



Icahn  
School of  
Medicine at  
Mount  
Sinai

*Center for Psychedelic  
Psychotherapy and  
Trauma Research*

## **The Center for Psychedelic Psychotherapy and Trauma Research**

### **is pleased to announce an educational opportunity in MDMA-assisted therapy for PTSD**

The Center for Psychedelic Psychotherapy and Trauma Research (CPPTR), a partnership between the Icahn School of Medicine at Mount Sinai and the James J. Peters VA Medical Center in Bronx, New York, is excited to announce an educational opportunity in MDMA-assisted therapy for post-traumatic stress disorder.

The retreat will take place from **March 31<sup>st</sup>- April 5<sup>th</sup>, 2024 at Honor's Haven Retreat and Conference Center in Ellenville, NY**, and will include an emphasis on veterans and VA/military considerations.

MDMA-assisted therapy for PTSD is an investigational treatment not yet approved for use outside of research. There is growing interest in this investigational treatment among clinicians working with veterans and military service members whose PTSD is often difficult to treat using conventional trauma focused approaches.

MDMA-assisted therapy for PTSD involves the use of 3,4 methylenedioxymethamphetamine (MDMA) in conjunction with therapy. Clinicians knowledgeable in the field of trauma will learn how to integrate their existing skills with approaches specific to promoting recovery while working with people in non-ordinary states of consciousness.

### **Program Format**

The educational program consists of approximately 50 hours of education, including:

- 6-day live retreat from March 31<sup>st</sup>- April 5<sup>th</sup>, 2024 at Honor's Haven Retreat and Conference Center in Ellenville, NY
- Asynchronous, self-paced coursework to be completed by the assigned pre-retreat deadline: (10 hours)

The didactic component will provide foundational information about MDMA-assisted therapy for PTSD and will prepare participants to engage in the experiential learning.

Below you will find specific information about MDMA-assisted therapy for PTSD, the MDMA-Assisted Therapy Education Program, and education requirements.

### **MDMA-Assisted Therapy for PTSD Education Program**

Working with Multidisciplinary Association for Psychedelic Studies Public Benefit Corporation (MAPS PBC), the Center for Psychedelic Psychotherapy and Trauma Research offers education intended to raise awareness about the inner-directed therapeutic approach and treatment modality delivered in MAPS-sponsored clinical trials investigating MDMA-assisted therapy for PTSD.

The MDMA-assisted therapy curriculum incorporated into the Center for Psychedelic Psychotherapy and Trauma Research includes online asynchronous coursework and a week-long live educational retreat taught by MDMA-assisted therapy teachers, Mehmet Haznedar, MD, Amy Lehrner, PhD, Laura Pratchett, PsyD, and Miryam Sperka, PhD, with MAPS lead educators, Michael Mithoefer, MD, and Annie Mithoefer, BSN.

For more information about the inner-directed, humanistically informed therapeutic approach, see the MAPS website for the therapy manual: [MDMA Assisted Therapy Treatment Manual](#).

The program consists of live presentations, live small group meetings, and eLearning modules that will include a variety of activities to support learning. The curriculum includes video case presentations from real MAPS PBC MDMA-assisted

therapy sessions, role play activities, self- reflection activities, group and dyad activities, and other coursework, and will include a special emphasis on veterans and VA/military considerations.

## **Learning Objectives**

At the end of the program, participants will be better able to:

- Describe elements of Preparatory Sessions
- Describe elements of MDMA sessions
- Describe elements of Integration Sessions
- Describe ways to support somatic manifestations in MDMA-assisted therapy
- Demonstrate safe and appropriate practices of therapeutic touch
- Demonstrate practical and ethical considerations for working therapeutically with non-ordinary states of consciousness
- Describe ways to support team dynamics in MDMA-assisted therapy
- Describe the ways in which non-ordinary states can impact transference and countertransference
- Explain the role of inner-directed process and the concept of inner healing intelligence
- Communicate results of published scientific studies of MDMA-assisted therapy
- Describe MAPS Psychedelic Therapy Code of Ethics
- Describe MDMA's physiological and psychological effects
- Describe MDMA's potential risks and benefits and possible mechanism of action
- Describe medical and psychological safety plans for participants receiving MDMA-assisted therapy
- Apply internal resources for grounding, self-care, and relaxation
- Demonstrate essential qualities of therapeutic presence for MDMA-assisted therapy
- Explain the therapeutic process of MDMA-assisted therapy
- Identify assumptions and biases regarding culture, identity, and worldview
- Describe a possible set and setting for MDMA-assisted therapy
- Demonstrate therapeutic use of music for MDMA-assisted therapy
- Discuss culture and identity openly using inclusive language
- Describe the history of MDMA development, use, and regulation
- Demonstrate appropriate disclosure of one's own experience with non-ordinary states of consciousness

## **Applicant Criteria:**

Applicant is a mental health professional with an interest in PTSD and trauma.

## **Requirements for Participation**

Applicants must be able to commit to uninterrupted participation in the 6-day retreat and to completion of all asynchronous coursework. The program includes viewing and discussing emotionally intense treatment sessions and participating in small group breakouts.

The educational program is offered at no cost to attendees. Attendees will be responsible for accommodations at Honor's Haven Retreat and Conference Center and travel costs. Transportation to and from a central meeting place in NYC will be available.

Please complete the online application [here](#), and email your CV or resume to Andrew Curreri, PhD, at [Andrew.Curreri@mssm.edu](mailto:Andrew.Curreri@mssm.edu). Applications will be accepted on a rolling basis with a final deadline of December 29<sup>th</sup>, 2023 at 11:59pm EST or until all slots are filled.

Please note CE credits are not available for the MDMA-Assisted Therapy Education Program.

For any questions about the MDMA-Assisted Therapy Education Program please contact Andrew Curreri, PhD, at [Andrew.curreri@mssm.edu](mailto:Andrew.curreri@mssm.edu).