



Psychedelic ISTDP immersion

Psychedelic science is growing at a rapid pace, and as evidence accrues, we will most likely see authorization of the use of substances such as psilocybin and MDMA for treatment-resistant psychiatric disorders in the coming years. Following the success of a pilot psychedelic ISTDP retreat in the fall of 2022, we're now offering several psychedelic learning opportunities in 2023. The week-long psychedelic ISTDP immersion this August offers a unique opportunity to combine psychedelics and ISTDP learning.

We think that psychedelics will play a major role in treating mental health conditions in the coming decades. Psychedelics seem to offer a royal road into the unconscious, providing us with an incredible amount of information about who we are, what we want and why we suffer. Studies so far show that psychedelics offer a new, hopeful route for many treatment-resistant conditions. But psychedelics are not limited in scope to treating mental disorders. We believe that psychedelics will also play an important part in training therapists, getting therapists acquainted and integrated with parts of our unconscious that are far away from our everyday conscious awareness. Like other methods of therapist growth (having your own therapy, deliberate practice, meditation, yoga, exercise, supervision and so on) psychedelics can help us both on a professional and personal level. What if therapist stuckness can also be dealt with by using psychedelics?

It's our intention to explore the interfaces between psychedelics and ISTDP in the coming years, and we invite you to join us in this endeavor. In the week-long August immersion, ISTDP supervision and psychedelic-assisted self-exploration will be combined for a deep dive into the unconscious.

Details

Dates: August 20-26. Arrival around noon on the 20th, departure around 3 pm on the 26th. It's not possible to come early or leave late, as there are other events happening at the venue.

Overall structure: Days 1-4 will consist of the psychedelic retreat, fully organized by our colleagues at Nysnö (www.nysno.se). Days 5-7 Ange Cooper and Thomas Hesslow will provide ISTDP supervision.

Fees: The general fee will be \$4200 USD per person (roughly \$3200 USD for the 4-day psychedelic component and \$1000 USD for the 3-day ISTDP component). This includes the whole retreat,



including screening, preparation phase, 7-day retreat, accommodation, food, support, meditation, supervision and post-retreat integration phase. Please note that the price does not include travel expenses.

Venue: The venue is a beautiful meditation/retreat center called Erve Veldink. You can find more information on their website (<https://erveveldink.nl/en/>).

Accommodation: Accommodations are basic but very good with some shared and some private accommodations. For an additional fee you can rent a private apartment at the retreat center.

Food: We have hired a chef that will serve healthy, vegan/vegetarian food suited for the psychedelic experiences.

Travel: The easiest way to arrive is to fly to Amsterdam. From the airport you can take the regional train to Ruurlo (2h30min trip). We will arrange for someone to pick you up at the station. You can also rent a car at the airport, if you prefer driving yourself (2h trip).

Group: We will have a group of ten ISTDP therapists, including both teachers of ISTDP and core students. Some have extensive psychedelic experience and some have none. We think this is a good mix.

Psychedelic substance: Psilocybin.

Psychedelic therapists: Nysnö will provide 4-5 therapists for the psychedelic experiences of the retreat. The main 2-3 therapists are clinical psychologists who're involved with psychedelic research and teaching at Karolinska University and abroad. Depending on therapist availability, there might also be a physiotherapist and/or a music therapist present.

Psychedelic component: This component will be the Nysnö standard retreat, consisting of two dosing sessions (one moderate dose, 10-25 mg, and one high-dose, 20-50 mg), ample time for sharing experiences in the group and integration. You will also be offered short individual sessions with the therapists to plan and process the experience. All of this happens in the service of your growth as a person and as a therapist – this is not health care. Both Thomas and Ange will be taking part in the psychedelic component, during this time we are participating solely as fellow explorers and as part of the group. For the last 3 days we will step into supervision mode and lead the group.

ISTDP teachers: Thomas Hesslow is a clinical psychologist and ISTDP therapist, one of the founders of the Swedish ISTDP Institute and Malmö Center for ISTDP. He provides ISTDP therapy, supervision and training in Malmö in southern Sweden. He was trained by Tobias Nordqvist, Jon Frederickson, Allan Abbass, Peter Lilliengren, Ange Cooper and others. He's had





regular experience with psychedelics for the past six years.

Ange Cooper is a clinical psychologist, ISTDP therapist, supervisor and teacher. Ange has been working with ISTDP for nearly 15 years and has trained with a variety of ISTDP teachers. In the last few years, she has been exploring aspects of healing through psychedelics and spirituality and this has led to a major expansion in her consciousness. She is working towards integrating psychological and spiritual practices for deeper mind-body union and is excited about what possibilities the future holds in this regard.

ISTDP component: No psychedelics will be taken during the final three days of the retreat, when we switch gears and move on to the ISTDP component. This part of the retreat will involve each participant bringing at least one video-recorded therapy session to be reviewed and discussed. We will be using the increases in honesty, openness, and mindfulness of the "psychedelic afterglow" to review therapy processes. It's our experience that the days following a high-dose session open a unique supervisory window. Throughout these three days we will aim to make the most out of this window. We will lean on the group UTA – which we expect to be quite strong at this point – to address any countertransference or technique issues you might present with. The structure and format of these days will depend on the needs of the group.

Preliminary retreat schedule:

Day 1. Arrival at noon. Lunch. Group preparation. Moderate-dose psychedelic ceremony.

Day 2. Integration day. Sharing, meditation, yoga, outdoor activity.

Day 3. High-dose Psychedelic ceremony at noon.

Day 4. Integration day. Sharing, meditation, yoga, outdoor activity.

Day 5. ISTDP supervision

Day 6. ISTDP supervision

Day 7. ISTDP supervision. End at 2-3 pm. Departure.

Safety: Nysnö will do a medical/psychological screening of all participants ahead of the retreat to ensure the safety of the participants.

Research component: All participants will be offered to contribute to research projects run by researchers at Stockholm/Karolinska University. They are running both quantitative and qualitative projects to study the effects and processes of the Nysnö retreats. This is completely voluntary.

Preliminary program schedule:

Screening: You will be asked to fill out questionnaires and to schedule a screening meeting with the Nysnö medical team in the months ahead of the retreat.

Preparation phase: In the weeks ahead of the retreat we will meet in the whole group 2 times (2-3 hours per meeting) on Zoom to get to know the Nysnö therapists and each other. There will also be individual meetings with the Nysnö therapists.

Retreat phase: 7 days in the Netherlands.

Integration phase: In the weeks after the retreat, we will meet 2 times on Zoom to process and integrate what we learned during the retreat. The Nysnö therapists will be available should anyone need a couple of individual integration sessions.

Contact person: Thomas Hesslow (thomas.hesslow@gmail.com) is the contact person for this immersion. Please ask him if you have any questions.

We expect this week to be one of the highlights of the year for all of us involved, and we believe that this pilot experience will be the first of many training opportunities combining psychedelics and ISTDP. **If you're interested in joining the retreat, please send an email to Thomas (thomas.hesslow@gmail.com) as soon as possible to confirm your place.**