



Adam Knowles
Psychotherapist MBACP



AyaResearch
by Adam Knowles



MUSHROOMS

+ breathwork,
sweat lodge,
dream yoga
etc



LSD



KETAMINE



AYAHUASCA



WHAT CLIENTS HAVE SAID TO ME*

"The plant showed me being sexually abused as a child. Was that real?"

"I watched myself kill my sister. What if I really do that?"

"LSD at a festival broke my brain and ruined my life. Can I recover?"

"I did psychedelics because there was nothing else left. I didn't care if I died"

"I got this massive download from the alien intelligence. Now what do I do?"

"I worried I'd gone mad. Have I gone mad?"

* ANONYMISED, COMPOSITE STORIES

WHAT PEOPLE HAVE SAID IN ACADEMIC STUDIES

"death is just the beginning of another greater universe"

Lutkajtis, A. (2020). Entity encounters and the therapeutic effect of the psychedelic mystical experience. *Journal of Psychedelic Studies*, 4(3), 171–178. <https://doi.org/10/gnqwj9>

"It's the closest thing to an exalted experience that I've ever had ... and a very heightened sense of gratitude that despite, let's say, despite the cancer and the diagnosis and the surgery, I'm alive right now"

Swift, T. C., Belsar, A. B., Agin-Libes, G., Devenot, N., Terrana, S., Friedman, H. L., Guss, J., Bossis, A. P., & Ross, S. (2017). Cancer at the dinner table: Experiences of psilocybin-assisted psychotherapy for the treatment of cancer-related distress. *Journal of Humanistic Psychology*, 57(5), 488–519. <https://doi.org/10.1177/0022167817715968>

"I'm not into angels or any of that stuff. But these beings I encountered, I think they're fucking angels"

Lutkajtis, A. (2020). Entity encounters and the therapeutic effect of the psychedelic mystical experience. *Journal of Psychedelic Studies*, 4(3), 171–178. <https://doi.org/10/gnqwj9>

"Once I went into the anger it went 'pouf' and evaporated. I got the lesson that you need to go into the scary basement, once you get into it, there is no scary basement to go into [anymore]"

Watts, R., Day, C., Krzanowski, J., Nutt, D., & Carhart-Harris, R. (2017). Patients' accounts of increased "connectedness" and "acceptance" after psilocybin for treatment-resistant depression. *Journal of Humanistic Psychology*, 57(5), 520–564. <https://doi.org/10.1177/0022167817709585>

"feelings of being connected to everything, I mean, everything ... and it wasn't like talking about it, which makes it an idea, it was, like, experiential. It was like being inside a drop of water, being inside of ... a butterfly's wing. And being inside of a cheetah's eyes"

Belsar, A. B., Agin-Libes, G., Swift, T. C., Terrana, S., Devenot, N., Friedman, H. L., Guss, J., Bossis, A., & Ross, S. (2017). Patient experiences of psilocybin-assisted psychotherapy: An interpretative phenomenological analysis. *Journal of Humanistic Psychology*, 57(4), 354–388. <https://doi.org/10.1177/0022167817705884>

"The medicine [ayahuasca] worked with my body, and my soul, my spirit on a deeper level than any other doctor ever could have ... It [ayahuasca] offers a form of spiritual and existential introspection and a form of physical healing that is unlike anything else that I've experienced."

Renelli, M., Fletcher, J., Tupper, K. W., Files, N., Loizaga-Velder, A., & Lafrance, A. (2020). An exploratory study of experiences with conventional eating disorder treatment and ceremonial ayahuasca for the healing of eating disorders. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 25(2), 437–444. <https://doi.org/10.1007/s40519-018-0619-6>



Adam Knowles @TherapyMind · Jan 7

Only someone that has never experienced good psychotherapy could think that psychedelics are like 10,000 hours of psychotherapy.

In other words: he has no idea what he's talking about.

Milken Institute @MilkenInstitute · Jan 6

"Psychedelics are like packing 10,000 hours of psychotherapy into four hours"

Christian Angermayer discusses a new approach to mental health treatment with Uma Thurman.



Show this thread



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Find the Others @findtheothersUK · Jan 10

Replying to @TherapyMind

Multiple forms of talk therapy over many years did nothing for me. Not long after 2 suicide attempts, and whilst experiencing multiple panic attacks a week, an Ayahuasca experience stopped them dead in their tracks.



Astral King @AstralKing7 · Jan 7

Only someone who's never had a peak festival experience would say this. I have had moments at festivals that remain reservoirs of peace on some of my worst days. As a therapist, I aspire to be as helpful to my clients as those experiences were for me.



Ian McLoone @IanExpanse · Jan 7

Replying to @TherapyMind

Very worried about how this sets super unrealistic expectations and can drive already vulnerable people to feel like absolute garbage



Sam Wolfe @samwoffe · Jan 7

Replying to @TherapyMind

"Years of psychotherapy in a single trip" seems to be a common talking point in psychedelic circles. I've sometimes looked at psychedelics in that way, too. But really, a therapeutic relationship is different from an altered state, although they can definitely be complementary.



Ashlee Koucheki @dancerdropout · Jan 7

Replying to @TherapyMind

Depends on how one uses the psychedelics. Are you at a festival partying? Probably not so therapeutic. Are you at home in a safe space talking to a friend/family member whom you have a deep connection with? Then I'd say that is incredibly therapeutic and insightful.



David, the Silva Dala @davidamon0303 · Jan 7

If approached with reverence and an open mind, psychedelic experience could absolutely be better than psychotherapy for some people. 10,000 hours worth? Not sure. Everyone's different. 10,000s with a Karen could potentially get you nowhere while 100 hours with a Pam just might. 🙄



Gemma Deerfield #BLM @gemmaeierfield · Jan 7

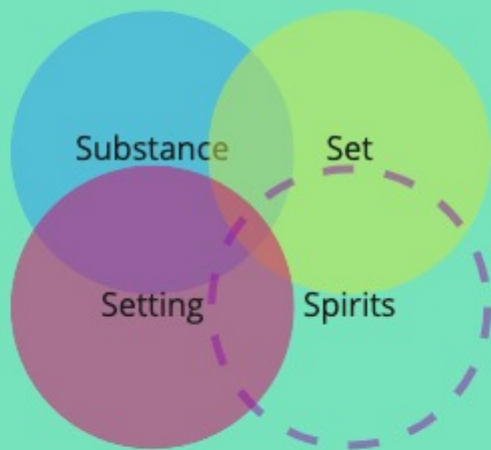
Replying to @TherapyMind

I've had some awful therapists and some amazing ones and psychedelics are exactly like doing thousands of hours of therapy. Feel free to speak for yourself but don't speak on behalf of anyone else when it comes to something so personal.

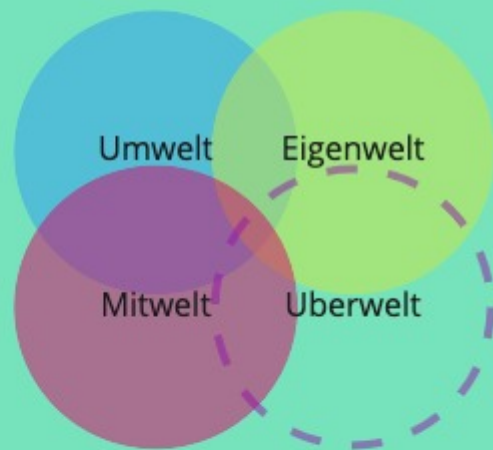
MEDICAL MODEL



PSYCHEDELIC MODEL

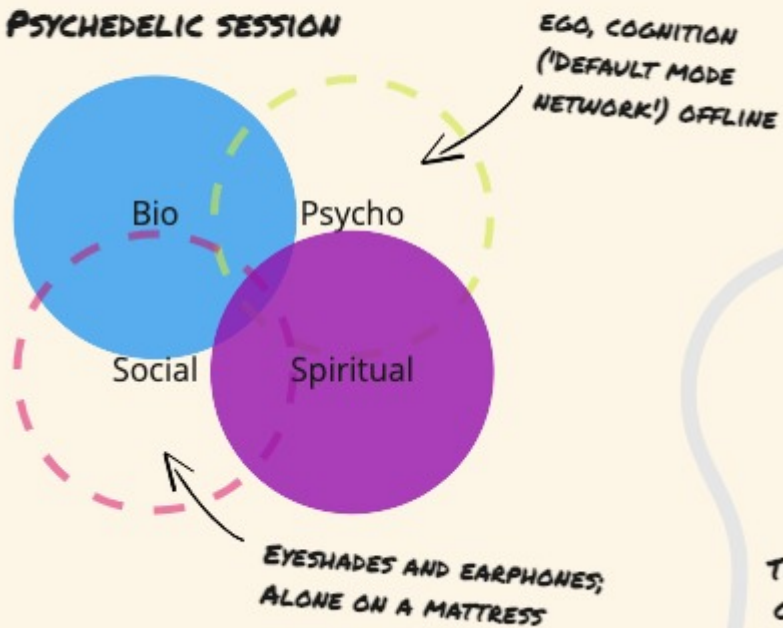


EXISTENTIAL MODEL

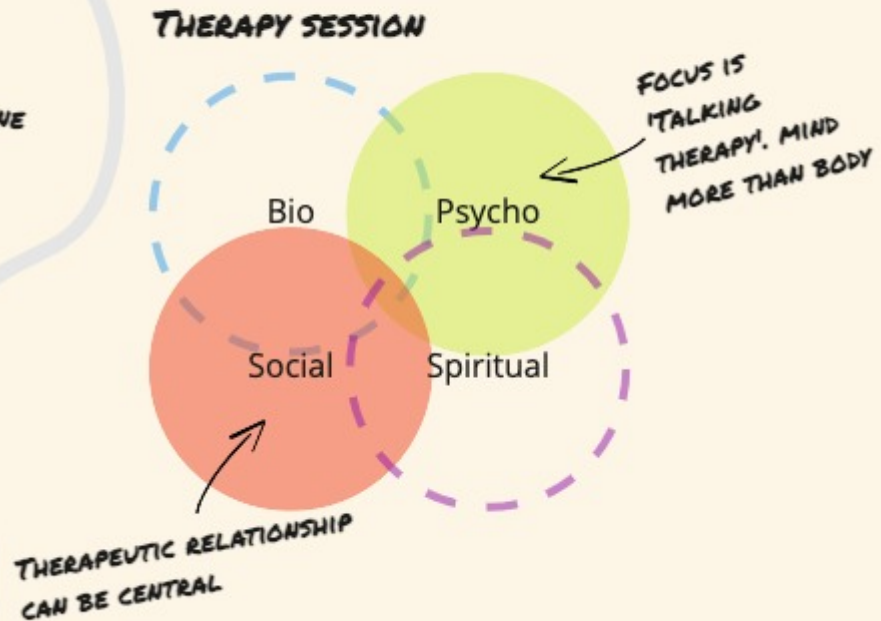


INTEGRATION?

PSYCHEDELIC SESSION



THERAPY SESSION



PROFESSIONAL ORGS, TRAINING



britishtranspersonalassociation.org



instituteofpsychedelictherapy.org



mind-foundation.org

MOVIE

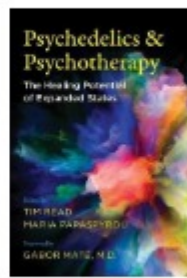
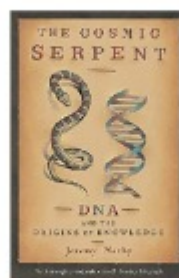


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TV



BOOKS



CONFERENCE



breakingconvention.co.uk

PODCASTS

