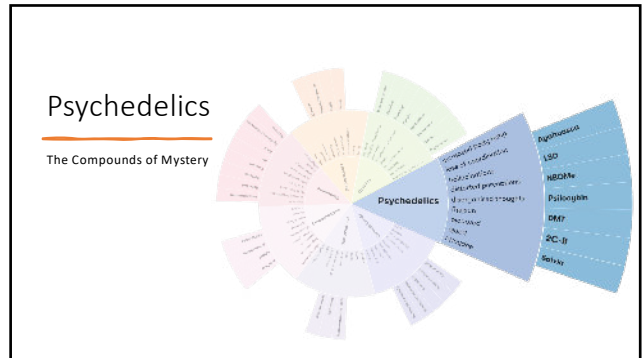




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Psychonautics

The systematic pursuit and use of Holotropic states of consciousness for healing, self-exploration, spiritual, philosophical, and scientific quests, ritual activity, and artistic inspiration

Stanislav Grof's
Journey of Consciousness
THE WAY OF THE PSYCHONAUT

3

Psychedelic Settings

- Ceremonial
- Self-exploration
- Therapy
- Recreation
- Microdosing

4

Psychedelic Research

- First wave – 1940-60s
- Push back – 1970
- Second wave – 2006
- Current Research

5


The Conclusion from Early Therapeutic Experiments

“Psychedelics are not chemical antidepressants. To be effective, they have to be administered in a specially structured setting in combination with psychotherapy”

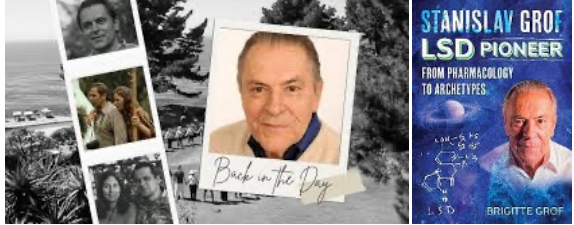
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Psychedelic Therapy Modalities

- Psychohytic
- Psychedelic



7



Stan's Evolution

8

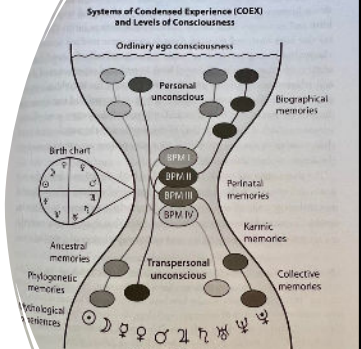
Key Components of Psychedelic Therapy

- Medical Screening
- Set
- Setting
- Preparation – Session -Integration
- Inner-directed approach
- Music
- Bodywork
- Supportive touch




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Therapeutic Mechanisms

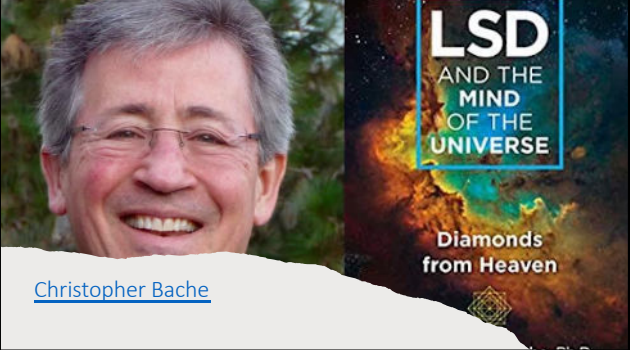


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The Future of Holotropic Therapy & Self-Exploration



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[Christopher Bache](#)

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