Research Paper Prospectus

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ENG 110: Introduction to English Composition

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# Research Paper Prospectus

My research paper will be on the uses of psychedelic drugs in therapy. My research will be based on google scholar and EBSCO research.

**Working Thesis Statement**

In this paper, I will look at studies involving psychedelic therapy and what those can tell us, along with some facts about the neuroscience of your brain and how psychedelics affect it because that’s interesting. We will look at the quality of the studies as well as the results.

**Thesis question:** Could psychedelic therapy be a safe and effective tool in the therapy world?

**Claim 1:** Psychedelic therapy has been studied several times and the results indicate that it is effective.

**Evidence:** This review article looks over 16 studies on the therapeutic effects of certain psychedelics and finds that psychedelic therapy is safe and has long-lasting positive psychological effects.

**URL:** <https://onlinelibrary.wiley.com/doi/abs/10.1111/acps.13249>

**Claim 2:** The wacky visuals and feelings of the psychedelics are necessary for peak effectiveness.

**Evidence:** This paper finds it to be so, I have yet to read the paper, but will do so before the final draft. oops

**URL:** <https://pubs.acs.org/doi/full/10.1021/acsptsci.0c00194>

**Rebuttal:** The wacky visuals and feelings of the psychedelics may NOT be necessary for peak effectiveness.

**Evidence:** This paper finds it to be so, I have yet to read the paper, but will do so before the final draft. oops

**URL:** <https://pubs.acs.org/doi/full/10.1021/acsptsci.0c00192>

**Claim 3:** The effects of using psychedelics for therapy are not addictive, and psychedelic therapy even helps with living sober

**Evidence:** Study finds that the alcoholics they treated with ketamine psychedelic therapy had a bunch of personal psychological growth and were shown to favor a sober lifestyle.

**URL:** <https://www.tandfonline.com/doi/abs/10.1080/02791072.1997.10400185>

**Claim 4:** It will be safe.

**Evidence:** This paper goes on about developing guidelines and rule to make sure psychedelic therapists are competent and well trained.

**URL:** <https://www.nature.com/articles/s41591-021-01530-3>

# References

Will do later as I establish my research a bit more. This workshop draft is for sure my most “rough”-draft out of my rough drafts. Oh wow, it kept the hanging indent when I deleted the citation to write this lol.

Below is my paper outline, I wrote this to further figure out the form of the research paper and I don’t want to move it to another file so just ignore it or don’t.

**Paper Outline**

**Intro/The groundwork**

* Introduce the bits of the paper.
* Talk a bit about the history of such research.
  + When were the oldest studies?
    - Late 1940s early 1950s
  + Was there a drop-off and/or resurgence in the quantity of these studies?
    - Yes! Research happened a lot in 50s 60s, dropped off until 2019-2021

**How psychedelics work**

* Talk about the neuroscience and all that yabadum

**Some studies**

* PTSD studies of it working well
  + MDMA trials for PTSD
  + Ketamine trials for somethinf
* Psilocybin for terminal death anxiety <https://pubmed.ncbi.nlm.nih.gov/20819978/>

**Do we need the recreational part?** (Claim 2 and rebuttal)

* Maybe yes! Because XYZ
* Maybe No! Because ABC

**Conclusion/Outro**

* Bring the bits together.
* Where to next?
  + Probably something about passing laws.

**Read Research Links**

<https://journals.lww.com/co-psychiatry/Abstract/2019/01000/How_do_psychedelics_work_.4.aspx>

<https://pubs.acs.org/doi/full/10.1021/acsptsci.0c00194>

<https://pubs.acs.org/doi/full/10.1021/acsptsci.0c00192>

<https://pubmed.ncbi.nlm.nih.gov/31132970/>

<https://journals.sagepub.com/doi/abs/10.1177/0022167817711304?journalCode=jhpa>