



RMPDS 18th Annual
Scientific Meeting

Addressing Psychedelic Adverse Events

Erica Siegal, LCSW

NEST Harm Reduction

SHINE Collective



Agenda

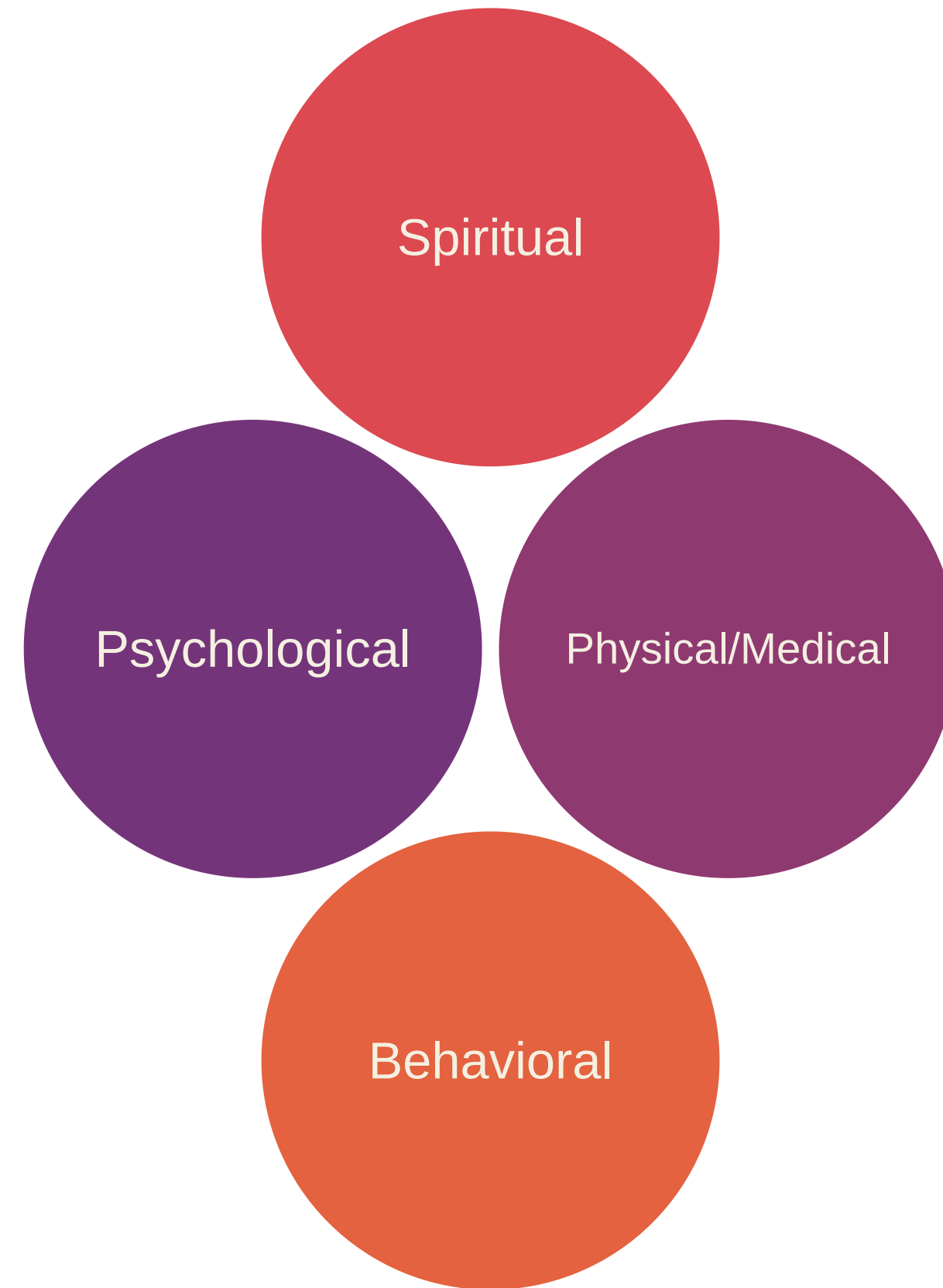
- Psychedelic Use Matrix
- Factors Impacting Outcomes
- High Risk Populations
- Potential Harms
- Addressing Facilitator Misconduct
- Suggestions for Improving Safety
- New SPSI Measure Published!

*Psychedelic Users in
the US are growing
rapidly regardless of
legal access*



Aspects of Psychedelic Growth

Although a client might be seeking to change one aspect of self, Psychedelics combine and blur a variety of aspects of self growth



Psychedelic Matrix

A multitude of factors that contribute to an individual's experience of an "expanded state"

1. Preparation & Intention
2. Substance
 - a. Dosing
 - b. Adulteration
3. Set
 - a. Internal & Personal
4. Setting
 - a. Location
 - b. Facilitator
 - c. Participants
5. Aftercare & Support



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Stages of Psychedelic Care

CONTEMPLATION

Psychedelic Discernment

What substance?

What setting?

Legality?

Facilitator Selection

PREPARATION

Rapport Building

Evaluation of Methodology

Informed Consent

Estimated Cost

Personal Prep Work

(dietary guidelines)

TREATMENT

Length of Treatment

Substance

Dosage

Setting

Facilitation

Location

AFTERCARE

Integration

Short/Long Term Care

Community Involvement

Lifestyle Changes

Feedback

At each stage, there should be an evaluation of care and an opportunity for reciprocal evaluation and feedback

High Risk Populations

CHILDREN/ MINORS

- Is the treatment appropriate for the age of the minor?
- What are the risks of consent and parental permission that is needed?

TRAUMA SURVIVORS

- What is the support system offered?
- Informed consent around risks and potential for adverse reactions

FACILITATOR

- Is the facilitator trained to work with this specific population?
- Evaluation of set/setting matrix

CONTRAINDICATED MEDICATIONS

- Is there a medical risk that needs to be addressed?
- Is there support for a change in medication or titration off contraindicated meds?

ALL clients are at risk for manipulation/coercion because psychedelics induce highly suggestible states



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Psychedelic Addiction Risk

Due to natural, rapid tolerance to classic psychedelics (LSD, Psilocybin) there a low risk for habitual use of a single substance.

Psychedelic Substance Use Disorder presents as habitual poly-substance use, often coupled with non-classic psychedelics (Ketamine, Nitrous Oxide) which can be habit-forming and have a high-risk of addiction potential.

Challenging Experiences

7%

of patients report
SAE/increase in suicidality
in clinical trials

1/3

report extended difficulties
after 1 year (608 surveyed
about challenging
experiences)

39%

report that challenging
experiences are in the top
5 most difficult
experiences of their life

Evans, J. et al, Extended difficulties following the use of psychedelic drugs: A mixed methods study_(2023).

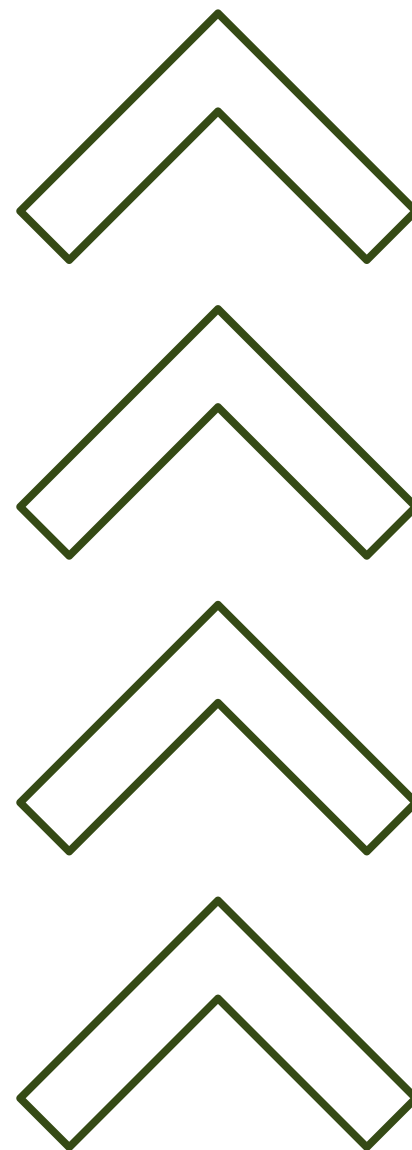


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Adverse Reactions & Challenging Experiences

Emotional Dysregulation

Heightened anxiety/worry (26%)
Difficulty sleeping (9%)
Social paranoia (13%)
Inability to emotionally regulate (76%)



Perceptual Changes

Self perception (58%)
Cognitive changes (52%)
Sensory shifts (26%)

Visual Distortion

Visual perception changes (12%)
Light Sensitivity
HPPD

Spiritual Difficulties

Existential Crisis (17%)
Changes in Spiritual beliefs (26%)

Evans, J. et al, Extended difficulties following the use of psychedelic drugs: A mixed methods study (2023).

Types of Psychedelic Harms/Abuse in Client Experience

PHYSICAL

- Injuries & Accidents
- Adverse Reactions
- HPPD

PSYCHOLOGICAL

- Perception
- Emotional
- Cognitive

SPIRITUAL

- Derealization/Existential
- Delusions/Magical Thinking
- Spiritual Bypassing & Ego Inflation

BEHAVIORAL

- Interpersonal Harms
- Facilitator Harms
- Changes in state

Types of Psychedelic Harms/Abuse from Facilitators

POOR FACILITATION

- Poor matching with facilitator/client
- External Stimuli Discomfort (music, temperature, etc)
- Facilitator error (inexperienced, rigid)

BLURRED BOUNDARIES

- Dual relationships
- Transference/Countertransference
- Pedestalizing that leads to cult dynamics

MANIPULATION/COERSION

- Financial manipulation
- Fraud & misrepresentation
- Dysregulation & Life Disruption
- Lack of supportive container for integration

ASSAULT & ABUSE

- Non-consensual touch
- Physical Assault
- Sexual Abuse/Assault

Addressing Facilitator Misconduct

Issues with Training

- Lack of personal experience, training and support.
- Psychedelic theory vs. experiential training and minimal experiential training

Professional Repercussions

- Licensed Facilitators face threats of losing their licenses (Inefficient process takes years)
- Underground Facilitators have no governing body

Working in Isolation

- Working alone and without mentorship or consultation creates blind spots

Power Dynamics

- Psychedelics amplify suggestibility and open clients up to a higher risk of manipulation and coercion

Suggestions for Improving Safety

REPORTING SYSTEMS

- Anonymous Feedback System
- Quarterly/Annual Reviews
- RMPDS Testing

CONSUMER EDUCATION

- Psychedelic Safety Flags
- Required Clinical Handouts
- Standardized Informed Consent

CONSULTATION TEAMS

- Banning of Husband/Wife/Partner Teams
- Mentorship Programs
- Required Sabbaticals/Breaks

HARM REDUCTION

- Drug Testing
- Decriminalization

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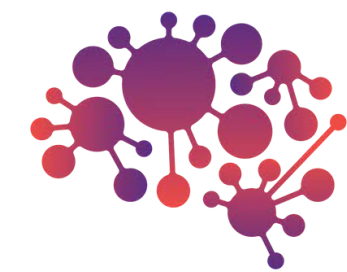
Swiss Psychedelic Side Effects Inventory

The SPSI contains 32 side effects and assesses their severity, impact, duration, and treatment-relatedness.

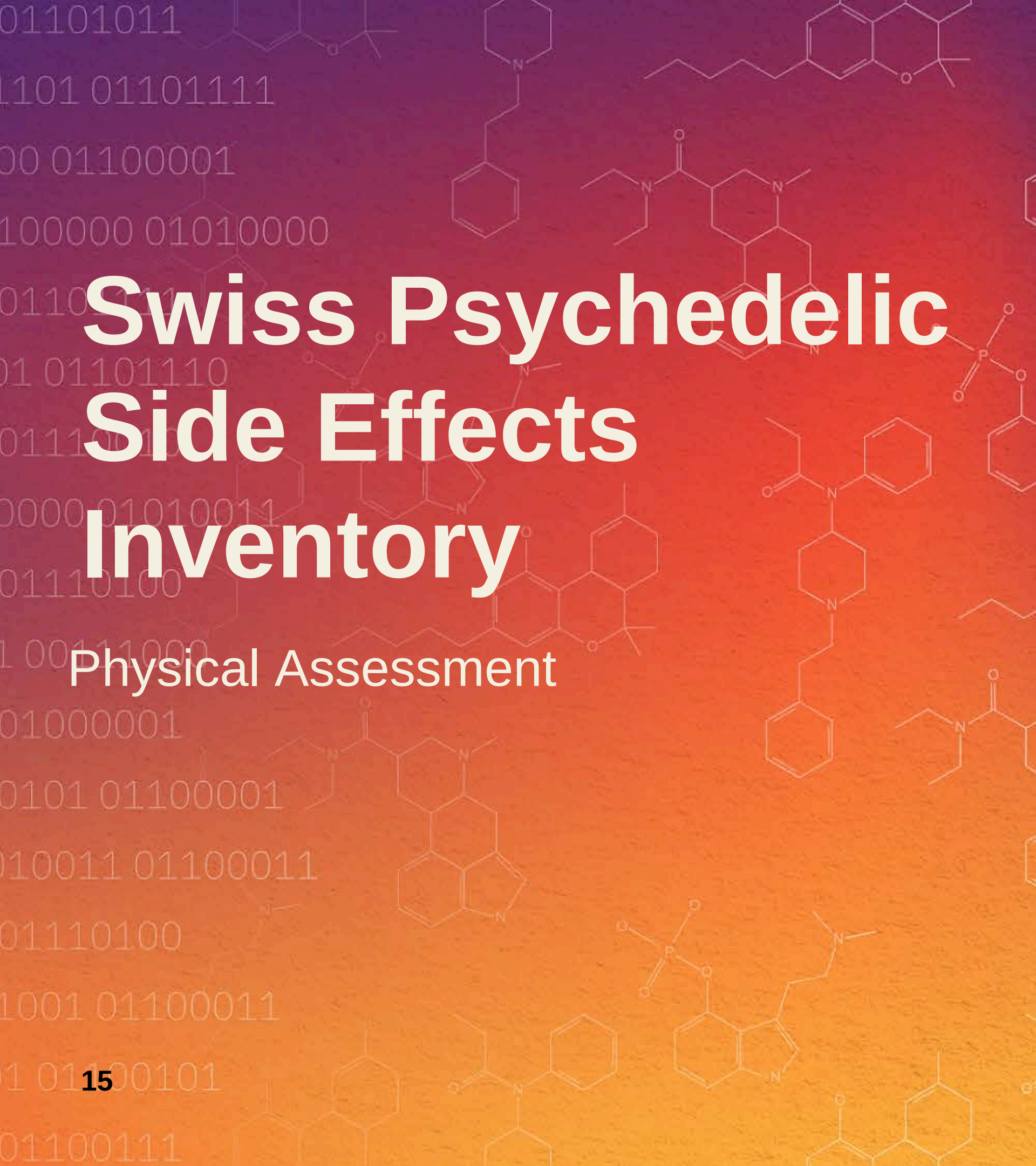
Abigail E. Calder, Gregor Hasler, Validation of the Swiss Psychedelic Side Effects Inventory: Standardized assessment of adverse effects in studies of psychedelics and MDMA, Journal of Affective Disorders, Volume 365, 2024, Pages 258-264, SSN 0165-0327, <https://doi.org/10.1016/j.jad.2024.08.091>. (<https://www.sciencedirect.com/science/article/pii/S0165032724013132>)

SPSI can be completed in 10 -15 minutes and assesses for:

- Severity - mild, moderate, severe
- Impact - very adverse - very beneficial (-2 to +2)
- Causality - unknown to certainly (0 - 4)
- Timing - during, after, or both
- Duration - subsided or ongoing
- Tolerability of dosage - Good, Moderate, Poor



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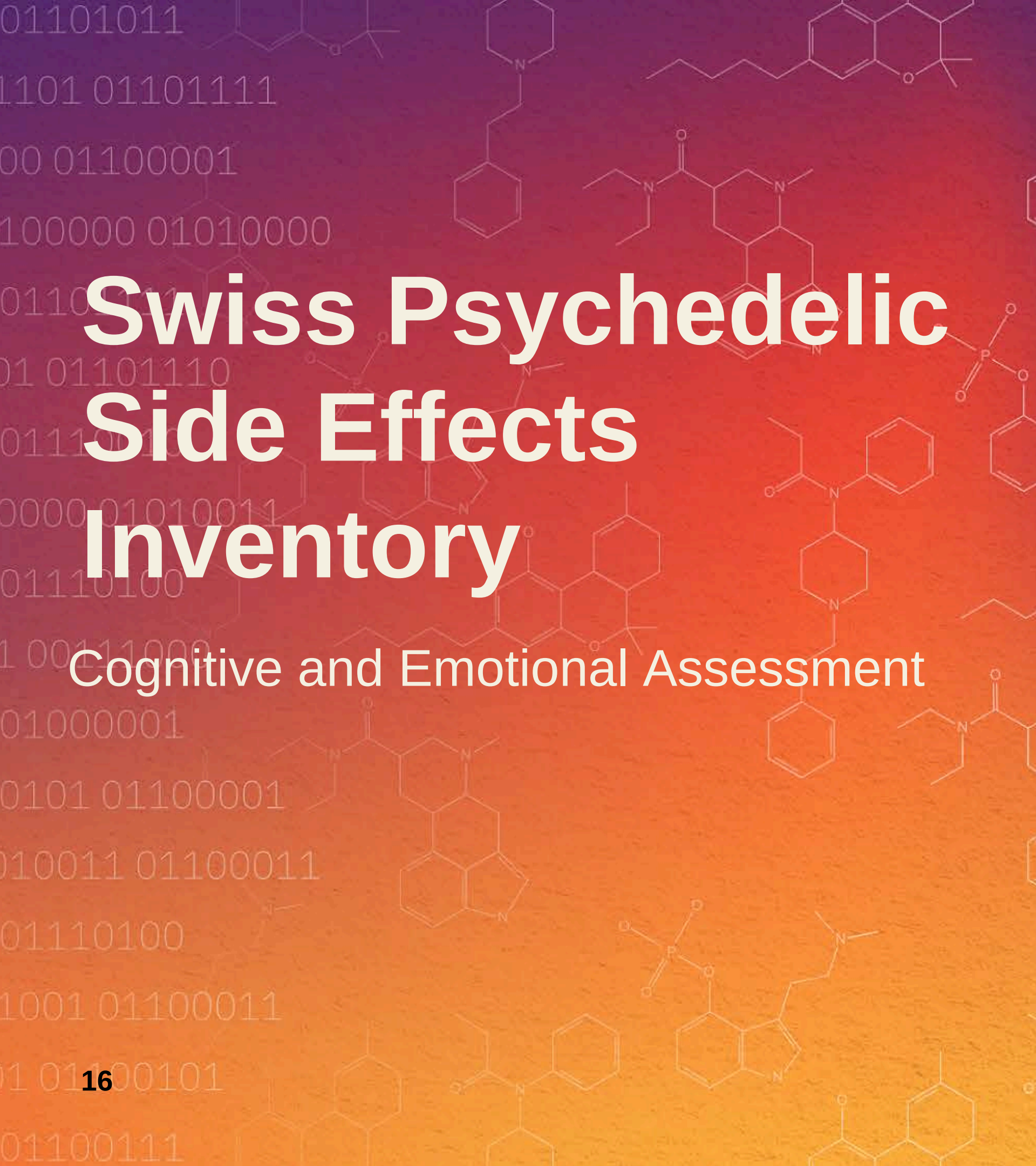


Swiss Psychedelic Side Effects Inventory

Physical Assessment

1. Headache
2. Nausea or Vomiting
3. Bloating or Diarrhea
4. Muscle shaking, tightness or paralysis
5. Racing heartbeat, pressure, pain in chest
6. Fatigue or Tiredness
7. Dizziness or Feeling Faint
8. Feeling hot, cold, or sweaty
9. Appetite Changes

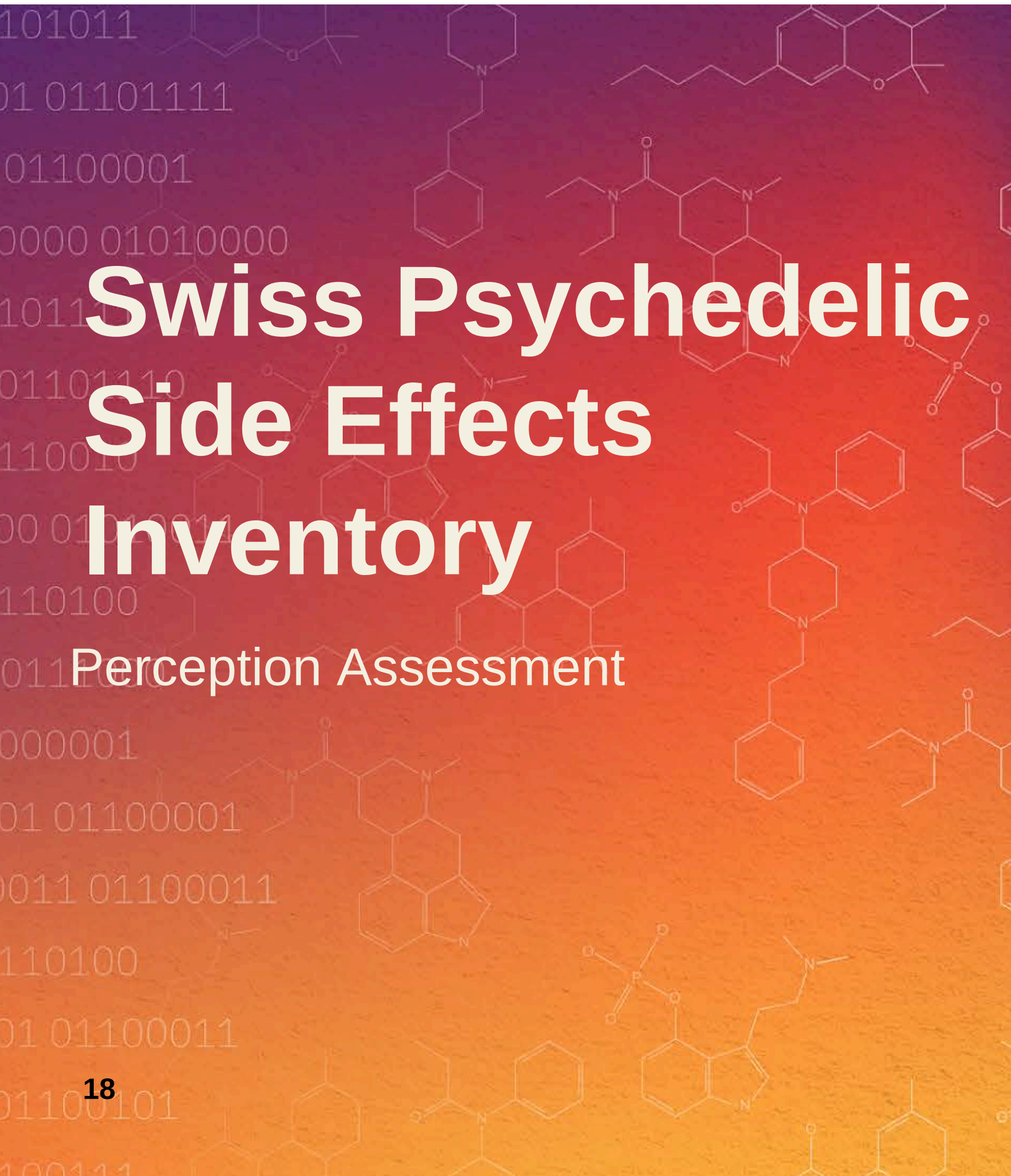




Swiss Psychedelic Side Effects Inventory

Cognitive and Emotional Assessment

10. Memory Problems or Blackouts
11. Confusion or Disorientation
12. Difficulty Concentrating or thinking clearly
13. Distressing thoughts or memories that come to mind against your will
14. Feeling anxious, fearful, or panicked
15. Feeling restless or irritable
16. Feeling Sad, mournful or depressed
17. Feeling apathetic or empty inside
18. Feeling lonely, isolated or alienated from others
19. Negative thoughts about yourself
20. Thoughts of wanting to go to sleep and not wake up or taking your own life (SI)



Swiss Psychedelic Side Effects Inventory

Perception Assessment

21. Paranoia or feeling like others are watching you
22. Fear of losing your mind or going insane
23. Feeling detached from your surroundings, or as if they are unreal, flat or part of a dream
24. Feeling detached from your body, voice, memories, or thoughts, or as if you are not real
25. Distress related to your understanding of reality or the meaning of life
26. Changes in vision
27. Changes in hearing
28. Sleep difficulties
29. Feeling like some substance effects have returned without taking the substance again
30. Desire to take the substance again soon
31. Feeling so elated, overjoyed, excitable, or impulsive that others became concerned
32. Feeling like your thoughts are being interfered with or controlled



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Thank You!

Questions, Comments, Feedback