



Psychedelic-assisted Therapy For Mental Illnesses: It's Coming. What You and Your Registrar Need to Know About It!

Mental illness in Australia is at epidemic proportions. Increasing numbers of Australians are experiencing anxiety, trauma, addiction, and depression.

Before the COVID-19 crisis, one in eight Australians were taking anti-depressants, including one in four older Australians and children as young as five. Data illustrates that there has been no improvement in treatment outcomes for decades and our statistics are getting worse every day.

In the quest for effective treatment options for mental illness, increasing research is being undertaken on the potential role of psychedelic medicines as adjuncts to psychotherapy for depression, anxiety, post-traumatic stress disorder and some addictions. Trials are underway for dementia, OCD and eating disorders. You may have had patients ask you about MDMA, Psilocybin and LSD and other psychedelic medicines as treatment options.

An application is currently with the TGA to reschedule psilocybin and MDMA so that they can be more easily used as clinical therapies for the treatment of mental illnesses. The rescheduling would move these medicines from Schedule 9 of the Uniform Scheduling of Medicines and Poisons (which deals with Prohibited Substances) to Schedule 8 (which deals with Controlled Medicines). Outcomes are expected in early 2021.

This keynote webinar is presented by the charity Mind Medicine Australia and will discuss the evidence for psychedelic-assisted therapy and investigate the potential applications of this approach and the way forward for Australia. This will provide you with new treatment options for your patients and help ease the suffering of so many.



OBJECTIVES

Participants will understand and be able to teach their registrars about:

- identify the psychedelic substances and how and why they work in the brain
- acknowledgement of the role of psychotherapeutic input alongside the medicines themselves – explain the essential element of psychotherapy in the treatment
- illustrate the overview of evidence

- ascertain the potential applications in depression, anxiety, trauma and addiction
- clarification of the profile of people most likely to benefit and assessment of those who might experience adverse effects
- understand key issues that remain to be elucidated about the potential use of psychedelics in the clinical environment
- future directions and next steps to advance the field in Australia



TARGET AUDIENCE

This engaging Webinar is suitable for Supervisors at any stage of their career. Registrars may also find this topic interesting.



WEBINAR DETAILS

DATE:

Thursday 21st January 2021

TIME:

[20:00 – 21:00 AEST \(ACT, NSW, TAS, VIC\)](#)

[19:30 – 20:30 ACDT \(SA\)](#)

[19:00 – 20:00 AEST \(QLD\)](#)

[18:30 – 19:30 ACDT \(NT\)](#)

[17:00 – 18:00 AWST \(WA\)](#)

[Click your timezone link above and add to your calendar](#)



GPSA is supported by funding from the Australian Government under the Australian General Practice Training Program.

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OUR PRESENTERS



Dr Jamie Rickcord

MBBS BSc (Hons) FRACGP

GP and Founder, Director, Ananda Clinics, Byron Bay NSW

Dr Jamie has practised medicine since graduating from Imperial College, London in 2006 and for the last 8 years has worked as a GP in the Northern Rivers of NSW. He is the founder of Ananda Clinics in Byron Bay – one of Australia’s first to be dedicated to plant medicine.

Jamie is an experienced prescriber of medicinal cannabis and is studying a masters in trauma informed psychotherapy. He is totally committed to the birth of a new paradigm in mainstream society where plant medicines are accepted as the remarkable gifts from nature that they are.

His interests are in healing trauma, the expansion of human potential. In his spare time Jamie surfs, plays his guitars and spends the rest of his time with his 3-year-old son.



Dr Alana Roy, Ph. D Psychology, B. A Social Work (MHSW)

National Practice Manager Psychological Services and Co-Lead Facilitator of CPAT Course

Dr Alana Roy is a psychologist, social worker and therapist and has spent the last 13 years working in mental health, suicide prevention, trauma, sexual abuse and family violence and the disability sector. Alana has worked with borderline personality and dissociative identity disorder in various roles in the community such as; Rape Crisis Centers with victims of ritual abuse, childhood and adult sexual assault, supporting women in the sex industry, survivors of human trafficking and now as a psychedelic integration specialist.

Alana focuses on harm minimisation, community and connection. She is dedicated to psychedelic assisted psychotherapy and plant medicines. She has engaged with, and provides integration therapeutic support services for communities across Australia. Alana works at several universities as a Research Fellow and supervisor of students on placement. Alana passionately advocates for public policy, community education and legislative changes so that these treatments are regulated and supported by a strong, connected and skilled sector.

Alana utilises a range of therapies such as emotion focused therapy, Eye Movement Desensitization and Reprocessing (EMDR), cognitive-behavioural therapy, acceptance and commitment therapy and mindfulness and meditation approaches.

In Alana’s spare time she is kept busy by her young sons, her love of travelling the world, and connecting with the diverse and creative medicine community.

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