1089/psymed.2022.0004](#)

Provided by Mary Ann Liebert, Inc

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