Learning from Non-Ordinary States

**MEDITATION AND PSYCHOTHERAPY**

**MAY 1-2, 2020**

**HYATT REGENCY HOTEL**
**BOSTON, MASSACHUSETTS**

**OFFERED BY**

**THE DEPARTMENT OF PSYCHIATRY**
**CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

**Christopher Germer**
under the direction of
Judy Reiner Platt
Ronald D. Siegel

Non-ordinary states of consciousness have played an important role in psychotherapy since its inception. For example, dreams, hypnotic trance, free association, and breath regulation, as well as meditation practices like mindfulness, have all been successfully applied in clinical settings to access and integrate challenging emotional experiences that cause psychological disorders. Recently, pharmaceutical psychedelics, such as MDMA, psilocybin, and ketamine, are being used in FDA-approved trials in the US, and government-sanctioned studies abroad, to enhance psychotherapy for disorders such as PTSD, depression, and addictions, as well as to ease end-of-life transitions. These developments represent a novel application of psychopharmacology in conjunction with psychotherapy. This course will explore the history, science, neurobiology, and ethical and legal issues that arise when working with non-ordinary states of consciousness, especially psychedelics. It is intended for mental health, medical, and other professionals who want a deeper understanding of non-ordinary states and their therapeutic potential. Multiple learning formats will be used including didactic presentations, panels, case discussions, and Q&A.

**LEARNING OBJECTIVES:**
As a result of attending this course participants will be able to: describe non-ordinary states of mind and their use in psychotherapy and everyday life; begin to work safely and effectively with techniques for inducing or exploring non-ordinary states of consciousness that are currently available in clinical practice; describe the roles, history, and research of pharmaceutical psychedelics in clinical settings; recognize the ethical and legal issues, along with clinical indications and contraindications, for using psychedelics in therapeutic settings; describe the controlled investigations currently underway into the use of MDMA, psilocybin, and ketamine for the treatment of psychological disorders; and develop an expanded model of therapeutic action that includes non-ordinary states of mind.

**COURSE MODERATORS:**
Christopher Germer and Ronald D. Siegel

**FRIDAY, MAY 1, 2020**

7:45 - 8:30 **REGISTRATION AT HYATT REGENCY HOTEL, DOWNTOWN CROSSING, BOSTON**

8:30 - 12:45 **MORNING PROGRAM**

-Clinical Perspectives on Non-Ordinary States ............................................................ Christopher Germer and Ronald D. Siegel

- The History, Science, and Future Regulation of Pschededelic-Assisted Psychotherapy .............................................................. Rick Doblin

- Psychedelics and the Brain: Insights from Neurobiology ........................................... Judson Brewer

- Ethical and Legal Risks of the Therapeutic Use of Psychedelic Exploration ............. Carmel Shachar

12:45 - 2:00 **BREAK**

2:00 - 5:15 **AFTERNOON PROGRAM**

-Non-Ordinary States in Buddhist Meditation ............................................................. Andrew Olendzki

- Working with Dreams: Our Everyday Non-Ordinary State ....................................... Deirdre Barrett

- Expanding Consciousness through Holotropic Breathing ......................................... Inna Khazan and Nicholas Luchetti

- Hypnosis: Clinical Applications of Absorption ......................................................... Carol Girandes

**SATURDAY, MAY 2, 2020**

8:30 - 12:45 **MORNING PROGRAM**

-Frontiers in Consciousness Exploration: Perspectives from Psilocybin Research ........ William A. Richards

- Clinical and Transformative Aspects of Ketamine-Assisted Psychotherapy .................... Elizabeth Call and Susan Walker

- MDMA-Assisted Psychotherapy for PTSD: Clinical and Contemplative Aspects ............ James W. Hopper

- Letting Go: Common Elements in Psychodetics, Meditation, and Depth Psychology .... Paul Summergrad

12:45 - 2:00 **BREAK**

2:00 - 5:00 **AFTERNOON PROGRAM**

-Learning Psychedelic-Assisted Psychotherapy ............................................................ Janis Phelps

-Panel: Integrating Non-Ordinary States into Psychotherapy
  - Toward a Psychotherapeutic Understanding of Non-Ordinary States of Consciousness ........ Michael D. Alpert
  - Psychedelics and the Integration of Non-Ordinary States ....................................... Francis Guerrero
  - Visions for the Future of Psychodetics ......................................................................... Franklin King

-Discussion .................................................................................................................... Faculty

**PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE**

**MEDICATION AND PSYCHOTHERAPY** [MF2525-2002]

**REGISTRATION FEES:**
Physicians $425  All Others: $310

Plus a processing fee of $10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at https://cmeregistration.hms.harvard.edu/Meditation2020 (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600 (Monday to Friday – 9:00 am to 5:00 pm EST); email: CEPromotions.hms.harvard.edu or Cambridge CME at 617-806-8770; email: cme@challiance.org

**2019-2020 CAMBRIDGE/HARVARD CALENDAR**

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