



MEDITATION AND PSYCHOTHERAPY

Learning from Non-Ordinary States

MAY 1-2, 2020

HYATT REGENCY HOTEL
in Downtown Crossing
BOSTON, MASSACHUSETTS

offered by

**THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of

Christopher Germer

Judy Reiner Platt

Ronald D. Siegel

Non-ordinary states of consciousness have played an important role in psychotherapy since its inception. For example, dreams, hypnotic trance, free association, and breath regulation, as well as meditation practices like mindfulness, have all been successfully applied in clinical settings to access and integrate challenging emotional experiences that cause psychological disorders. Recently, pharmaceutical psychedelics, such as MDMA, psilocybin, and ketamine, are being used in FDA-approved trials in the US, and government-sanctioned studies abroad, to enhance psychotherapy for disorders such as PTSD, depression, and addictions, as well as to ease end-of-life transitions. These developments represent a novel application of psychopharmacology in conjunction with psychotherapy. This course will explore the history, science, neurobiology, and ethical and legal issues that arise when working with non-ordinary states of consciousness, especially psychedelics. It is intended for mental health, medical, and other professionals who want a deeper understanding of non-ordinary states and their therapeutic potential. Multiple learning formats will be used including didactic presentations, panels, case discussions, and Q&A.

Learning Objectives: As a result of attending this course participants will be able to: describe non-ordinary states of mind and their use in psychotherapy and everyday life; begin to work safely and effectively with techniques for inducing or exploring non-ordinary states of consciousness that are currently available in clinical practice; describe the roles, history, and research of pharmaceutical psychedelics in clinical settings; recognize the ethical and legal issues, along with clinical indications and contraindications, for using psychedelics in therapeutic settings; describe the controlled investigations currently underway into the use of MDMA, psilocybin, and ketamine for the treatment of psychological disorders; and develop an expanded model of therapeutic action that includes non-ordinary states of mind.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY, MAY 1, 2020

7:45 - 8:30 REGISTRATION AT HYATT REGENCY HOTEL, DOWNTOWN CROSSING, BOSTON

COURSE MODERATORS: Christopher Germer and Ronald D. Siegel

8:30 - 12:45 MORNING PROGRAM

Clinical Perspectives on Non-Ordinary States	Christopher Germer and Ronald D. Siegel
The History, Science, and Future Regulation of Psychedelic-Assisted Psychotherapy and Psychedelic-Supplemented Meditation	Rick Doblin
Psychedelics and the Brain: Insights from Neurobiology	Judson Brewer
Ethical and Legal Risks of the Therapeutic Use of Psychedelic Exploration.....	Carmel Shachar

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM

Non-Ordinary States in Buddhist Meditation	Andrew Olendzki
Working with Dreams: Our Everyday Non-Ordinary State.....	Deirdre Barrett
Expanding Consciousness through Holotropic Breathing	Inna Khazan and Nicholas Luchetti
Hypnosis: Clinical Applications of Absorption	Carol Ginandes

SATURDAY, MAY 2, 2020

8:30 - 12:45 MORNING PROGRAM

Frontiers in Consciousness Exploration: Perspectives from Psilocybin Research.....	William A. Richards
Clinical and Transformative Aspects of Ketamine Assisted Psychotherapy	Elizabeth Call and Susan Walker
MDMA-Assisted Psychotherapy for PTSD: Clinical and Contemplative Aspects ...	James W. Hopper
Letting Go: Common Elements in Psychedelics, Meditation, and Depth Psychology	Paul Summergrad

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM

Learning Psychedelic-Assisted Psychotherapy	Janis Phelps
Panel: Integrating Non-Ordinary States into Psychotherapy	
Toward a Psychodynamic Understanding of Non-Ordinary States of Consciousness	Michael D. Alpert
Psychotherapy and the Integration of Non-Ordinary States	Francis Guerriero
Visions for the Future of Psychedelics	Franklin King
Discussion	Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

MEDITATION AND PSYCHOTHERAPY (#732525-2002)

Registration Fees: Physicians \$425 All Others: \$310

Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://cmeregistration.hms.harvard.edu/Meditation2020> (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600

(Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu or

Cambridge CME at 617-806-8770; email: cme@challiance.org

2019-2020 CAMBRIDGE/HARVARD CALENDAR

Treating Couples	November 1-2	Treating Anxiety	January 24-25
Sex, Sexuality, & Gender	November 15-16	School Mental Health	February 7-8
Integrated Care	December 6-7	Addictions	March 6-7
		Meditation and Psychotherapy	May 1-2

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. All foreign payments must be made by a draft on a United States bank or paid by credit card. **Telephone and fax registrations are not accepted.**

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Hyatt Regency Hotel, Boston. Rooms in Boston are limited; you are urged to make your reservations early.** A block of rooms has been reserved at the Hyatt Regency Boston, One Avenue de Lafayette, Boston, MA 02111; 617-912-1234 until **April 10, 2020.** Please specify that you are enrolled in this course to receive a conference rate. The hotel code is **<https://www.hyatt.com/en-US/group-booking/BOSTO/G-HCAM>**

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

RISK MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 2.00 credits of Risk Management Study. This includes 1.00 Credit in End-of-Life Care. Education. Please check your individual state licensing board requirements before claiming this credit.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: Application for social work continuing education credit has been submitted to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work (contact The Cambridge Health Alliance, Psychiatry Continuing Education Division, for the status of social work credits) and to New England Association for Family and Systemic Therapy for LMFT professional continuing education for a total of 14 credits (7 credits/hours per day). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department’s State Board for Social Work as an Approved Provider (#0038) of continuing education for licensed social workers; 14 contact hours have been approved. The states of CT and RI accept NBCC and NASW approval for marriage and family therapists.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPO), has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPO is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

ADDICTION SPECIALISTS: Application has been made to the Massachusetts Board of Substance Abuse Counselor Certification (MCVCAC/MBSACC) for 14 continuing education credits toward recertification.

FACULTY

MICHAEL D. ALPERT, MD, Psychiatrist, South Cove Community Health Center, Boston; Instructor in Psychiatry, Harvard Medical School at Beth Israel Deaconess Hospital; Therapist and Investigator, MDMA-Assisted Psychotherapy Clinical Study for PTSD, Multidisciplinary Association for Psychedelic Studies

DEIRDRE BARRETT, PhD, Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Past President: International Association for the Study of Dreams and The Society for Psychological Hypnosis; Featured on: CNN, Discovery Channel, Good Morning America, and others; Author/Editor of numerous publications including: *The Committee of Sleep; Trauma and Dreams; The New Science of Dreaming; The Pregnant Man; Hypnosis and Hypnotherapy*; Editor-in-Chief, *Dreaming*, International Association for the Study of Dreams

JUDSON BREWER, MD, PhD, Director of Research and Innovation, Mindfulness Center and Professor of Psychiatry, Brown University School of Medicine; Featured on: 60 minutes, Ted Talk (4th most viewed talk of 2016 with over 10 Million views), *Time Magazine*, *Forbes*, NPR, and the BBC among others; Author, *The Craving Mind: From Cigarettes to Smartphones to Love, Why We Get Hooked and How We Can Break Bad Habits*

ELIZABETH CALL, PsyD, Therapist and Sub-Investigator, Boston Site, FDA Phase 3 Trial, MDMA-Assisted Psychotherapy for PTSD, Multidisciplinary Association for Psychedelic Studies; Private Practice, Cambridge

RICK DOBLIN, PhD, Founder and Executive Director, Multidisciplinary Association for Psychedelic Studies (MAPS); Ted Talk, *The Future of Psychedelic-Assisted Psychotherapy*; Author/Co-Author of numerous publications including *Manifesting Minds: A Review of Psychedelics in Science, Medicine, Sex, and Spirituality*; Contributor to: *Psychopharmacology, Journal of Psychopharmacology, Journal of Psychoactive Drugs*, and others

CHRISTOPHER GERMER, PhD, Faculty and Co-Founder, Center for Mindfulness and Compassion and Supervisor, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry (part-time), Harvard Medical School; Faculty, Institute for Meditation and Psychotherapy; Co-Developer, *Mindful Self-Compassion (MSC)* Training Program; Private Practice and Supervision, Arlington; Author, *The Mindful Path to Self-Compassion*; Co-author: *Teaching the Mindful Self-Compassion Program* and *The Mindful Self-Compassion Workbook*; Co-editor: *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy*

CAROL GINANDES, PhD, ABPP, Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School at Mclean Hospital; Health Psychologist and Private Practice, Watertown; Author of various articles and medical hypnosis audio programs such as *Smooth Surgery, Rapid Recovery; Rapid Recovery from Injury; Relieve Allergy, Reduce Reactivity; Perfect Pressure, Healthy Heart; Hypnosis and Guided Imagery for TMJ*

FRANCIS GUERRIERO, LICSW, Therapist, FDA Phase 3 Trial, MDMA-Assisted Psychotherapy for PTSD, Multidisciplinary Association for Psychedelic Studies; Therapist and Consultant, Cambridge Biotherapies; Private Practice, Cambridge

JAMES W. HOPPER, PhD, Consultant, Outpatient Addictions Service, Cambridge Health Alliance; Teaching Associate in Psychology, Department of Psychiatry, Harvard Medical School; Therapist, Boston Site, FDA Phase 3 Trial, MDMA-Assisted Psychotherapy for PTSD, Multidisciplinary Association for Psychedelic Studies; Co-Editor, *Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices*

INNA KHAZAN, PhD, BCB, Faculty, Harvard Medical School at Cambridge Health Alliance; Biofeedback and Mindfulness Trainer including for US Navy Special Warfare, US Army Special Forces, and the Stuttgart Opera and Ballet Company; Board Member: Institute for Meditation and Psychotherapy, Association for Applied Psychophysiology and Biofeedback, and Biofeedback Certification International Alliance; Author of numerous journal articles and two books: *Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness* and *Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving your Health and Performance*

FRANKLIN KING, MD, Psychiatrist at the Acute Psychiatry Service, at the Center for Anxiety and Traumatic Stress Disorders, and at the Cardiac Psychiatry Research Program, as well as Consulting Psychiatrist at MGH Collaborative Care Program, Massachusetts General Hospital; Instructor in Psychiatry, Harvard Medical School

NICHOLAS LUCHETTI, MS, Psychotherapist, Northampton; Member, Holotropic Breathwork Practitioners

ANDREW OLENDZKI, PhD, Director of Mindfulness Studies Program and Professor, Lesley University; Board Member, Institute for Meditation and Psychotherapy; Former Positions: Executive Director, Insight Meditation Society, Executive Director and Senior Scholar, Barre Center for Buddhist Studies, and Senior Scholar, Mind and Life Institute; Author: *Unlimiting Mind: The Radically Experiential Psychology of Buddhism; Untangling Self: A Buddhist Investigation of Who We Really Are*

JANIS PHELPS, PhD, MFT, Founder and Director, Center for Psychedelic Therapies and Research and Professor of East-West Psychology and Clinical Psychology, School of Consciousness and Transformation, California Institute of Integral Studies, San Francisco, California; Board Member, Heffter Research Institute; Private Practice, Mill Valley, California; Contributing Author, *Advances in Psychedelic Medicine*

JUDY REINER PLATT, EdD, Director of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

WILLIAM A. RICHARDS, PhD, Clinical Director, States of Consciousness Research and Psychologist, Department of Psychiatry, Bayview Medical Center, Johns Hopkins School of Medicine; Researcher on psilocybin for over twenty years; Private Practice, Baltimore, Maryland; Author of numerous publications including: *Implications of LSD and Experimental Mysticism; Sacred Knowledge: Psychedelics and Religious Experiences*

CARMEL SHACHAR, JD, MPH, Executive Director, Petrie-Flom Center for Health Law Policy, Biotechnology, and Bioethics, Harvard Law School

RONALD D. SIEGEL, PsyD, Faculty, Center for Mindfulness and Compassion and Assistant Professor of Psychology (part-time), Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Faculty, Institute for Meditation and Psychotherapy; Author of the Great Courses Program, *The Science of Mindfulness: A Research-Based Path to Well-Being*; Books include: *Sitting Together; Mindfulness and Psychotherapy; The Mindfulness Solution; Back Sense; Wisdom and Compassion in Psychotherapy*

PAUL SUMMERGRAD, MD, Dr. Frances S. Arkin Professor and Chairman, Department of Psychiatry and Professor of Medicine, Tufts University School of Medicine; Psychiatrist-in-Chief, Tufts Medical Center; Past President, American Psychiatric Association; Recipient of numerous awards and honors; Author of over 100 publications including the *APA Textbook of Medical Psychiatry*

SUSAN WALKER, MD, Child, Adolescent, and Emergency Room Psychiatrist, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School; Therapy Team Member, MAPP1 and MP16 Clinical Trials, MDMA assisted psychotherapy for PTSD; Ketamine Assisted Psychotherapist; Private Practice, Cambridge