



Topic Disposition Summary: Psychedelic-Assisted Interventions

Date: 8/19/2024

Nomination Number: 1085

Purpose: This document summarizes the information addressing a nomination submitted on February 20, 2024, through the Effective Health Care Website ([link to EHC posted topic nomination](#)). This information was used to inform the Evidence-based Practice Center (EPC) Program decisions about whether to produce an evidence report on the topic, and if so, what type of evidence report would be most suitable.

Issue: The nominator is interested in evaluating the outcome measures of psychedelic-assisted interventions, comparing scenarios where these interventions are combined with therapy from a trained/licensed therapist versus when they are not. The goal is to understand whether the combination of psychedelics and therapy results in better and more sustained improvements in mental health outcomes.

Findings: The EPC Program will not develop a new systematic review because we found several recently published systematic reviews and a recently published set of guidelines covering this topic comprehensively.

Background: Psychedelic-assisted interventions, particularly those involving substances such as psilocybin, MDMA, and LSD, have gained significant attention in recent years for their potential to treat various mental health conditions, including depression, PTSD, and anxiety.¹⁻² The therapeutic potential of these substances is often highlighted in combination with psychotherapy, where a trained therapist guides the patient through the experience and helps integrate the insights gained during the psychedelic session into their ongoing mental health treatment.³

Recent studies and systematic reviews have begun to explore the differential outcomes between psychedelic-assisted therapy with the support of a licensed therapist.³⁻¹¹ Evidence suggests that the presence of a therapist significantly enhances the therapeutic benefits, leading to better symptom reduction and longer-lasting improvements in mental health.

Related Resources:

We identified additional information in the course of our assessment that might be useful:

- *VA.gov | Veterans Affairs*. (n.d.).
https://www.ptsd.va.gov/professional/treat/txessentials/psychedelics_assisted_therapy.asp
- American Psychedelic Practitioners Association, BrainFutures, Davis, J., Lampert, J., Rockingstone Group, LLC, Psychedelic Science Funders Collaborative, Dr. Bronner's

Family Foundation, Evolve Foundation, Riverstyx Foundation, The Steven and Alexandra Cohen Foundation, The Cammack Family Charitable Gift Fund, & The Darla Moore Foundation. (2023). PROFESSIONAL PRACTICE GUIDELINES FOR PSYCHEDELIC-ASSISTED THERAPY. In *PROFESSIONAL PRACTICE GUIDELINES FOR PSYCHEDELIC-ASSISTED THERAPY*.
<https://www.brainfutures.org/wp-content/uploads/2023/08/Professional-Practice-Guidelines-for-Psychedelic-Assisted-Therapy-Aug-2023.pdf>

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Conflict of Interest: None of the investigators have any affiliations or financial involvement that conflicts with the material presented in this report.

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