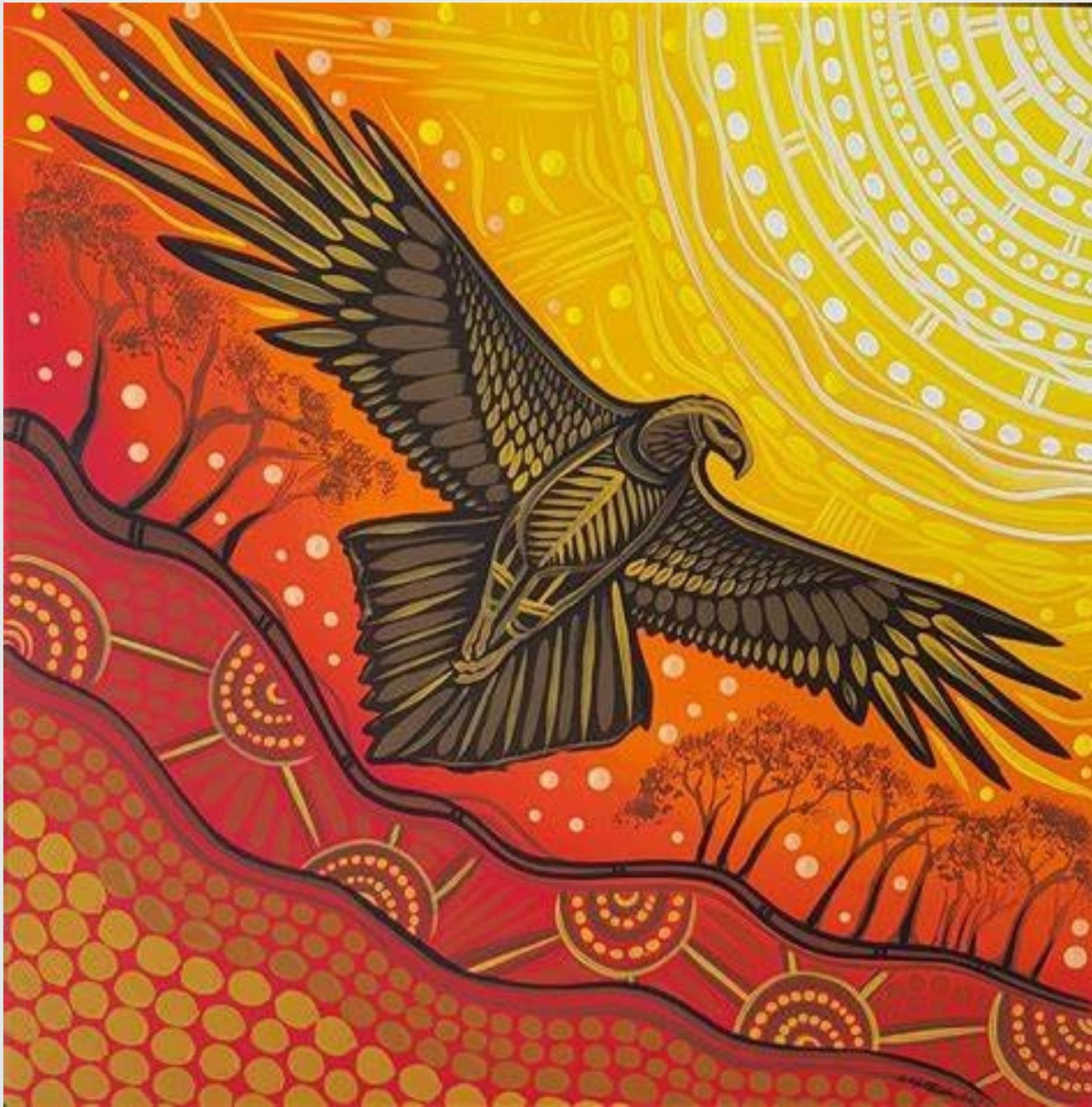


Exploring the perceived usefulness of integration support after naturalistic psychedelic experiences in people concerned about their substance use: a survey

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Conflicts of interest and disclosures

The authors have no conflicts of interest to declare.

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

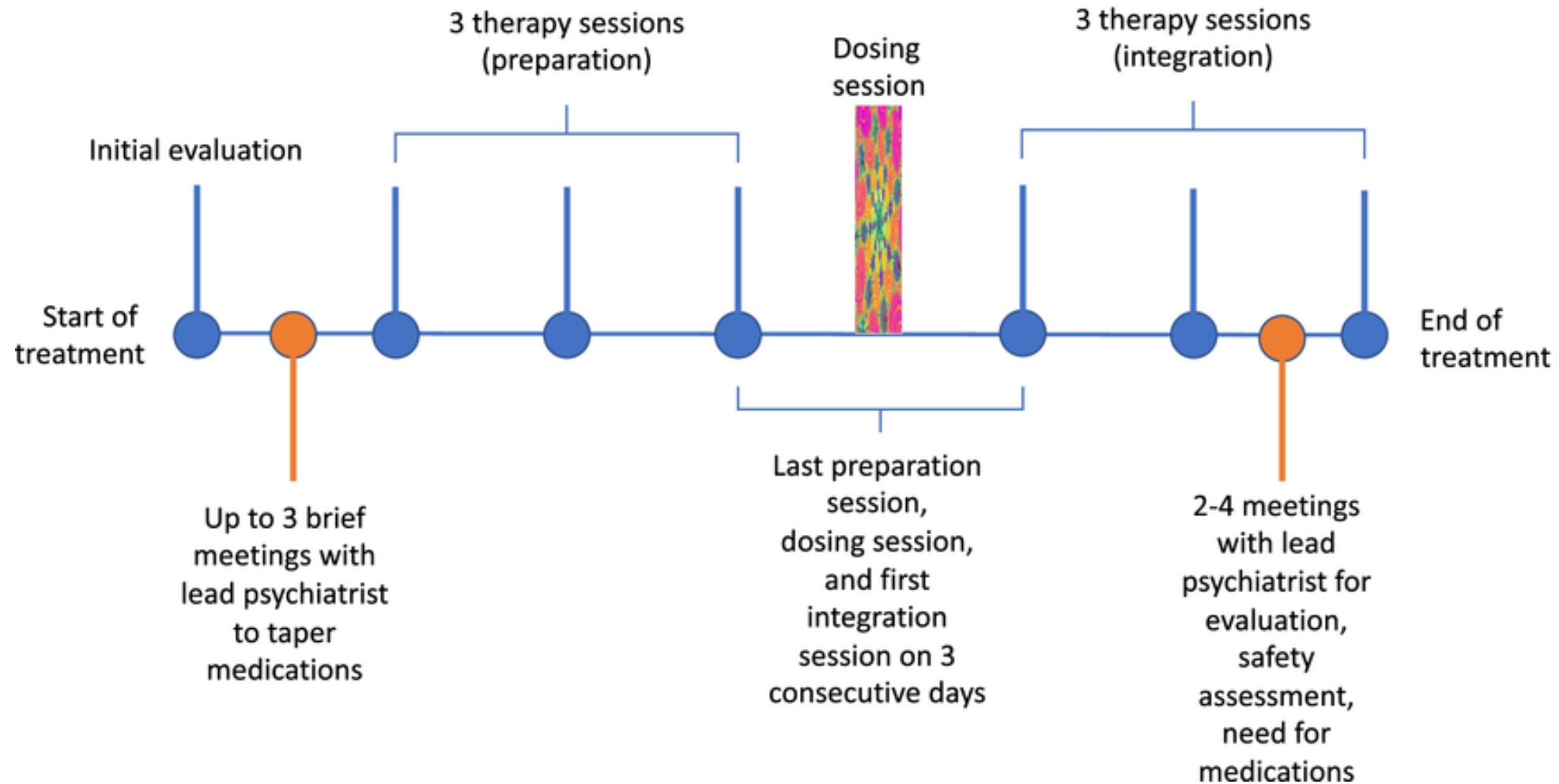
Exploring the perceived usefulness of **integration support** after naturalistic psychedelic experiences in people concerned about their substance use: a survey

- Three stages of Psychedelic Assisted Therapy:



- Integration: aims to incorporate the positive aspects into one's life, while minimising potential risks.¹

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



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

“Paradoxically, we have the least amount of knowledge about the largest group of users.”

- Frederik Bøhling⁵



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

- Psychedelic use which is not supported by clinicians in a legal context.
- Similar positive outcomes to clinical research reported in surveys - often with therapeutic intent.²
- Some risks associated with naturalistic use.^{3,4}
 - Of 737 calls to APIC (2014-2022), 85% were from or referred to hospital.⁴
- Inconsistent access to support following naturalistic use.



Aims

- 1.** To describe the experiences of people who are concerned about their substance use and have used a psychedelic in a naturalistic setting
- 2.** To identify the **need for integration support** following naturalistic psychedelic experiences and the **preferred model** of care.

Methods

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

*Classical Psychedelics:



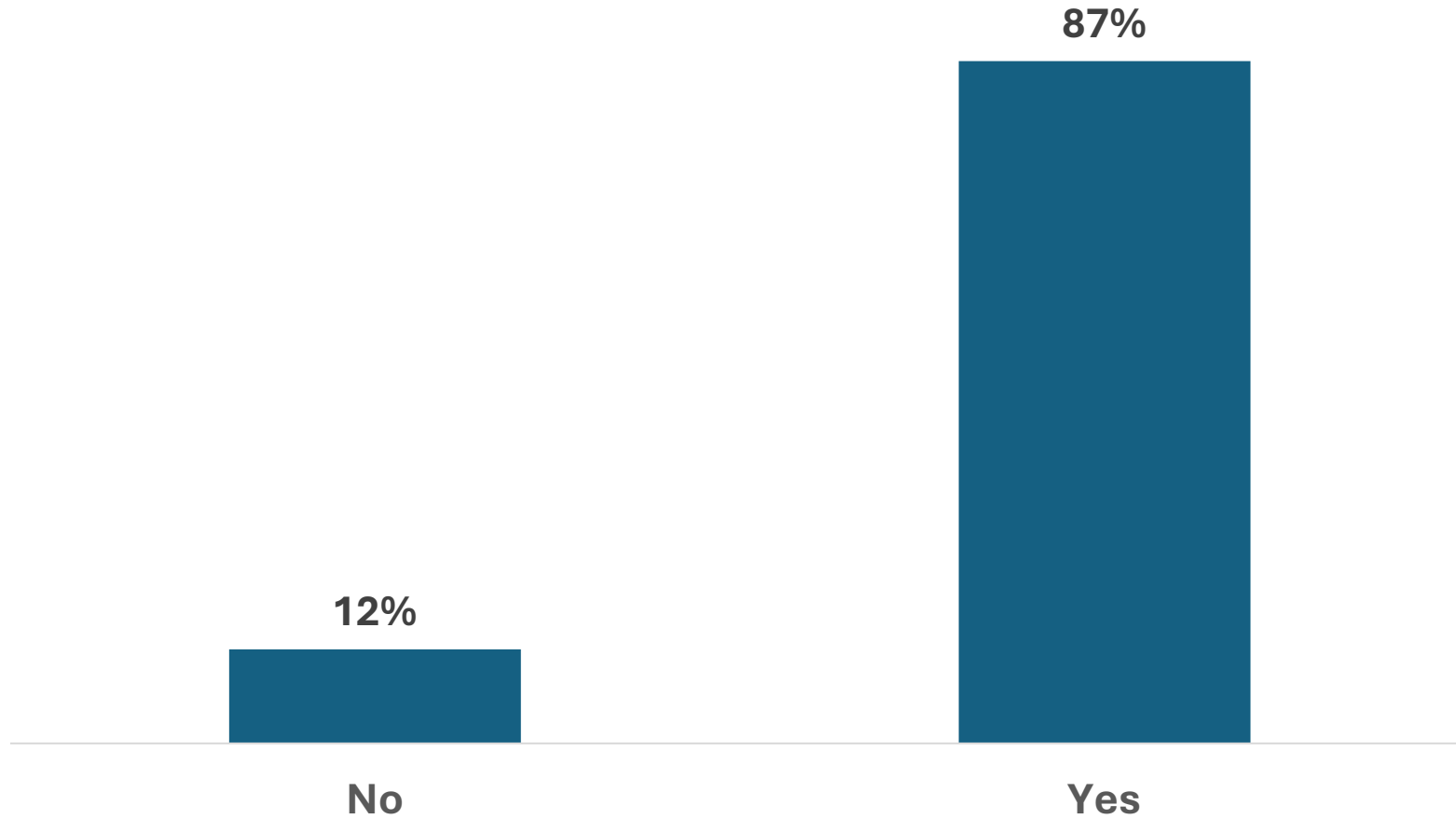
Results - Demographics (n = 108)

Mean age = 31 years	
Gender	%
Male	58
Female	32
Gender diverse	9
Location of residence	%
United States	45
Australia	26
United Kingdom	10
Other (12 countries)	19

Degree of substance-related risk (ASSIST)	%
High	64
Moderate	17
Low	11
Substance use following the psychedelic experience	%
Reduced	56
No change	32
Increased	11

Results – Integration Support (n = 108)

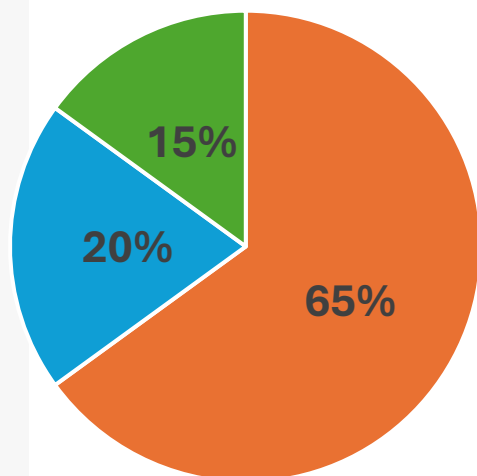
"Would you have liked to talk to someone about your psychedelic experience after it happened?"



*One missing response (0.9%)

Results – Integration Support Preferences (n = 94)

Participants Interested in Integration Support (n=94)



■ Individual ■ Group ■ No preference

Preference	Most common responses	% (n=94)
Length 🕒	45 mins	26%
	→ 1 hour	38%
Availability 📅	Once a fortnight	32%
	→ Once a month	36%
Facilitator(s)** 👥	Psychologist (wLLE)*	67%
	→ Peer worker (wLLE)*	59%

*wLLE = with lived/living experience

**Participants could select multiple options

Results – Reasons to Attend (n = 94)

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

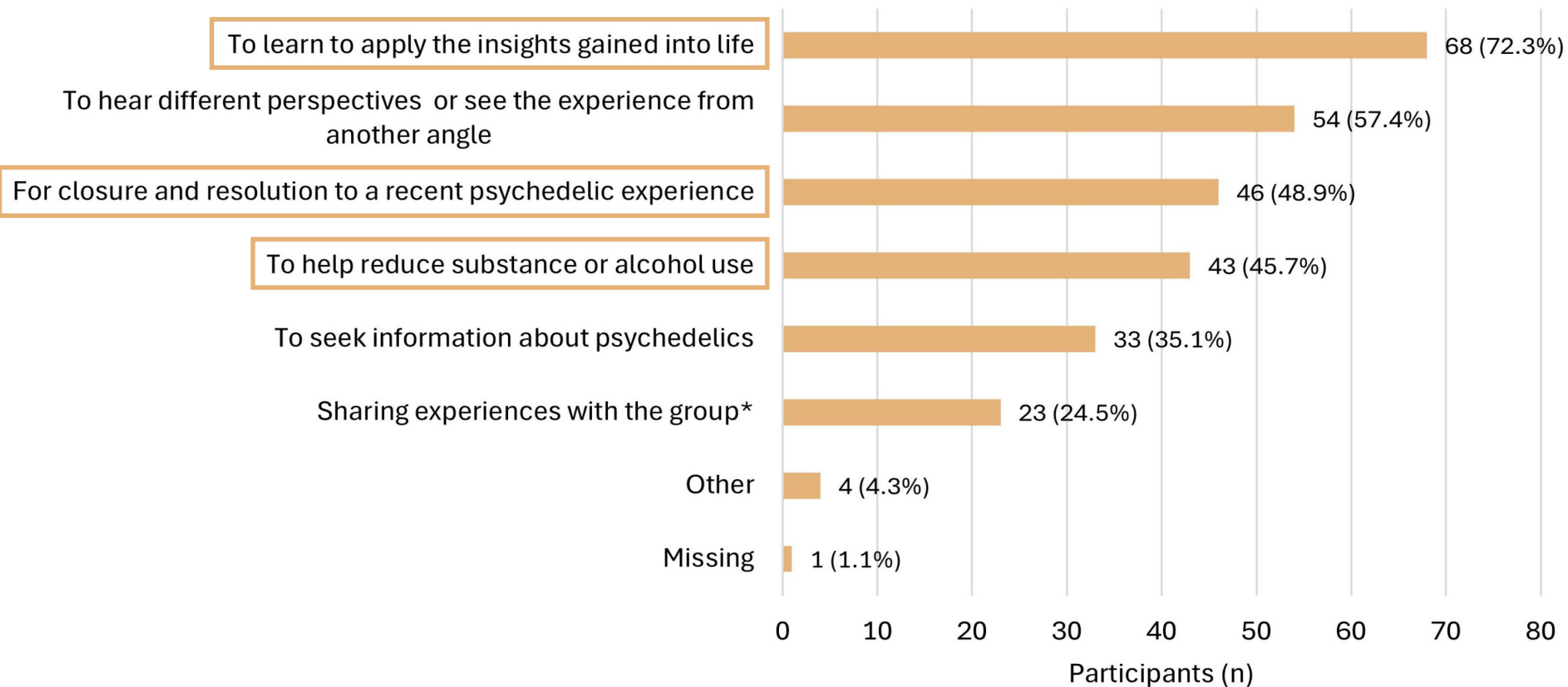


Fig 1

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).

Concluding Remarks



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**

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- Maureen Steele
- Mary Ellen Harrod
- Jonathan Brett



Thank you!



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