



BRINGING IN THE FUTURE OF PSYCHEDELIC MEDICINE

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TWO CONTRASTING MODELS OF MENTAL HEALTH CARE

Suppressive model	Evocative model
Characterized by chronic “symptom management”	Limited number of sessions/treatments, over a specified period of time
Remission possible, but little expectation for long-lasting cure or breakthrough	Expectation of breakthrough, learning, growth, and/or healing
Trial-and-error game of finding “the right” medication; a “prescribing cascade” into polypharmacy	The properties of medicine are well-matched to evoke the inner-directed work that is called for
The nature of our distress is primarily biological	The nature of our distress is psychological, emotional, social, spiritual

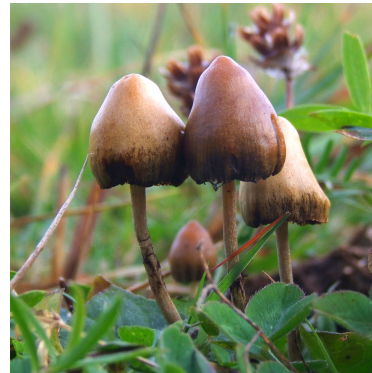


BARRIERS TO FULLY ADOPTING THE EVOCATIVE MODEL

- Scheduling status of substances
- Pharmaceutical industry influence in shaping policy and practice
- Fear and scare-mongering
- Professional territorialism and fragile egos
- Others ??



REFINING OUR RELATIONSHIPS WITH MEDICINES AND DRUGS OF ALL KINDS





Harm Reduction	Right Relationship
Focuses on illicit or recreational drug use	Encompasses all mind-altering drugs: illicit or prescribed, therapeutic or recreational
Targets drugs themselves as “good” or “bad”	Examines the nature of our relationships with drugs
How can we reduce the harms of drug use?	How can we maximize the benefits of drug use? How can we use drugs in ways that nourish us and our relationships?



Education, Curriculum, and Programming

Consciousness-Raising Workbook for Re-telling the Story of Ourselves

Part of
THE LEARNING AND SELF-DEVELOPMENT COLLABORATIVE



FOUNDATION FOR EXCELLENCE
IN MENTAL HEALTH CARE™



THE
NOWAK
SOCIETY



Wholeness Center



College of Health & Human Sciences
School of Social Work

Inspiration and Purpose

This self-guided workbook aims to open up possibilities for exploring aspects of our self from multiple different angles that, together, reflect the complexity, depth, and richness of being human. Multiple generations of people have now been told that their pain and distress is the result of a chemical imbalance or a dysfunction that lies within their own biology, and that treatment involves “managing symptoms” via one or more mood-altering substances, such as stimulants, antidepressants, or antipsychotics.



However, we know that this “illness” framework for understanding our pain and distress is not based on credible science or the varied voices of persons with lived experiences of extreme distress, but rather is driven by the interests of resource-heavy groups, including the pharmaceutical industry and the many professions and bodies that in different ways depend on a system of simple diagnosis and quick-fix medical treatment.

Through this consciousness-raising workbook, we aim to “lift the veil” on confused messages and bad information on multiple levels that all of us, and young persons in particular, might be exposed to. We aim to open up possibilities for relating differently to ourselves, our experiences, our emotional pain, and the use of medicines/drugs.

We believe in the power of community, self-exploration, authenticity, and critical dialogue to engage and make meaning of our experiences, even the intense and terrifying ones. This workbook was formed from a **collaboration** of people who share these values and are actively pursuing their own **learning** and **self-development** in the ways offered throughout the pages that follow. We welcome you and invite you to explore with us!

PART 4: HOW DO WE RELATE TO DRUGS AND MEDICINES USED TO ALTER OURSELVES?

If we look through the history of humankind, we quickly see that humans across the millennia and across all cultures have used **substances** from the environment to **intentionally change their mental or mood state**.

Think about it, in our culture today....



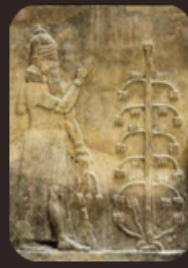
Blue Lotus
Egypt



Medicinal Mushrooms
Rome



Cannabis
Neo-Assyrian Empire

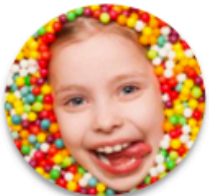


Opium
Iraq



Do you get ready for the day ahead by altering your state of mind with a cup of **coffee** or an energy drink?

How many people relax at the end of the day by drinking a **beer** or glass of **wine**?



Do you remember the first time you experienced a "**sugar buzz**"?

As humans, we have the ability to intentionally change our mind and mood states with substances.

Our use of substances has inspired great thinkers, artists, musicians, and scientists.



Steve Jobs



Sigmund Freud



Salvador Dali

Our use of substances has also caused dysfunction and destruction for individuals and societies.



Illness



Drug wars



Addiction



Alex Grey, *The Stoned Ape*

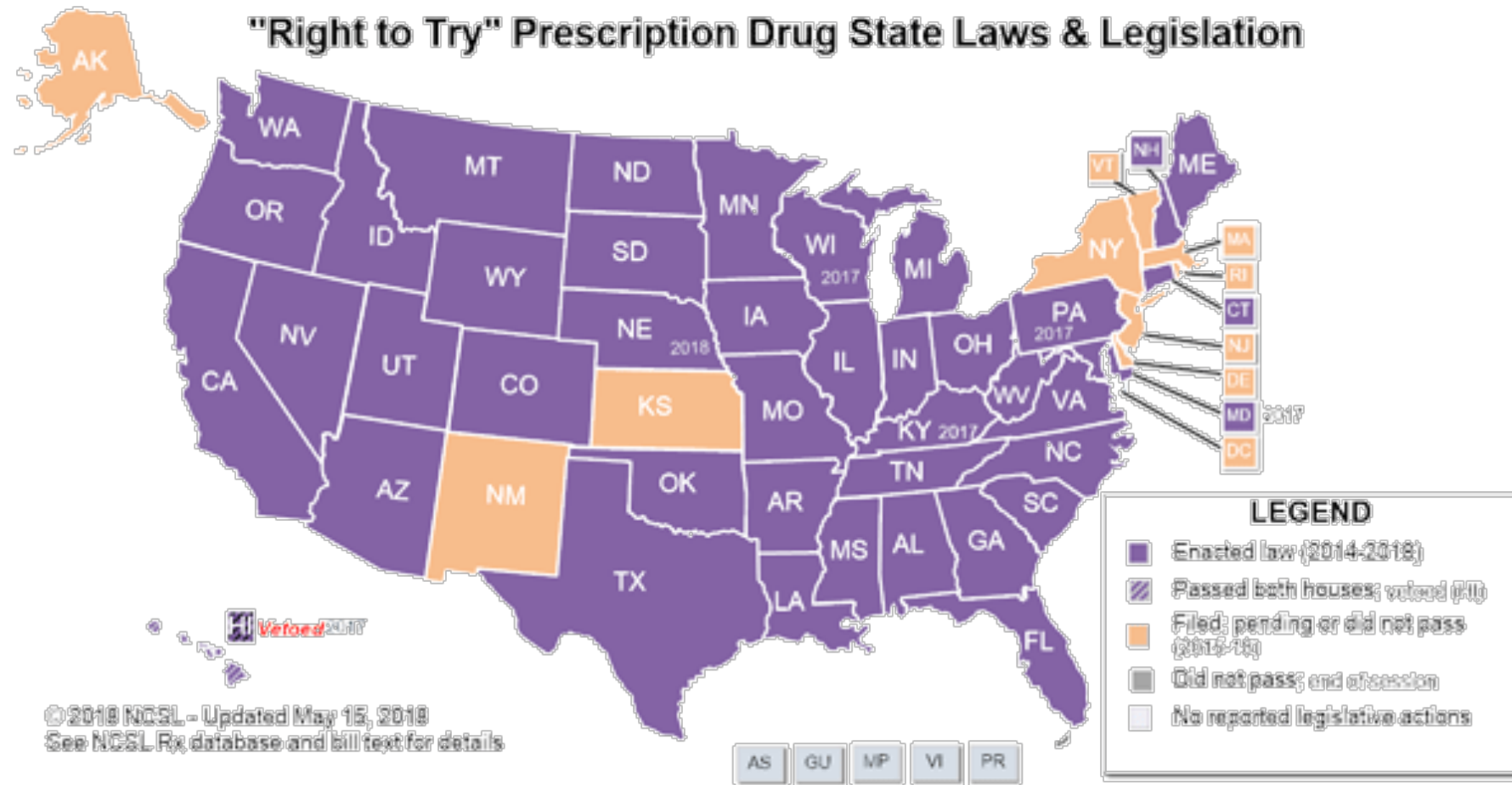
RIGHT RELATIONSHIP WITH SUBSTANCES

THE CONCEPT OF **RIGHT RELATIONSHIP** SUGGESTS THAT IT'S NOT SO MUCH THE SUBSTANCES THEMSELVES THAT ARE "GOOD" OR "BAD," BUT RATHER HOW AND WHY WE USE THEM (OUR RELATIONSHIP) THAT MATTERS.



Support and Advocacy

- **Right To Try Act:**
Supplements current *compassionate use/expanded access* mechanism via FDA
- Authorizes patient access to investigational substances via manufacturer
- **Colorado** had first RTA law (2014), but has been little used



DEATH AND PSILOCYBIN

- Significant new understandings of death and dying
*"There was a notion which almost immediately was clear, that there is **nothing to fear after you stop being in your body**"*
- Sense of interconnectedness, felt sense of unity with all things
*"it does **help you accept death** because **you don't feel alone**, you don't feel like you're going to, I don't know, go off into nothingness."*
*"cancer was part of the story, as opposed to something I had to separate out, divide my life into little pieces of the bad stuff and the good stuff . . . **everything just felt unified.**"*
- Spiritual or mystical experience
*"universal subconscious," "**pure love**," "God"*
- Reconnecting to a sense of aliveness and belongingness
*"The percentage of my life that **I am able to be present in just a moment** has increased dramatically . . . just to lose yourself in the moment . . . it is unique and monumental in a way."*



OTHER UPCOMING EVENTS

- Psilocybin retreat in Jamaica, May 2019
- Nowak Society Community Speaker Series, “Psychedelics 101 for Therapists and Non-medical Professionals”
- Volunteer orientation and meet-and-greet, early November
- Always accepting donations!
 - Fund a scholarship for a patient to attend the psilocybin retreat
 - Help fund our programming: The Learning & Self-development Collaborative
 - Contribute to a legal fund for patient and legislative advocacy



Thank you!