Treating mental disorders with MDMA

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What's MDMA?

- Psychedelic drug
- Positively rated effects:
  - altered sensations
  - increased energy
  - empathy
  - pleasure
- Began to spread in mid-1970s
- Banned in the USA in 1984
Rick Doblin, Ph.D.

- Born in 1963
- Doctorate in Public Policy, dissertation on the regulation of the medical uses of psychedelics and marijuana
- Founder and executive director of the Multidisciplinary Association for Psychedelic Studies (MAPS)
MDMA assisted treatment

• Going after root cause instead of reducing symptoms

• Can be used to treat
  • PTSD
  • Depression
  • Social anxiety
  • Substance abuse, alcoholism
Timeline

• 1986-1988 — Five applications for permission to conduct human research with MDMA submitted to the FDA, all five rejected

• 1992 — FDA Phase 1, dose-response safety study

• 2004 — FDA Phase 2, study of MDMA-assisted psychotherapy for the treatment of chronic, treatment-resistant PTSD

• 2013 — FDA Phase 2, study of MDMA as a treatment for social anxiety in autistic adults

• 2017 — FDA Phase 3, FDA grants MAPS breakthrough therapy designation

• 2021 — Anticipated decision regarding MDMA as a prescription medication
“Psychedelics are to the study of the mind what the microscope is to biology and the telescope is to astronomy.”

–Dr. Stanislav Grof
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