



Psychedelica als medicatie voor psychische klachten:
MDMA ondersteunde Psychotherapie bij PTSS



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Disclosure

Disclosure belangen sprekers	
Geen (potentiële) belangenverstrengeling	
Voor bijeenkomst mogelijk relevante relaties:	Bedrijfsnamen
<ul style="list-style-type: none"> Sponsoring of onderzoeksgeld: Honorarium of andere (financiële) vergoeding: Aandeelhouder: Andere relatie, namelijk ...s 	<ul style="list-style-type: none"> Multidisciplinary Association for Psychedelic Studies Nee Nee Nee

Geschiedenis MDMA

- Gesynthetiseerd in Darmstadt door Merck in 1912
- Zoektocht naar middel voor bloedstolling
- Decennia lang onbekend en nauwelijks onderzoek



Geschiedenis MDMA

- Alexander Shulgin synthetiseert MDMA
- 1977: Begin psychotherapeutisch gebruik MDMA
- 1980> MDMA wordt bekend als 'party drug'
- 1985 : Wereldwijd verbod MDMA
- 1986: Oprichting Multidisciplinary Association for Psychedelic Studies (MAPS)



Onderzoek psychotherapeutische toepassingen

Subjective Reports of the Effects of MDMA in a Clinical Setting

GEORGE GREER, M.D.* & REQUA TOLBERT, R.N., M.S.N.**
 The psychological effects of MDMA were first reported in 1978 by Shulgin and Nichols. Because it had originally been passed largely unexamined, it only became known to be found who was in total New Drug app

A Method of Conducting Therapeutic Sessions with MDMA*

George R. Greer, M.D.* & Requa Tolbert, M.S.N.**

Abstract—A method for preparing clients and conducting therapeutic sessions with 3,4-methylenedioxyamphetamine (MDMA) is described, with emphasis on the need for careful attention to the amount of therapist and client and the setting of the session. The therapist's belief was the MDMA substance that the response to a prearranged emotional theme, allowing the client to place the emotional aspects of past experiences into a more realistic perspective in their current emotional lives and relationships. Clients were carefully screened and prepared and they had a clear purpose for the session, including willingness to experience and to learn from anything that might happen. Symptom-based effects of MDMA diminished the medical contraindications, and clients with histories of serious functional psychiatric impairments were excluded. Trial doses of 75-150 mg, plus 50 mg if required later, were administered, followed by clients lying down and listening to music with synths and beatboxes during the peak MDMA effect. Screening and follow-up questionnaires were utilized. Two case histories are presented, a case achieving relief of pain from multiple myeloma, and a woman finding relief from problems as the daughter of Holocaust survivors. Use of consciousness-altering drugs in other contexts is discussed.

Keywords—alternative medicine, drug therapy, intracerebral pain, N-Methyl-3,4-methylenedioxyamphetamine, psychotherapy, therapists

MDMA-Assisted Psychotherapy Using Low Doses in a Small Sample of Women with Chronic Posttraumatic Stress Disorder†

Michael C. Mithoefer, Ph.D., Rick Doblin, Ph.D., Allison A. Feduccia, Ph.D., & Amy Emerson, Rick Doblin

The safety and efficacy of ±3,4-methylenedioxyamphetamine-assisted psychotherapy in subjects with chronic, treatment-resistant posttraumatic stress disorder: the first randomized controlled pilot study

Michael C Mithoefer¹, Mark T Wagner², Ann T Mithoefer¹, Lisa Jerome¹ and Rick Doblin¹

†The purpose of this study was to investigate if large administered in a psychodysleptic state of arousal, and also to obtain preliminary data (planned to include 20 subjects, placebo group included, at which time only six subjects had to be presented here. The final data on dose of purity and pharmacological safety for all the subjects are needed in order to further clarify the subjects with PTSD.

is—MDMA, MDMA psychotherapy, posttraumatic

Abstract
 Our reports indicate that psychiatrists administered ±3,4-methylenedioxyamphetamine (MDMA) as a catalyst to psychotherapy before massive use of MDMA as 'Ecstasy' resulted in its criminalization in 1985. Over two decades later, this study is the first completed clinical trial evaluating MDMA as a therapeutic adjunct. Twenty patients with chronic, posttraumatic stress disorder, refractory to both psychotherapy and pharmacotherapy, were randomly assigned to psychotherapy with concurrent active drug (n = 12) or inactive placebo (n = 8) administered during two 8-h experimental psychotherapy sessions, each given concurrent psychotherapy and follow-up group psychotherapy. The primary outcome was the Clinician-Administered PTSD Scale, administered at baseline, 1 day after the first experimental session, and 2 months after the second session. Neurological testing, blood pressure, and temperature monitoring were performed. After 2-month follow-up, placebo subjects were offered the option to re-enroll in the experimental protocol with open-label MDMA. Scores on Clinician-Administered PTSD Scale scores from baseline were significantly greater for the group that received MDMA than for the placebo group at all three time points after baseline. The rate of clinical response was 50% (12/24) in the active treatment group versus 12.5% (1/8) in the placebo group. There were no drug-related serious adverse events, adverse neurophysiological effects, or clinically significant blood pressure increases. MDMA-assisted psychotherapy can be administered to posttraumatic stress disorder patients without evidence of harm, and it may be useful to patients refractory to other treatments.

Keywords: combat disorder, MDMA, Posttraumatic stress disorder, psychedelics, PTSD



MDMA-ondersteunde psychotherapie in Lancet Psychiatry

3,4-methylenedioxyamphetamine (MDMA)-assisted psychotherapy for post-traumatic stress disorder in military veterans, firefighters, and police officers: a randomised, double-blind, dose-response, phase 2 clinical trial



Michael C Mithoefer, Ann T Mithoefer, Allison A Feduccia, Lisa Jerome, Mark Wagner, Joy Wymer, Julie Holland, Scott Hamilton, Berra Yazar-Klosinski, Amy Emerson, Rick Doblin

Summary

Background Post-traumatic stress disorder (PTSD) is prevalent in military personnel and first responders, many of whom do not respond to currently available treatments. This study aimed to assess the efficacy and safety of 3,4-methylenedioxyamphetamine (MDMA)-assisted psychotherapy for treating chronic PTSD in this population.

Lancet Psychiatry 2018
 Published Online
 May 1, 2018
<http://dx.doi.org/10.1016/j.lanpsy.2018.03.005>

Mithoefer et al. (2018), Lancet Psychiatry



Augustus 2017: FDA Breakthrough therapy

Psychopharmacology
<https://doi.org/10.1007/s00213-019-05249-5>
 ORIGINAL INVESTIGATION

MDMA-assisted psychotherapy for treatment of PTSD: study design and rationale for phase 3 trials based on pooled analysis of six phase 2 randomized controlled trials

Michael C. Mithoefer¹, Allison A. Feduccia², Scott Hamilton³, Berra Yazar-Klosinski¹, Amy Emerson¹, Rick Doblin¹

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Abstract
 Background Posttraumatic stress disorder is a prevalent, disabling mental health condition with limited treatment options. Here we evaluate six phase 2 trials of MDMA-assisted psychotherapy for PTSD.

FDA BREAKTHROUGH THERAPY

Study for Trauma Treatment: Efficacy of MDMA-Assisted Psychotherapy Compared to Placebo and Sertraline

Michael C. Mithoefer¹, Berra Yazar-Klosinski¹, Amy Emerson¹, Rick Doblin¹



REVIEW
 published: 12 September 2019
 doi: 10.3389/fpsyt.2019.00600



Na een Schokkende gebeurtenis kan PostTraumatische Stress-Stoornis (PTSS) ontstaan

PTSS:
 Herbeleven van doodsangst
 Slaapproblemen
 Spanning
 Schrikachtig



~80% Nederlanders maakt ooit iets schokkends mee;
 ~7% krijgt PTSS; ~4% moet behandeld worden, ~2% herstelt niet....

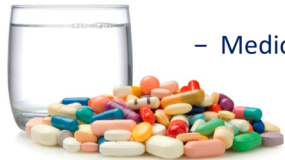
de Vries, G. J., & Off, M. (2009). The lifetime prevalence of traumatic events and posttraumatic stress disorder in the Netherlands. *Journal of Traumatic Stress: Official Publication of The International Society for Traumatic Stress Studies*, 22(4), 259-267.



Bij PTSS reageert ~50% op de behandeling

- Huidige behandelmethoden zijn Psychotherapie of Medicatie

- Psychotherapie (EMDR, PE, NET): Wekelijkse sessies



- Medicatie (sertraline, paroxetine): Dagelijks tabletten innemen

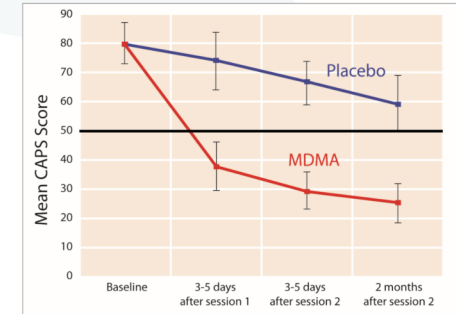
- PTSS behandeling helpt 40 tot 60% van de patiënten

Bradley, R., Greene, J., Russ, E., Dutra, L., & Westen, D. (2005). A multidimensional meta-analysis of psychotherapy for PTSD. *American Journal of Psychiatry*, 162(2), 214-227.

MDMA ondersteunde Psychotherapie: = 2 x MDMA EN Psychotherapie



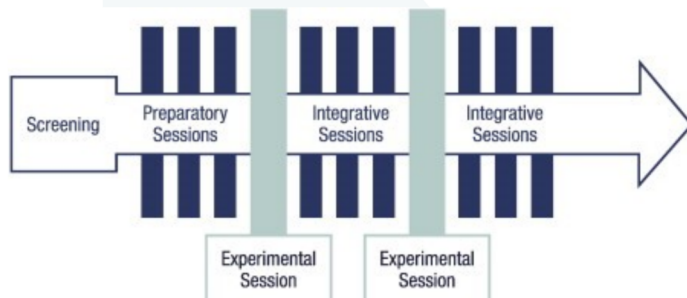
Michael Mithoefer, MD



Time*Group Interaction
 $p=0.015$

Mithoefer MC et al. *J Psychopharm.* 2011;25(4):439-452

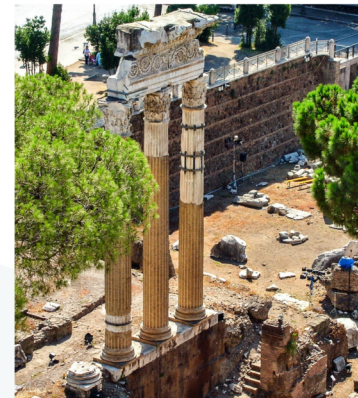
Behandeling met MDMA ondersteunde Psychotherapie: in totaal 11 sessies



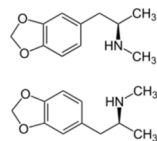
Hoe werkt Psychedelica ondersteunde Psychotherapie?

“3 Pijlers”

- Een psychedelische ervaring in een combinatie van:
 - Stof** (Geestverruimende eigenschappen)
 - Mindset** (persoonlijkheid, voorbereiding en verwachting patiënt)
 - Setting** (fysieke en sociale omgeving, psychotherapeutische interventies)



MDMA vs XTC



Stof - MDMA

- Inname van MDMA geeft een voorspelbare bewustzijnsverandering (~5 uur lang)
- Kenmerken:
 - Verhoging empathie
 - Verhoging inlevingsvermogen
 - Meer openheid/minder schaamte
 - Pro sociaal gedrag

A problem can not be solved by the same consciousness in which it arose.

~Albert Einstein

Mindset bij PTSS en MDMA ondersteunde psychotherapie

- PTSS:
 - Langdurig hoog angstniveau door vaak herbeleven van doodsangst, slecht slapen, super alert en vermijden van prikkels (controlebehoefte)
- Patiënten worden in 3 sessies voorbereid op de MDMA ervaring door de therapeuten, leren weer op zichzelf vertrouwen en nieuwsgierig te zijn

Setting bij MDMA ondersteunde psychotherapie

- Begeleiding door 2 ervaren therapeuten
- Huiselijke sfeer en Muziek
- Afwisselend praten en ervaren
- Veilige medische context





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