

11 NOV



11 NOV

Lecture & Discussion 16.00 - 17.30

FROM ZERO TO HERO

Hive

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culture

health and safety

José Carlos Bouso

ICEERS - International Center for Ethnobotanical Education, Research & Service
Barcelona, Spain

10. – 12.11.2022 ZURICH



Psychedelics today

LSD	Anxiety associated with life-threatening diseases Alcoholism
PSILOCYBIN	<ul style="list-style-type: none"> Depression Anxiety associated with life-threatening diseases Tobacco addiction Cluster headache Obsessive-compulsive disorder Alcoholism
AYAHUASCA	<ul style="list-style-type: none"> Depression Drug-dependence
MDMA	<ul style="list-style-type: none"> PTSD Autism Anxiety associated with life-threatening diseases

Psilocybin Program

"Nearly one in fifteen people in the US experiences an episode of major depression each year", significantly lowering their ability to function at work, to enjoy life, and to live out their full life potential. At Usona, our goal is to contribute to well being by demonstrating the safety and efficacy of psilocybin as a treatment for depression. This goal fuels us to carry out research of the highest standard, with an aim toward FDA approval for a treatment that could change lives."

—Malyin Utzinger MD, Co-Founder & Director of Integrative Medicine

Home • News

FDA Calls Psychedelic Psilocybin a 'Breakthrough Therapy' for Severe Depression

By Yasemin Saptaoglu • Staff Writer November 25, 2019

Facebook Twitter LinkedIn YouTube Instagram Comments (6)



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Research

MDMA-Assisted Psychotherapy

—Phase 2 Trials

—Phase 3 Program

Party Drug or Breakthrough Treatment? | Israel Approves Compassionate Use of MDMA to Treat PTSD

FDA APPROVES COMPASSIONATE USE OF ECSTASY-ASSISTED THERAPY THAT MAY HELP SOME VETERANS

FDA Designates MDMA As 'Breakthrough Therapy' For Post-Traumatic Stress

Yale Psychedelic Science Group

Yale University School of Medicine

Yale Psychedelic Science Group

Yale University School of Medicine

Yale University School of Medicine

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Launch of the Drug Science Medical Psychedelics Working Group



Journal of Psychedelic Studies

The Journal seeks to provide a multidisciplinary forum for the exchange of ideas about psychedelic substances and the ongoing development of a paradigm change in medicine, psychiatry, and the human condition.

Journal of Psychedelic Studies is an Open Access, Online-Only Journal.

Co-Editors of the Journal:
 Gregory D. Gendreau (Editor)
 David C. Reardon (Editor)
 Alan Carson (University of the Sacred Heart in Europe (Editor))
 Matthew Apple (Editor)

The antiaddictive effects of ibogaine: A systematic literature review of human studies

RAFAEL G. DOS SANTOS^{1,2,3*}, JOSÉ CARLOS BOUSO² and JAIME E. C. HALLAK^{1,3}

Table 1. Open-label case series and clinical trials describing the antiaddictive effects of ibogaine

References	Design/setting	Subjects	Dose	Main results	Safety
Shepherd (1994) [†]	Open-label Non-medical Amsterdam, The Netherlands	7 (heroin, methadone, codeine, and ethanol) 5 men, mean age 29.28 years	Single doses 11.7–25 mg/kg	Absence of withdrawal symptoms after 24–38 hr for all subjects, two relapsed within 48 hr, two after several weeks, one reverted to intermittent heroin use, and three remained drug-free >14 weeks	No medical screening or monitoring No serious adverse reactions
Luciano (1999)	Open-label	3 (cocaine, opiates/opioids, and ethanol)	Single doses 20–25 mg/kg	Absence of withdrawal and craving symptoms after 24 hr for all subjects	Medical screening and monitoring No serious adverse reactions
Alper et al. (1999) [†]	Setting (?) Open-label Non-medical United States and The Netherlands	Gender, age (?) 33 (heroin, methadone, and cocaine) 22 men, mean age 27.3 years	Single doses 6–29 mg/kg	Absence of withdrawal symptoms and drug use for 25 (76%) subjects after 72 hr, four did not report symptoms but used drugs in <72 hr, two reported attenuated symptoms and no drug use in <72 hr, and one reported absence of effects	Medical screening and monitoring One fatality, probably caused by concomitant heroin use
Maib et al. (2000) [†]	Open-label Private clinic St. Kitts, West Indies	27 (heroin, methadone) and cocaine 23 men, mean age 34.6 (opiates/opioids) and 37.5 (cocaine) years	Single doses 500, 600, and 800 mg	Significant ($p < .005$) reductions in all HCCQ-29 subscales [‡] and in two CCOQ-45 subscales [‡] after 36 hr and 14 days, and significant ($p < .0005$) reductions in BDI scores after one month	Medical screening and monitoring No serious adverse reactions
Maib et al. (2001) [†]	Open-label Private clinic St. Kitts, West Indies	32 (heroin and methadone) 23 men, mean age 33.6 years	Single dose 800 mg	Significant ($p < .05$) reductions in OOWS scores after 12–20 hr and in OP-SCL scores after <72 hr and 6–9 days, and months of abstinence in many subjects (although data were not presented)	Medical screening and monitoring No serious adverse reactions
Alper (2004) [†]	Open-label Non-medical United States and The Netherlands	41 (heroin, methadone, cocaine, sedatives, ethanol) Gender, age (?)	Single doses 6–29 mg/kg	15 (29%) subjects reported abstinence for <2 months, 15 (29%) for ≥2 months <6 months, 7 (13%) for ≥6 months <1 year, 10 (19%) for >1 year, and 5 (10%) the outcomes could not be determined	Medical screening and monitoring No serious adverse reactions
Scheiberg et al. (2014)	Open-label Private hospital Santa Cruz do Rio Pardo, Brazil	75 (ethanol, cannabis, cocaine, and crack-cocaine) 67 men and 8 women, mean age 34.16 (men) and 29.50 (women) years	Single and multiple doses; mean number of sessions 3.83 17–20 mg/kg	Significant ($p < .001$) increases in abstinence duration, and 61% of subjects were abstinent after single (median 5.5 months) and multiple (median 8.4 months) doses	Medical screening and monitoring No serious adverse reactions
		21 men, mean age 41.2 years	Single doses (siborgaine) 60, 120, and 180 mg	Non-significant effects on SOWS, OOWS, COWS, and time to resumption of MST	Medical screening and monitoring No serious adverse reactions Significant QT interval prolongation

Journal of Psychedelic Studies 1(1), pp. 20–28 (2017)
 DOI: 10.1556/2054.01.2016.001
 First published online December 19, 2016



Psychedelics and Mental Health

scientific reports

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Article | [Open Access](#) | [Published: 10 October 2022](#)

Race and ethnicity moderate the associations between lifetime psychedelic use (MDMA and psilocybin) and psychological distress and suicidality

[Grant M. Jones](#) & [Matthew K. Nock](#)

Scientific Reports 12, Article number: 16976 (2022) | [Cite this article](#)

Journal of Psychopharmacology

BAP British Association for Psychopharmacology

Impact Factor: 4.562 / 5-Year Impact Factor: 5.415

[JOURNAL HOMEPAGE](#)

Restricted access | Research article | First published online October 3, 2022

Associations between MDMA/ecstasy use and physical health in a U.S. population-based survey sample

[Grant Jones, M.A](#), [Jocelyn A. Ricard, B.S](#) [...], and [Otto Simonsson, Ph.D](#) & [View all authors and affiliations](#)

Volume 36, Issue 10 | <https://doi.org/10.1177/02698811221127318>

PLOS ONE

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RESEARCH ARTICLE

Psychedelics and Mental Health: A Population Study

Teri S. Krebs & Pål-Ørjan Johansen

Published: August 19, 2013 • <https://doi.org/10.1371/journal.pone.0063972>

Original Paper

Classic psychedelic use is associated with reduced psychological distress and suicidality in the United States adult population

Peter S Hendricks¹, Christopher B Thorne¹, C Brendan Clark², David W Coombs¹ and Matthew W Johnson³

scientific reports

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Article | [Open Access](#) | [Published: 16 February 2022](#)

Exploring protective associations between the use of classic psychedelics and cocaine use disorder: a population-based survey study

[Grant M. Jones](#) & [Matthew K. Nock](#)

Scientific Reports 12, Article number: 2574 (2022) | [Cite this article](#)

Journal of Psychopharmacology

Journal of Psychopharmacology
1–10

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DOI: 10.1177/0269881114565653

Journal of Psychopharmacology

BAP British Association for Psychopharmacology

Impact Factor: 4.562 / 5-Year Impact Factor: 5.415

[JOURNAL HOMEPAGE](#)

Restricted access | Research article | First published online January 28, 2022

Psilocybin use is associated with lowered odds of crime arrests in US adults: A replication and extension

[Grant M Jones](#) & [Matthew K Nock](#) | [View all authors and affiliations](#)

Original Paper

Psychedelics not linked to mental health problems or suicidal behavior: A population study

Pål-Ørjan Johansen¹ and Teri Suzanne Krebs²

Journal of Psychopharmacology

Journal of Psychopharmacology
1–10

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DOI: 10.1177/0269881114565653



NIGHTS - Ayahuasca



Pictures: Temple of the Way of Light® 



Santo Daime



ICEERS: ayahuasca – neuropsychiatric long-term effects / Santo Daime



Short communication

Assessment of addiction severity among ritual users of ayahuasca*

Josep Maria Fábregas^a, Débora González^a, Sabela Fondevila^b, Marta Cutchet^a, Xavier Fernández^c, Paulo César Ribeiro Barbosa^d, Miguel Ángel Alcázar-Córcoles^e, Manel J. Barbanjo^{g,h}, Jordi Riba^{f,g,h}, José Carlos Bouso^{f,g,*}

OPEN ACCESS Freely available online

PLOS ONE

Personality, Psychopathology, Life Attitudes and Neuropsychological Performance among Ritual Users of Ayahuasca: A Longitudinal Study

José Carlos Bouso^{1,2,3*}, Débora González⁴, Sabela Fondevila⁵, Marta Cutchet⁶, Xavier Fernández^{7†}, Paulo César Ribeiro Barbosa⁸, Miguel Ángel Alcázar-Córcoles⁹, Wladimir Sena Araújo¹⁰, Manel J. Barbanjo^{2†}, Josep Maria Fábregas⁶, Jordi Riba^{1,2,11}

European Neuropsychopharmacology (2015) 25, 483–492



www.elsevier.com/locate/euroneuro

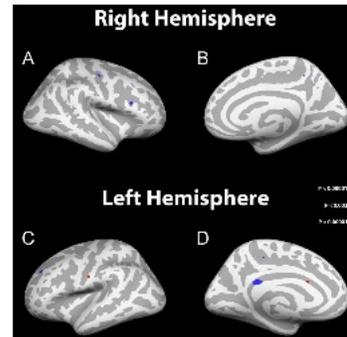


Fig. 1 Statistical maps of cortical thickness (CT) differences between ayahuasca-users and controls displayed onto an inflated cortex. Regions with significantly lower CT in the ayahuasca group are shown in "cold" colors (blue-cyan), and regions with significantly higher CT appear as "hot" colors (red-yellow). Results shown at $p < 0.002$ uncorrected and a spatial extension of 20 voxels.

Long-term use of psychedelic drugs is associated with differences in brain structure and personality in humans[☆]

José Carlos Bouso^{a,b}, Fernanda Palhano-Fontes^c, Antoni Rodríguez-Fornells^{d,e,f}, Sidarta Ribeiro^c, Rafael Sanches^g, José Alexandre S. Crippa^g, Jaime E.C. Hallak^g, Draulio B. de Araujo^c, Jordi Riba^{a,h,i,*}



Accepted Manuscript

Psychological variables implied in the therapeutic effect of ayahuasca: a contextual approach

Alba Franquesa, Alberto Sainz-Cort, Sam Gandy, Joaquim Soler, Miguel Ángel Alcázar-Córcoles, José Carlos Bouso

PII: S0165-1781(17)31377-X
DOI: 10.1016/j.psychres.2018.04.012
Reference: PSY 11334



Results confirm that ayahuasca users scored higher than non-users in Decentering and Positive self, but not in Valued living, Life fulfilment, Self in social relations, Self in close relations and General self. Scores in Decentering were higher in the more experienced subjects (more than 15 occasions) than in those with less experience (less than 15 occasions). Our results show that psychological process variables may explain the outcomes in ayahuasca psychotherapy.



ICEERS: ayahuasca and mental health – Ceremonial use

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Article | [Open Access](#) | [Published: 05 March 2020](#)

Effects of ayahuasca on mental health and quality of life in naïve users: A longitudinal and cross-sectional study combination

[Daniel F. Jiménez-Garrido](#), [María Gómez-Sousa](#), [Genís Ona](#), [Rafael G. Dos Santos](#), [Jaime E. C. Hallak](#), [Miguel Ángel Alcázar-Córcoles](#) & [José Carlos Bouso](#) [✉](#)



Original Investigation | [Open Access](#) | [Published: 14 January 2020](#)

Therapeutic potential of ayahuasca in grief: a prospective, observational study

[Débora González](#) [✉](#), [Jordi Cantillo](#), [Irene Pérez](#), [Magí Farré](#), [Amanda Feilding](#), [Jordi E. Obiols](#) & [José Carlos Bouso](#)

Psychopharmacology **237**, 1171–1182 (2020) | [Cite this article](#)

13k Accesses | 19 Citations | 26 Altmetric | [Metrics](#)

ORIGINAL RESEARCH article

Front. Pharmacol., 05 May 2021
Sec. Ethnopharmacology
<https://doi.org/10.3389/fphar.2021.623923>

This article is part of the Research Topic
Beyond the Pharmacology of Psychoactive Plant Medicines and Drugs: Pros and
Cons of the Role of Rituals and Set and Setting
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The Shipibo Ceremonial Use of Ayahuasca to Promote Well-Being: An Observational Study

[Debora Gonzalez](#)^{1,2,3*}, [Jordi Cantillo](#)¹, [Irene Perez](#)¹, [Maria Carvalho](#)⁴, [Adam Aronovich](#)⁵, [Magi Farre](#)^{6,7}, [Amanda Feilding](#)^{3,8}, [Jordi E. Obiols](#)⁹ and [José Carlos Bouso](#)^{1,5,10}



Ayahuasca & Public health



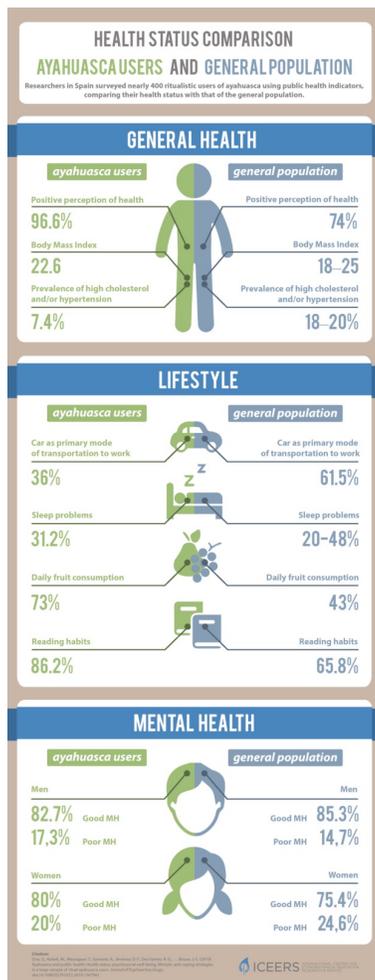
Journal of Psychoactive Drugs



ISSN: 0279-1072 (Print) 2159-9777 (Online) Journal homepage: <https://www.tandfonline.com/loi/ijpd20>

Ayahuasca and Public Health: Health Status, Psychosocial Well-Being, Lifestyle, and Coping Strategies in a Large Sample of Ritual Ayahuasca Users

Genís Ona, Maja Kohek, Tomàs Massaguer, Alfred Gomariz, Daniel F. Jiménez, Rafael G. Dos Santos, Jaime E. C. Hallak, Miguel Ángel Alcázar-Córcoles & José Carlos Bouso

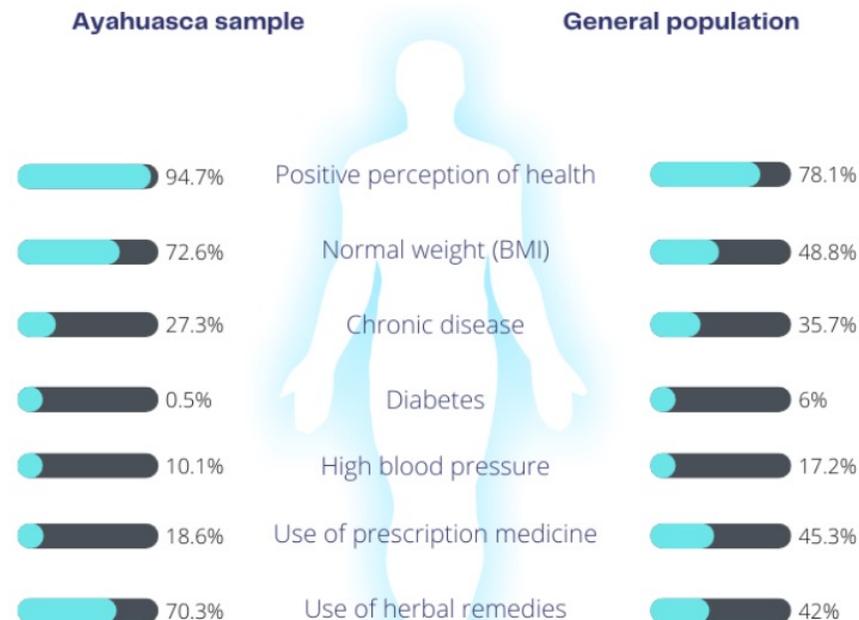


JOURNAL OF PSYCHOACTIVE DRUGS
<https://doi.org/10.1080/02791072.2022.2077155>



Ayahuasca and Public Health II: Health Status in a Large Sample of Ayahuasca-Ceremony Participants in the Netherlands

Maja Kohek^{1b}, Genís Ona^{a,b}, Michiel van Elk^{1b,c}, Rafael Guimarães Dos Santos^{1a,d,e}, Jaime E. C. Hallak^{d,e}, Miguel Ángel Alcázar-Córcoles^f, and José Carlos Bouso^{1b,d}





Ayahuasca: adverse effects? N = 10,836. Results from the Global Ayahuasca Survey

Drug and Alcohol REVIEW



Drug and Alcohol Review (January 2022), 41, 265–274
DOI: 10.1111/dar.13348

Associations between ayahuasca consumption in naturalistic settings and current alcohol and drug use: Results of a large international cross-sectional survey

DANIEL PERKINS¹, EMERITA S. OPALEYE², HANA SIMONOVA³, JOSÉ C. BOUSO^{4,5,6}, LUÍS F. TÓFOLI⁷, NICOLE L. GALVÃO-COELHO⁸, VIOLETA SCHUBERT¹ & JEROME SARRIS^{9,10}



Journal of Affective Disorders Reports

Volume 4, April 2021, 100098



Research Paper

Ayahuasca use and reported effects on depression and anxiety symptoms: An international cross-sectional study of 11,912 consumers

Jerome Sarris^{a, b, R, B}, Daniel Perkins^c, Lachlan Cribb^b, Violeta Schubert^c, Emerita Opaleye^d, José Carlos Bouso^e, Milan Scheidegger^f, Helena Aicher^f, Hana Simonova^g, Miroslav Horák^h, Nicole Leite Galvão-Coelho^{a, i}, David Castle^{j, k}, Luís Fernando Tófoli^d

ORIGINAL RESEARCH article

Front. Pharmacol., 21 April 2021
Sec. Ethnopharmacology
<https://doi.org/10.3389/fphar.2021.623979>

This article is part of the Research Topic
Beyond the Pharmacology of Psychoactive Plant Medicines and Drugs: Pros and Cons of the Role of Rituals and Set and Setting
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Influence of Context and Setting on the Mental Health and Wellbeing Outcomes of Ayahuasca Drinkers: Results of a Large International Survey

Daniel Perkins^{1*}, Violeta Schubert¹, Hana Simonov², Luís Fernando Tófoli³, José Carlos Bouso^{4,5,6}, Miroslav Horák⁷, Nicole Leite Galvão-Coelho⁸ and Jerome Sarris^{9,10}

Adverse effects of ayahuasca: Results from the Global Ayahuasca Survey.

José Carlos Bouso^{1,2,3}, Óscar Andi⁴, Jerome Sarris^{5,6,7}, Milan Scheidegger⁸, Luís

Fernando Tófoli⁹, Emérita Sátiro Opaleye¹⁰, Violeta Schubert¹³, Daniel Perkins^{5,11,12, 13*}.

PLOS Global Public Health
PLOS GLOBAL PUBLIC HEALTH

Acute physical health adverse effects (primarily vomiting) were reported by 69.9% of the sample, with 2.3% reporting the need for subsequent medical attention. Adverse mental health effects in the weeks or months following consumption were reported by 55.9% of the sample, however, around 88% considered such mental health effects as part of a positive process of growth or integration. Around 12% sought professional support for these effects. Physical adverse effects were related to older age at initial use of ayahuasca, having a physical health condition, higher lifetime and last year ayahuasca use, having a previous substance use disorder diagnosis, and taking ayahuasca in a non-supervised context. Mental health adverse effects were positively associated with anxiety disorders; physical health conditions; and the strength of the acute spiritual experience; and negatively associated with consumption in religious settings.



Psychedelics as a “vaccine” for mental health?: A longitudinal / transcultural study



ORIGINAL RESEARCH
published: 16 June 2021
doi: 10.3389/fpsy.2021.687546



Cross-Sectional Associations Between Lifetime Use of Psychedelic Drugs and Psychometric Measures During the COVID-19 Confinement: A Transcultural Study

Dóra Révész¹, Genís Ona^{2,3}, Giordano N. Rossi⁴, Juliana M. Rocha⁴, Rafael G. dos Santos^{1,4,5}, Jaime E. C. Hallak^{4,5}, Miguel Á. Alcázar-Córcoles⁶ and José C. Bouso^{2,3,4*}

Open Access Article

Tripping to Cope: Coping Strategies and Use of Hallucinogens during the COVID-19 Pandemic in Three Cultural Contexts

by Genís Ona^{1,2}, Dóra Révész^{1,3}, Maja Kohek¹, Giordano N. Rossi⁴, Juliana M. Rocha⁴, Rafael G. dos Santos^{1,4,5}, Jaime E. C. Hallak^{4,5}, Miguel Ángel Alcázar-Córcoles⁶ and José Carlos Bouso^{1,2,4,*} ✉

Psychopharmacology

Hallucinogens and social catastrophes: A longitudinal and transcultural assessment of the relationship between hallucinogenic drugs use, well-being, post-traumatic growth, and COVID-19 pandemic stress

--Manuscript Draft--

Personality



Main conclusion: Psychedelic medicine or medicalized psychedelia?

DRUGS: EDUCATION, PREVENTION AND POLICY
2020, VOL. 27, NO. 3, 191–198
<https://doi.org/10.1080/09687637.2019.1611739>



Check for updates

Patterns of use, desired effects, and mental health status of a sample of natural psychoactive drug users

Marc Aixalá, Genís Ona, Òscar Parés and José Carlos Bouso

International Center for Ethnobotanical Education, Research & Services, Barcelona, Spain



ABSTRACT

In recent years, the use of natural psychoactive drugs (NPDs) has grown rapidly. They are classified as new psychoactive substances (NPSs), despite the reality that they have been used for centuries. We are lacking information regarding patterns of use or characteristics of users, but some evidence suggests that NPDs substantially differ from NPSs in terms of both their safety profile and patterns of use. The aim of this study was to investigate patterns of use and user characteristics by collecting data from a sample of NPD users. We designed an online questionnaire that was shared through social media. A sample of 564 NPD users was recruited from 52 different countries, with the United States being the most common (19%), followed by Spain (14.9%). The typical user in our sample is a well-educated adult individual who uses NPDs sporadically. The most used substances were *Psilocybe* mushrooms (88.5%) and ayahuasca (51%). Users reported that the use of NPDs positively influenced their lives, and they showed a good mental health status. Stakeholders should consider these results particularly when deciding on legal classifications for these substances, as the study findings suggest that NPDs should not be in the same class as NPSs.





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Fundación ICEERS

Thank you!!!

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