

Psychedelic Fundamentals: The Psychology & Science of Psychedelic Use

6 CEUs, Saturday, Feb. 23, 2019, 9am to 4:30pm

Hour 1:

In this 6-hour daylong workshop the presenters will introduce different modalities of psychedelic use with a focus on psychedelic-assisted psychotherapy and ritual psychedelic use. This will include an overview of the history of psychedelic use in various contexts and the evolution of their nomenclature. Basic premises for how and why they may provide therapeutic effects dependent on context of use will be introduced.

Hour 2:

The presenters will introduce specific psychedelic substances including psilocybin, 3,4-methylenedioxyamphetamine (MDMA), lysergic acid diethylamide (LSD), ayahuasca and ibogaine. The legal status, basic pharmacology, current state of clinical research, and contraindications for psychedelic use will be outlined in detail.

Hour 3:

Presenters will articulate characteristics of a psychedelic experience and the ways it can impact an individual's psychological, spiritual and physical well-being and lifestyle. Tenets of the transpersonal state and the mystical experience will be outlined, and similarities to criteria of various mental health conditions will be examined. Challenging psychedelic journeys and their potential immediate and long-term implications and effects on various life domains, with/without a safety container will be discussed. The importance of mindful cultivation of set, setting, skillset and support will be reviewed.

Hour 4:

Many that use psychedelic substances for different reasons typically face a common issue: they lack an educational framework that can provide guidelines for personal assessment, safety measures, benefit maximization and risk minimization. In this hour various strategies and techniques that can be used as means of cultivating personal evaluation, responsibility and due diligence when considering or approaching powerful psychedelic substances will be presented. Preparation strategies of set, setting, substance, skillset, support will be outlined. The foundations, objectives and timeline continuum of psychedelic integration will be discussed, as well as applied integration tools.

Hour 5:

Navigating ethical considerations around speaking about psychedelic use and using psychedelic substances can be daunting for a number of reasons such as illicit legal status and profound mind-altering properties. In this hour, the presenters will explore ethical considerations surrounding psychedelic substances through a series of case vignettes. A focus on what types of discussions can be held without fear of legal consequences, properties of psychedelics that increase vulnerability that affect considerations for safe use, and how to respond to various situations that may arise from psychedelic use will drive discussion around the presented case vignettes.

Hour 6:

The final hour will be dedicated to finishing any presented materials not yet covered and holding an open question & answer discussion panel between the presenters and audience members.

Co-Presented by Sherree Malcom Godasi, M.A., B.Ed. and Benjamin Malcolm, PharmD, MPH, BCPP

Sherree Malcom Godasi, is a psychedelic educator and integration coach working with individuals and groups who are on a path of recovery, healing, psycho-spiritual transformation and life optimization. Her approach draws from transpersonal & depth psychology, Eastern philosophy and shamanic healing modalities to fuse ancient wisdom with modern & practical practices. A pioneer in the field of psychedelic integration and community building, she has been an active member of the Los Angeles psychedelic

movement since early 2015, organizing and facilitating informative talks, courses, workshops and integration circles both in-person and online. Sherree is the founder of PsychedeliA: Psychedelic Integration, Los Angeles (www.psychedeliaintegration.org) a harm-reduction oriented organization that offers educational resources, emotional support and community-connecting events to people who are interested in psychedelics; and the co-founder of InnerSpace Integration, a specialized professional network for integration providers. She maintains a private practice in Chino Hills, CA and has worked with people who are afflicted by anxiety, depression, PTSD, addiction, substance use disorders, personality disorders, neurodevelopmental disorders, eating disorders, life changes, relationship & social issues and spiritual emergence. She has presented at professional organizations such as Los Angeles Psychedelic Science Symposium and LAMPS: Los Angeles Medicinal Plant Society, and has been featured on media platforms such as Psychedelics Today, Vice and The Psychologist. As an advocate of psychedelic healing and cognitive liberty she is humbled to support others in conscious transformation and witness the collective psychedelic renaissance.

Sherree is a mother to Myla and is passionate about writing, learning, singing, Jungian psychology, inner work, creative expression and living a wholly, integrated life.

Benjamin Malcolm earned his Bachelors of Science (BS) in pharmacology from UC Santa Barbara prior to receiving his doctorate of pharmacy (PharmD) and Master of Public Health (MPH) degrees from Touro University California College of Pharmacy. After pharmacy school Dr. Malcolm completed a Post-Graduate Year-One (PGY1) pharmacy practice residency in acute care at Scripps Mercy Hospital in San Diego, followed by a PGY-Two residency in psychiatric pharmacy at UC San Diego Health. He is Board Certified in Psychiatric Pharmacy (BCPP) and serves as an Assistant Professor of Pharmacy Practice and Administration at Western University of Health Sciences, College of Pharmacy. He practices as a clinical psychiatric pharmacist in an inpatient psychiatric facility and teaches clinical psychopharmacology. His research interests involve psychedelics for treatment of mental health disorders, psychotropics, as well as complementary and alternative therapies. He has published peer-reviewed articles, abstracts, and posters on several psychedelic substances including cannabis, MDMA, psilocybin, ayahuasca, ketamine, and ibogaine as well as delivered several presentations on psychedelics to a variety of audiences.

Ben is a lover of biology, exercise, music, and consciousness. He's passionate about cognitive liberty, self-realization, and psychedelic drugs.

Sherree & Ben are wife and husband whom share a mutual love of humanity, nature and interconnectedness. They envision a healthy society in which psychedelics are available in safe and supported settings for treatment of illness, psychospiritual healing and growth, exploration of consciousness, religious worship and celebration. They are ecstatic to present this workshop together, educate and empower peers on similar paths to help realize this vision for a raised collective.

Workshop Schedule:

Time	Activity
8:30 - 9:00	Registration + networking
9:00 - 11:00	Hour 1-2 materials
11:00 - 11:15	Tea break
11:15 - 1:15	Hour 3-4 materials

1:15 - 2:15	Lunch
2:15 - 4:15	Hour 5-6 materials
4:15 - 4:30	Conclusion & Networking