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Creators: Smith, L.-A., Ryan, J. and Evenden, R.

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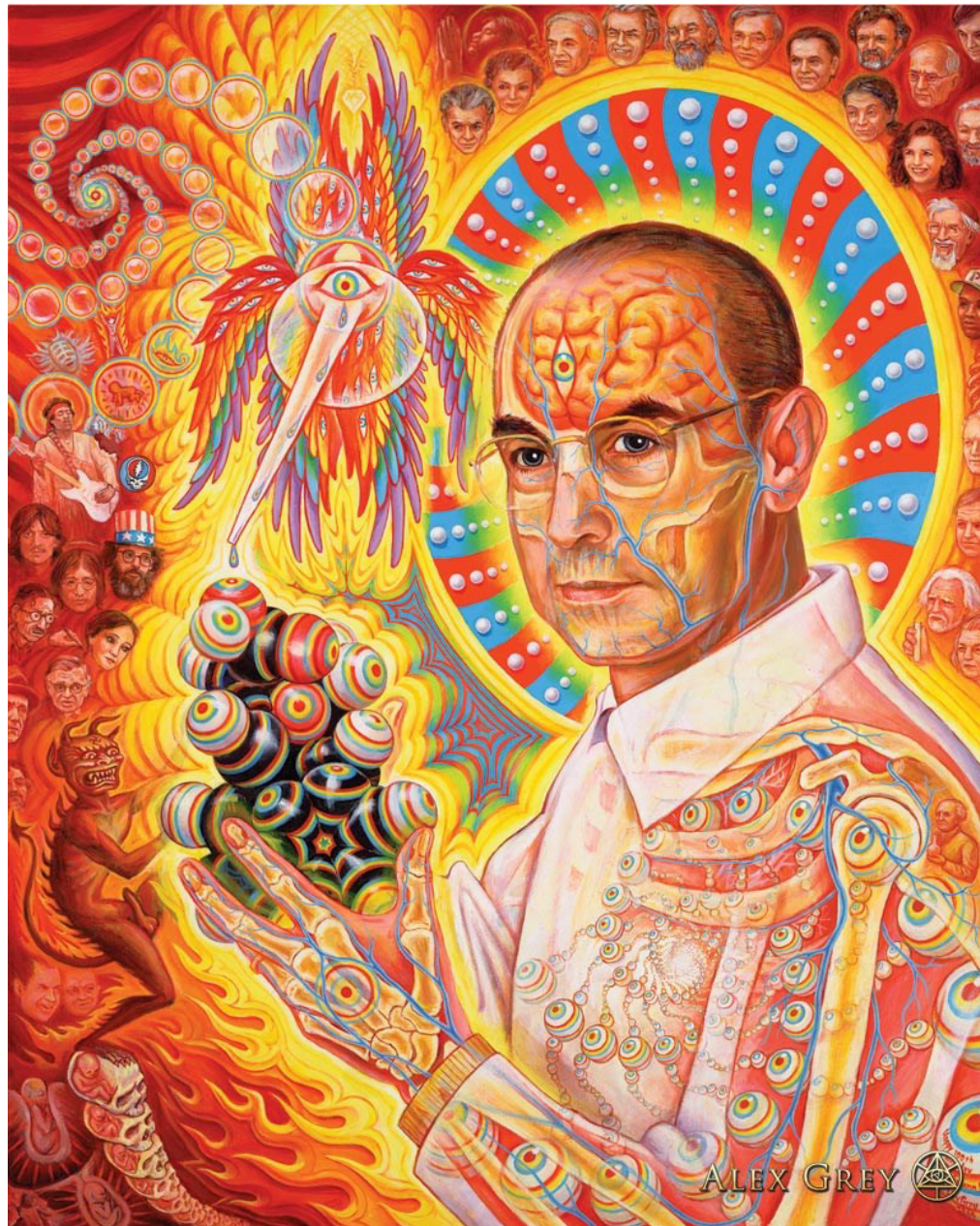


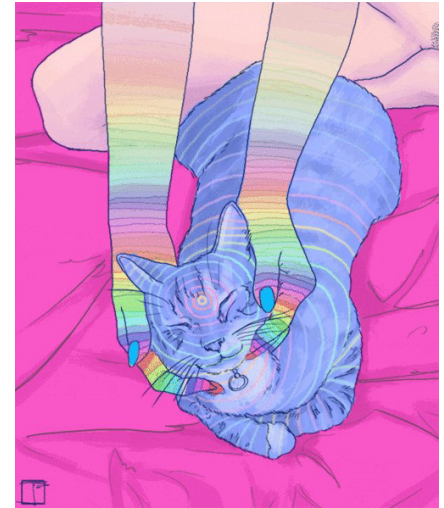
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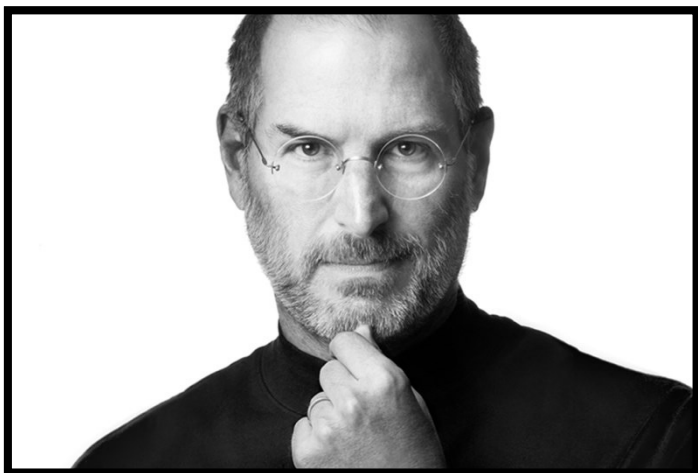
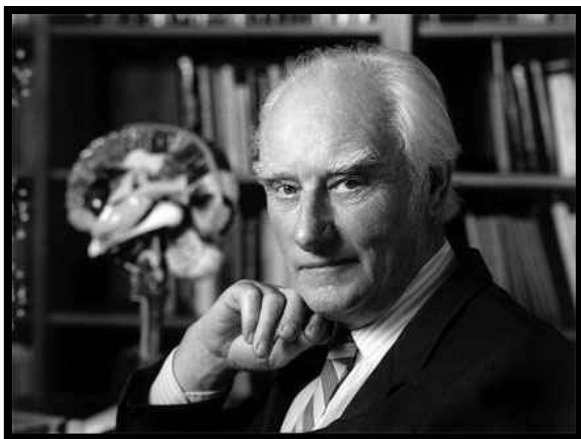
Preliminary research data analysis of LSD consumption in Britain: A qualitative pilot study.

Dr Lesley-Ann Smith, Johnny Ryan & Rachel Evenden

Centre for the Study of Anomalous Psychological Processes







Overview

- Psychedelic drug research
- LSD research and its links to transpersonal psychology and parapsychology
- Methodological outline
- Ethical considerations
- Initial research findings
- Future implications

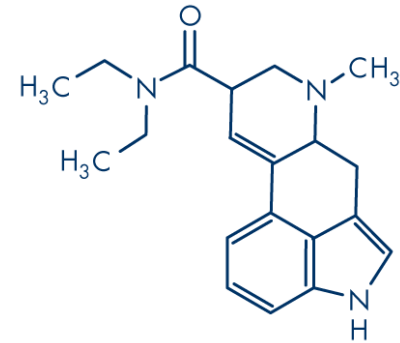
Emerging Trends in the Current Literature

- David Nutt (2014, p 658) claims that “the psychedelic state is unquestionably one of the most interesting psychological experiences humans can have.”
- The research around psychedelic use focuses primarily within the pharmacological sector where psychedelics are administered within a controlled, clinical setting (e.g., Gasser, Kirchner & Passie, 2014; Nutt, King & Nicols, 2013).



LSD-25 Research

- Cahart-Harris et al. (2016) carried out a double-blind placebo trial of LSD on 20 healthy volunteers.
- FMRI scans were indicative of a link between the psychedelic state of consciousness and drastic changes in one's neural activities.
- The researchers found a significant relationship between ego-dissolution and decreased alpha waves ($p < 0.05$).



LSD and Transpersonal Psychology

- Pahnke (1966) outlined several transpersonal features of the LSD experience; cosmic unification, ineffable experiences and long-lasting *positive* changes in attitudes and behaviours.
- Wolfson (2011) proposes that psychedelics offer psychology the best chance to rapidly transform our consciousness. They heighten our empathy, reconnect us with the divine and offer new meaning to our lives.
- Grof (2008) *The Psychology of the Future*



LSD and Parapsychology

- Luke (2010) explains many anthropologists have experienced a diverse range of paranormal phenomena during psychedelic sessions.
- Luke (2008) suggests the experiential quality of these experiences is more favourable towards qualitative methods of analysis.



LSD and Ecopsychology

- Steg and Vlek (2009) believe significant behavioural modifications will only transpire once humanity appreciates the symbiotic relationship between humans, wildlife and ecosystems.
- Daniels (2001) asserts this is a spiritual experience that can offer humanity the potential to transcend the ecological crisis.



Project Rationale

- Transpersonal and perhaps parapsychological states of consciousness induced by psychedelics suggest promise for positively affecting the human personality synthesis.
- However, irrespective of promising quantifiable results, the field is still short of phenomenological qualitative research on *LSD* users in Britain.
- The aim of this proposed project is to explore the transpersonal, parapsychological, ecological and positive psychological dimensions of LSD use.

Methodological Outline

- **Stage 1:** Pilot surveys and interviews
- **Study 2:** Questionnaires with LSD-25, 1P-LSD (or variants such as psilocybin) users. Data will be collected online using social media. Two hundred participants anticipated.
- **Study 3:** Semi-structured, one-to-one interviews with LSD-25, 1P-LSD (or variants such as psilocybin) users. Four to 6 interviewees anticipated.

Ethical Considerations

- Informed consent
- Confidentiality
- Study is in accordance with the 1971 Misuse of Drugs Act & the BPS Code of Ethics and Conduct
- Sensitive non-judgemental interviewing technique
- Right to withdraw

Results and Analysis: James

Three major sub-themes;

- 1) The content of the experience
- 2) Socio-political influences
- 3) Application to clinical/therapeutic settings

Content of experiences

James

“I took 2 tabs and that was a break through experience the whole reality changed, I was in a different dimension of space-time, everything recognisable in terms of physics was thrown out of the window, I couldn't remember who I was or where I was I lost my identity and I just became consciousness just experiencing fractals of energy, magnificent patterns but I wasn't James to experience it I was a part of it”

James

“Nature become alive, It was like I entered this futuristic universe I looked in the mirror and I saw all my insecurities, my unconscious mind which terrified me, I saw versions of myself you couldn’t imagine, I looked at myself in the mirror and it was almost as if I could see not the real me but the real selves, multiple selves, it kept transforming but what I saw in the mirror looked more real than what I’d ever seen in the mirror before and that was a powerful experience, it was very scary because it looked like me but it wasn’t me”

Political, legal and social influences

James

“Interestingly a lot of people I’ve come across to LSD have been fascinated with it and my experiences. It sparks a lot of curiosity. I haven’t in my life time come across anyone who has been very judgemental of me overtly or has criticised me for using it, generally the culture now is quite liberal and just because they are illegal it doesn’t seem to faze a lot of people.”

James

“I think this is a large research area that’s unexplored and it’s also really getting these ideas out, LSD has so much potential clinically but intellectuals are seemingly ignoring this and we need to get it back into the public consciousness, in the last 10 years psychedelics have risen in society once again.”

Application to clinical/therapeutic
settings

James

“One of the best treatments for smoking cessation has been using magic mushrooms scientifically also for using depression I would use mushrooms over LSD as it seems to have more clinical effects than LSD does for some reason, *it seems to have that healing effect we know so little about.*”

Future Implications

- LSD ethnocentrically biased research?
- LSD, gender and sexuality
- What can psychedelics teach us about death, dying and the bereavement process?
- LSD and political activism?
- Decriminalization of hallucinogens and licences for recreational/spiritual usage?

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Questions?

For more information on this study or if you have any questions you would like to know please contact the lead researcher;

lesley-ann.smith@northampton.ac.uk