

# Exploring the perceived usefulness of integration support after naturalistic psychedelic experiences in people concerned about their substance use: a survey



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## Background

**Psychedelic-assisted therapy (PAT)** involves consuming psychedelics under the guidance of qualified mental health professionals. Showing promise for mental health and substance use disorders.<sup>1,2</sup>

**Non-clinical (“naturalistic”) psychedelic use** occurs globally, often for therapeutic purposes.<sup>3</sup> Frequently associated with positive outcomes,<sup>4,5</sup> however, potential for adverse events in uncontrolled settings.<sup>6,7</sup>

**Integration** follows psychedelic dosing session of PAT and aims to incorporate the positive aspects into one’s life,<sup>8</sup> while minimising potential risks by resolving any challenging content.<sup>9,10</sup>

*Can we adapt psychedelic therapy for a broader audience?*

## Methods

The web-based survey was open from May 2023 to Feb 2024. Those eligible included:

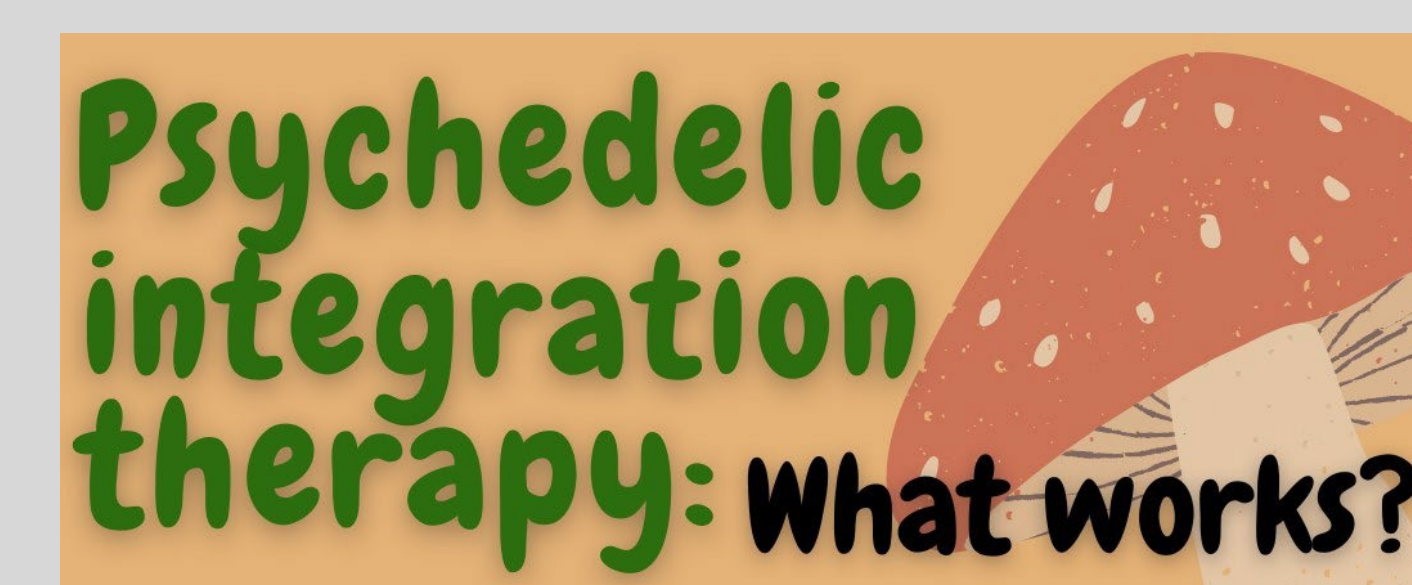
- ≥18 years old
- Concerned about their substance use
- Consumed a classical psychedelic\* at least once during the past year

### \*Classical Psychedelics:

- Psilocybin
- Lysergic acid diethylamide (LSD)
- Mescaline
- N,N-Dimethyltryptamine (DMT) or Ayahuasca

## Aims

- 1) To describe the naturalistic psychedelic experiences of respondents.
- 2) To identify the **need for integration support** following naturalistic psychedelic experiences and the **preferred model** of care.



## Results

### Study population

- Mean age 31 years (SD=9.6)
- Male (64%), Female (36%)

Key Results (n=108)	%
<b>Location of residence</b>	
United States	45
Australia	26
Other (12 countries)	19
United Kingdom	10
<b>Degree of substance-related risk (ASSIST)</b>	
High	64
Moderate	17
Low	11
<b>Substance use following the psychedelic experience</b>	
Reduced	56
No change	32
Increased	11
<b>Interested in integration support</b>	
Yes	87
No	12

Participants Interested in Integration Support (n=94)	%
<b>Preferred format</b>	
Individual	65
Group	20
No preference	15

### Preferred integration support format

- 🕒 One hour
- 🕒 Once a month
- 🧑 Facilitated by a psychologist with lived experience of psychedelics

Figure 1: Main reason(s) participants would like to attend integration support (n = 94)

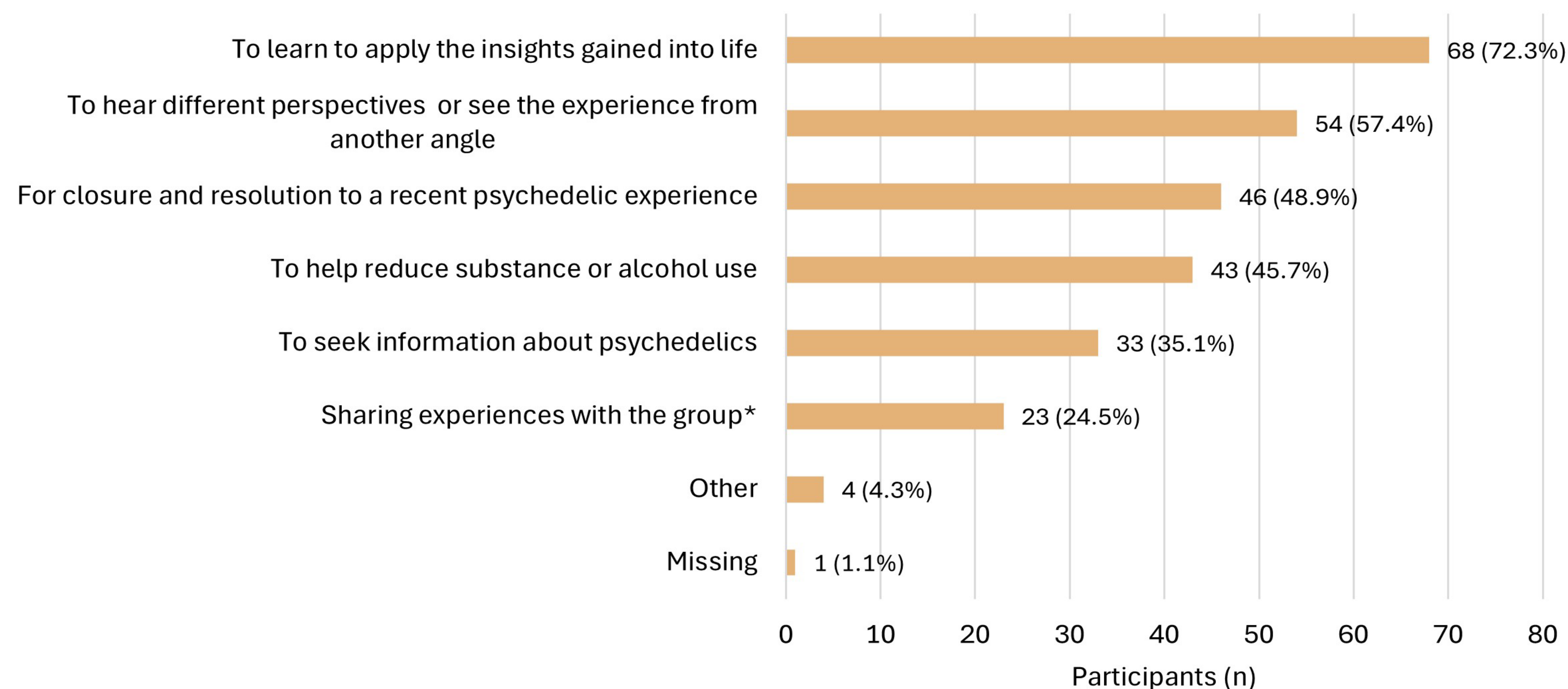


Fig 1 Participants could select multiple reasons to attend. \*Question only presented to those who selected “group” or “no preference” when asked which format of integration support they would prefer (n=33).

## Conclusion

This study recorded **substantial interest in integration support** following naturalistic psychedelic use for people with substance use concerns.

Additionally, a **preferred model** of integration support was evident.

Although the **individual format was preferred**, there was **interest in a group setting**. This merits further exploration considering current group models of treatment for substance use disorders and potential to accommodate a larger number of participants simultaneously.



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