

TREATING PTSD WITH MDMA-ASSISTED PSYCHOTHERAPY

Posttraumatic Stress Disorder (PTSD) is a widespread and devastating illness for which we urgently need more effective treatments. **Could non-profit research offer hope?** The controlled use of MDMA in a psychotherapeutic setting is an important step in the treatment of PTSD.

What is PTSD?

Posttraumatic Stress Disorder (PTSD) can be a chronic, devastating illness that severely impacts quality of life. Sufferers often struggle to maintain healthy lives and relationships.



PTSD involves changes in the brain. Patients have decreased activity in the **hippocampus** and **prefrontal cortex** (areas associated with memory and learning) and increased activity in the **amygdala** (associated with fear).



1 in 7 U.S. service members returning from Iraq and Afghanistan suffer from PTSD.

PTSD can be caused by:



war



sexual assault



childhood abuse



torture



accidents



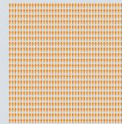
other stressful events

What is MDMA-Assisted Psychotherapy?

A treatment that combines psychotherapy with the administration of MDMA, which catalyzes the therapeutic process.



MDMA is not Ecstasy. Substances sold legally under the name "Ecstasy" often do not contain MDMA and sometimes contain harmful adulterants.



No drug is without risk. MDMA has been administered to over **670 human subjects** in clinical studies without causing a single serious adverse event.



MDMA is a synthetic compound that decreases **fear and defensiveness** while increasing **trust and empathy**, making it easier for patients to be vulnerable between the extremes of fear and avoidance.



MDMA increases the release of **oxytocin and prolactin** hormones associated with trust and bonding, allowing patients to discuss their memories openly.



MDMA significantly **decreases activity in the left amygdala**, associated with fear and traumatic memory. It may also **increase interpersonal trust** without increasing access to emotions or senses.



MDMA is not the therapy in itself, but a **tool for the therapist and patient.**

How does MDMA-Assisted Psychotherapy work?

MDMA can make it easier for people with chronic, treatment-resistant PTSD to confront their traumatic memories.

Both FDA-approved PTSD treatments require patients to take drugs **daily for years or even the rest of their lives**. But MDMA is only administered a few times.



Current Results

In a study of the efficacy of MDMA-assisted psychotherapy for treating PTSD:



subjects were given either **MDMA or placebo**



during **2 8-hour sessions, 3-5 weeks apart**



along with **weekly non-drug psychotherapy sessions**



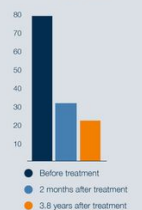
63% of participants were no longer diagnosed with PTSD at the 2-month follow-up.

Even more importantly, a long-term follow-up conducted a mean of **3.6 years** later showed that the **benefits were (on average) maintained over time.**

Percent of Subjects Qualifying for PTSD Diagnosis



Severity of PTSD Symptoms (CAPS Score)



All subjects reported at least some persisting benefit from the study



Study found no negative effects on cognitive function associated with MDMA use



Many participants said the treatment gave them a new start on life

The results show long-lasting, clinically meaningful benefits and absence of harm from just a few MDMA-Assisted Psychotherapy sessions for PTSD.

Additional clinical trials are being planned or conducted around the world.

For more information and to help make this treatment available for people suffering from PTSD, visit:

MDMAPSTD.ORG

The Multidisciplinary Association for Psychedelic Studies (MAPS) is a **501(c)(3) non-profit** research organization working to develop MDMA-Assisted Psychotherapy into an FDA-approved prescription treatment.