The Effectiveness of Psychedelics as a Tool for Therapy Research Prospectus

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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 can be 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:** There are multiple reasons this paper believes that the “subjective effects” of psychedelics are necessary, one being that the subjective effects are what makes the experience so memorable.

“Participants frequently rate their psychedelic experiences as

among the most meaningful of their entire lives and they are sometimes compared to the birth of a first-born child or death of a parent.”

This kind of experience is the kind that can change you to the core, and utilizing it in therapy would be massively beneficial.

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

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

**Evidence:** This paper states that the increased therapeutic effects of psychedelics is due to the activation of your brains 5-HT2A receptors. These receptors being triggered and the experience of the subjective effects appear to be correlated, but it may be possible to have one without the other.

**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>

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