

# Psychedelikaassistierte Therapie in der Palliative Care

Dr. med. M.Sc. Sivan Schipper

20.06.2024

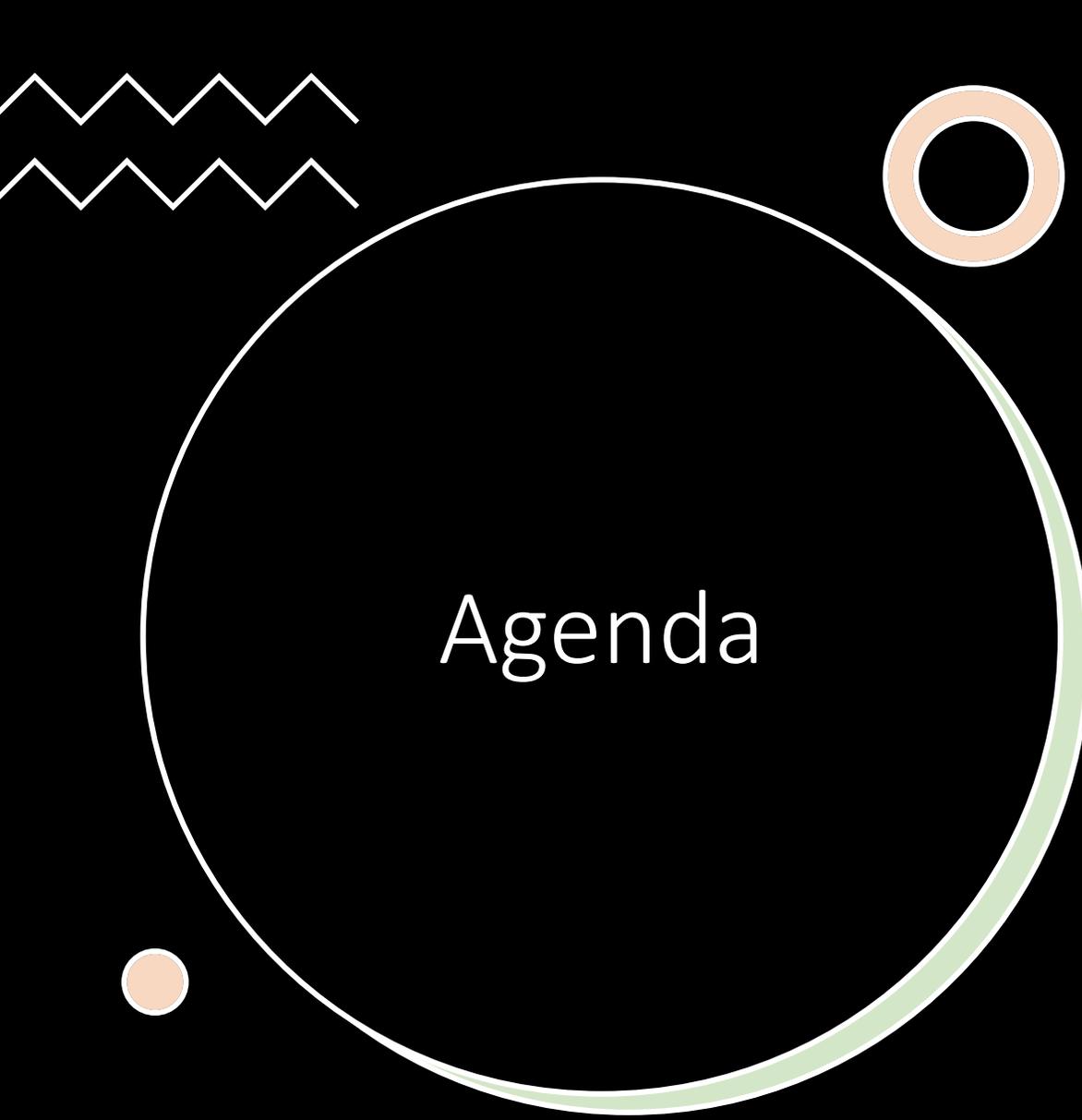
# Spital Uster





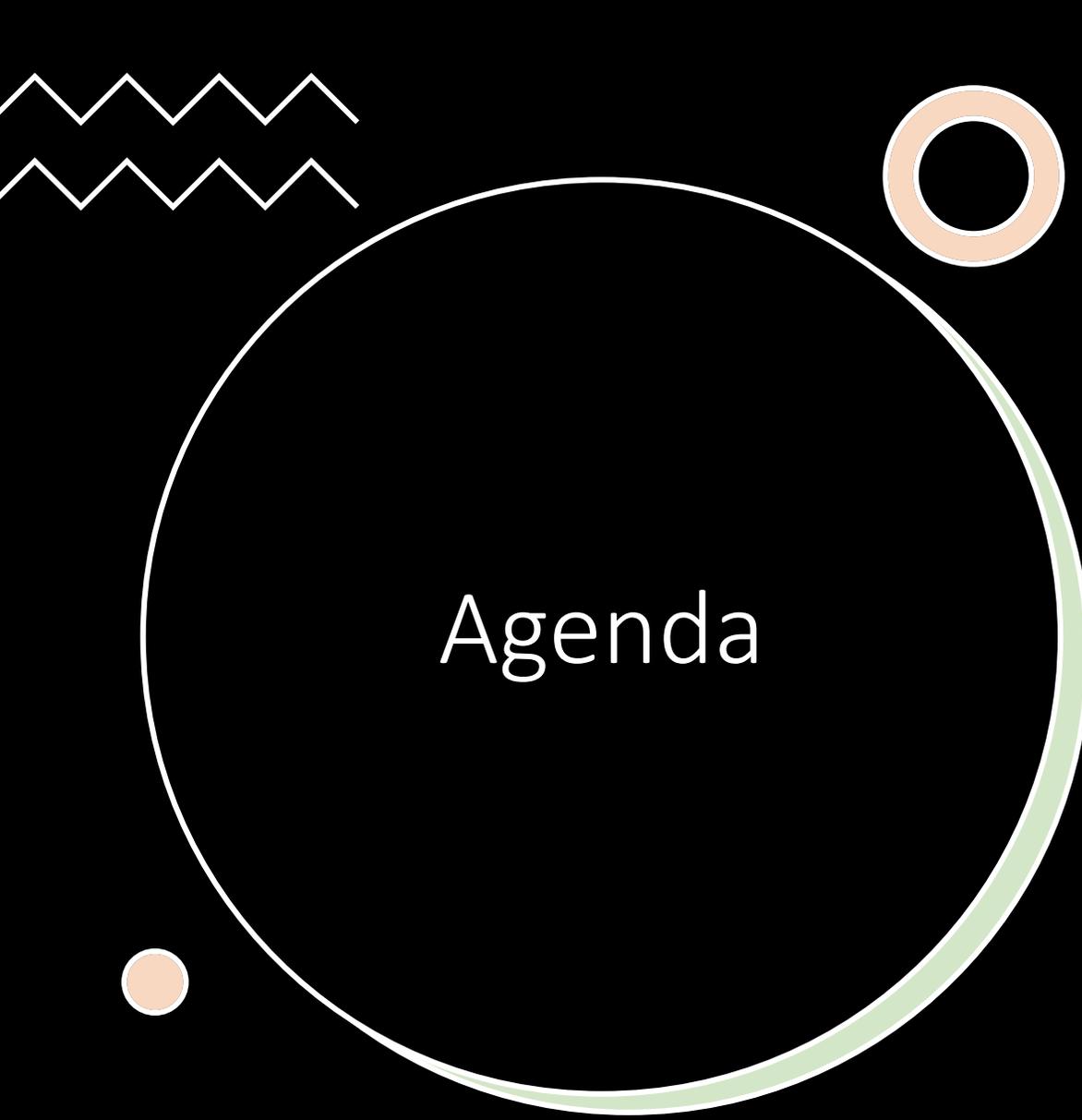
Compassionate  
Use / Limited Use





# Agenda

1. Psychedelika, Geschichtlicher Rückblick
  2. Psychedelika, Wirkmechanismus
  3. Psychedelikaassistierte Therapie in der Palliative Care
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1. Psychedelika, Geschichtlicher Rückblick
  2. Psychedelika, Wirkmechanismus
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(a)



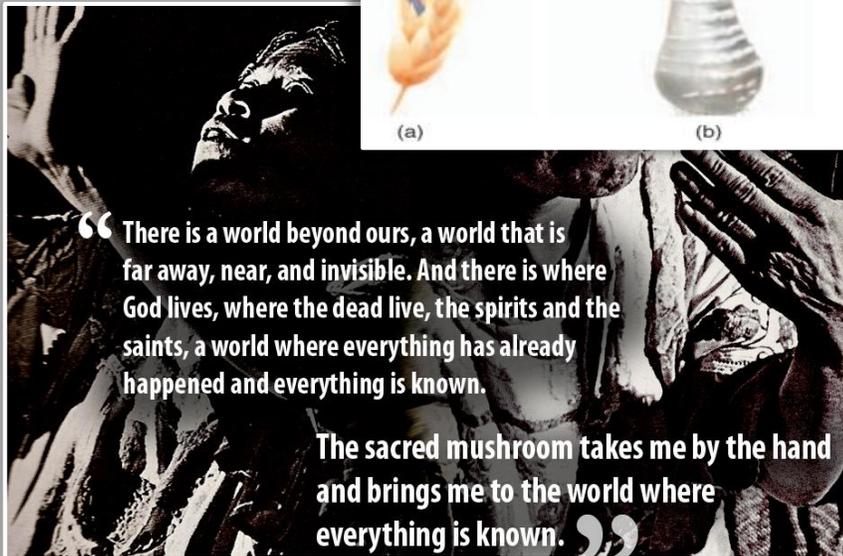
(b)



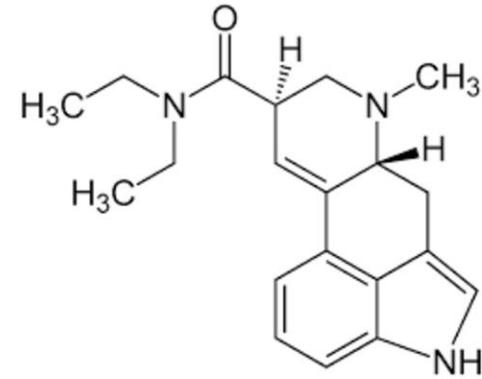
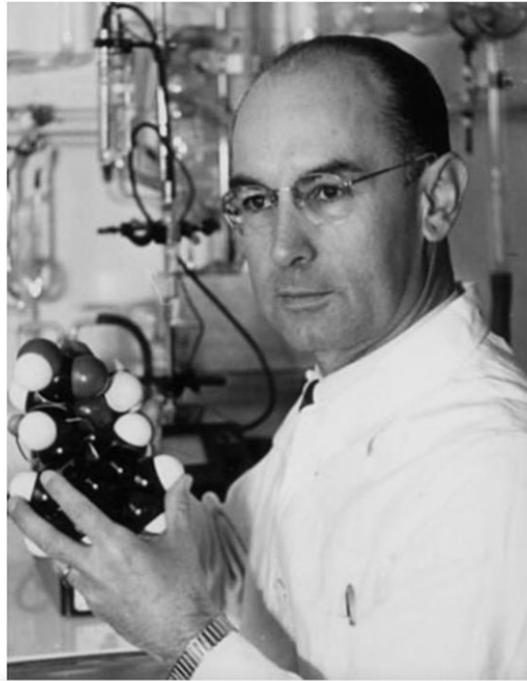
(c)



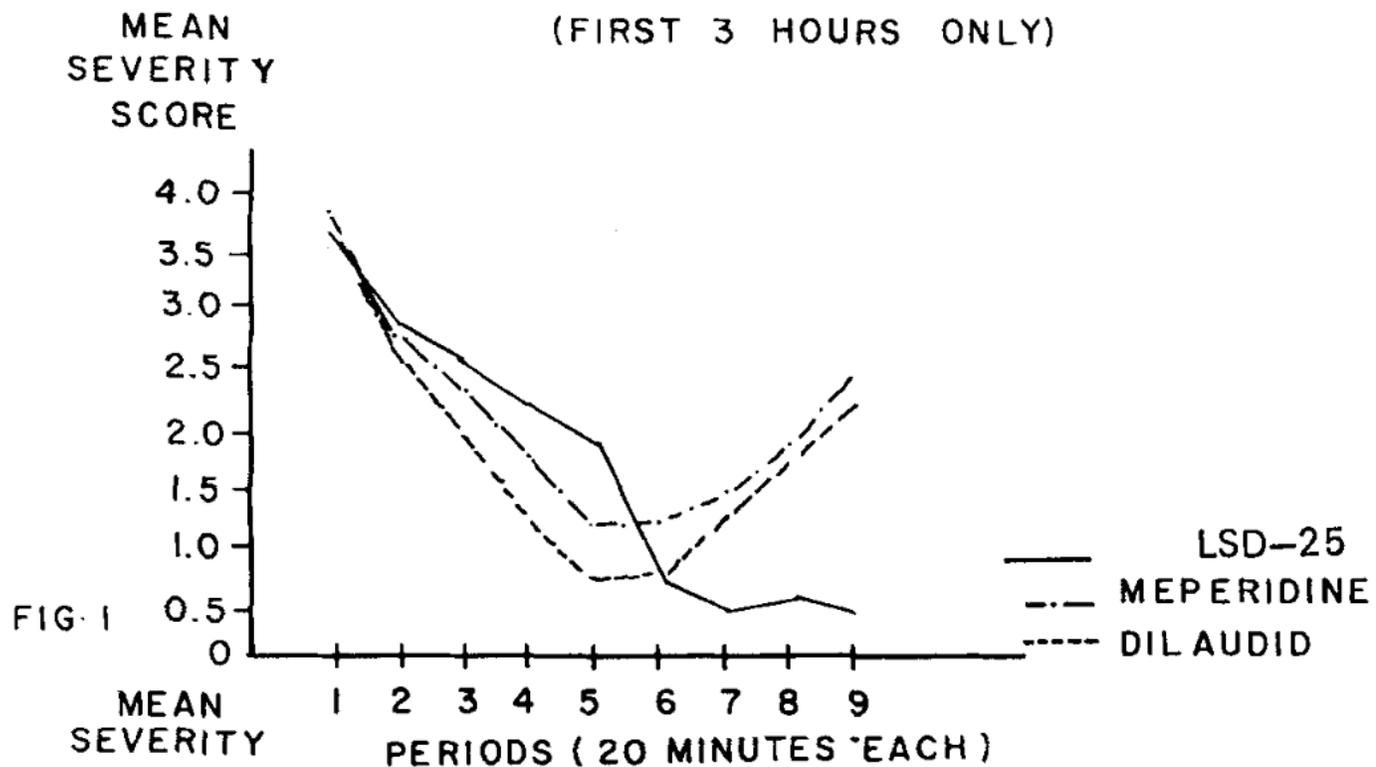
(d)



# LSD

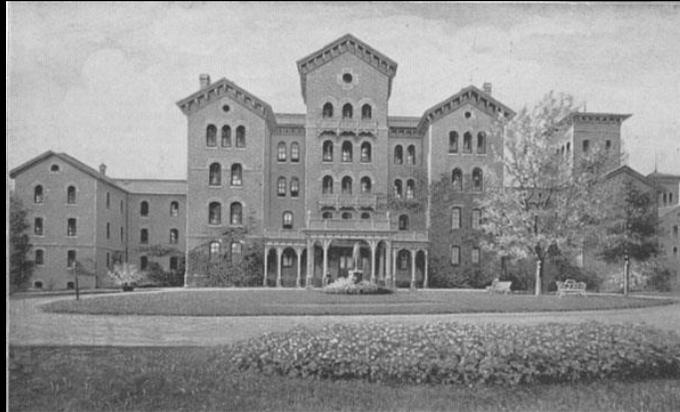


COMPARISON OF MEAN PAIN SCORES THROUGH TIME  
(FIRST 3 HOURS ONLY)



39 Patienten mit Krebs  
10 Patienten mit Gangrän der Füße  
1 Patient mit Gürtelrose

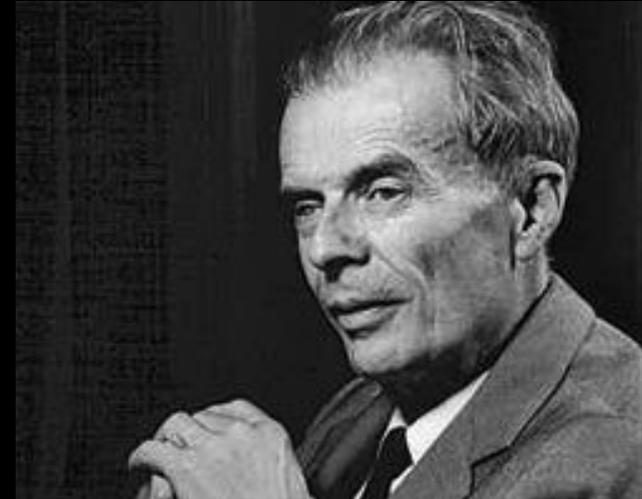
# Spring Grove Programm (1963-1976) – Effekte der LSD assistierten Psychotherapie



- Modifikation des Schmerzerlebens
- Reduktion von Depression, Anspannung, Angst, Schlafstörungen, psychischer Abkapselung
- Veränderungen der grundlegenden Lebensanschauung
- Veränderungen der spirituellen Orientierung und der Wertehierarchie

# Aldous Huxley

Eine andere Idee – die Verabreichung von LSD an Krebskranke im letzten Stadium, in der Hoffnung, das Sterben zu einem mehr spirituellen, weniger ausschliesslich physiologischen Prozess zu machen

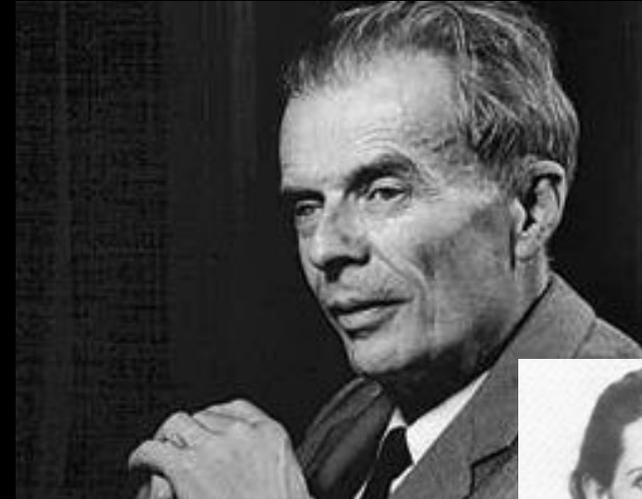


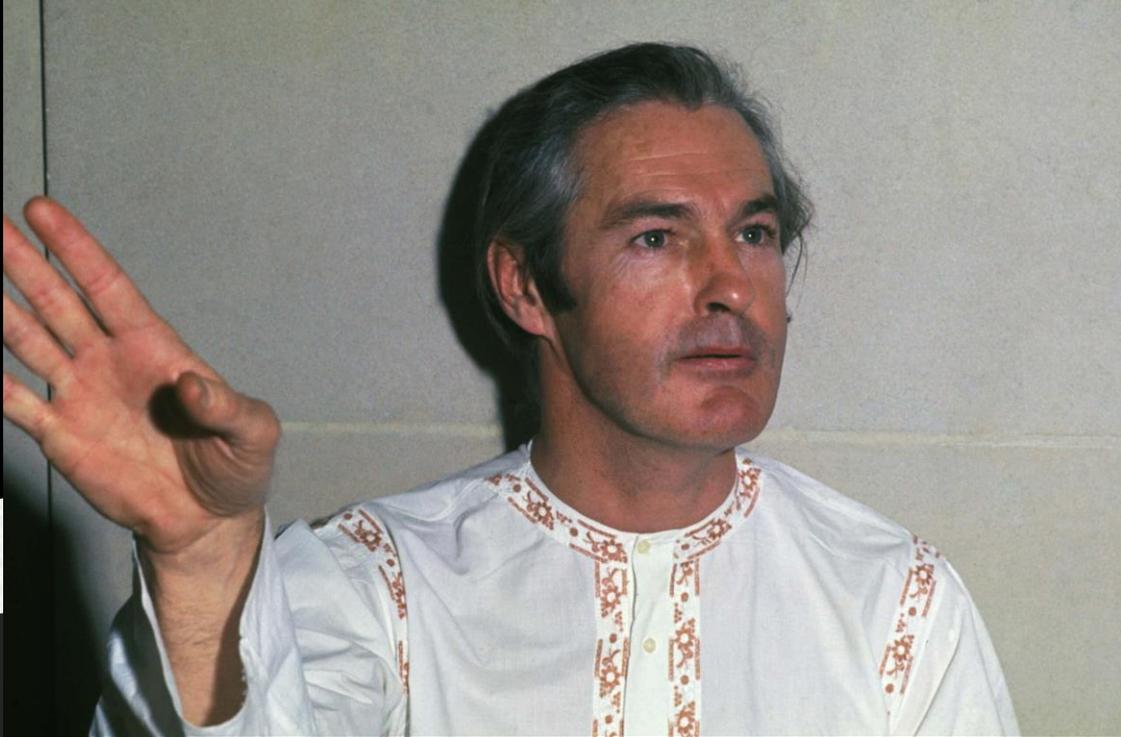
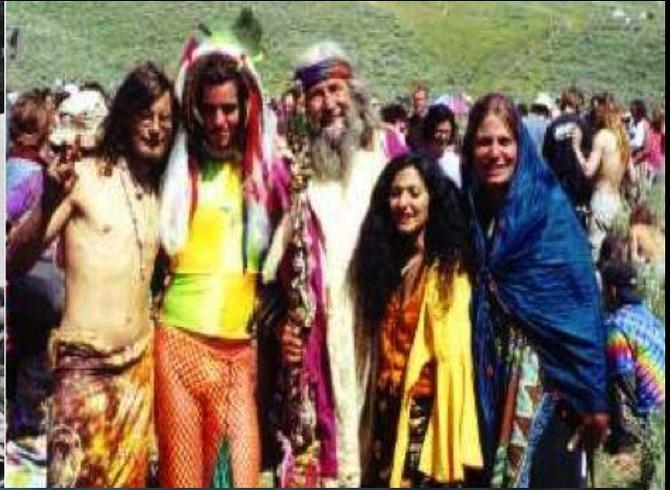
Aldous Huxely, Brief an Humphrey Osmond

# Aldous Huxley

Meine eigene Erfahrung mit Maria hat mich davon überzeugt, dass die Lebenden sehr viel tun können, um den Sterbenden den Übergang leichter zu machen, den reinsten physiologischen Akt der menschlichen Existenz auf die Ebene des Bewusstseins und vielleicht sogar der Spiritualität zu heben.

Aldous Huxley, Brief an Humphrey Osmond





ORIGINAL ARTICLE

# Trial of Psilocybin versus Escitalopram for Depression

Robin Carhart-Harris, Ph.D., Bruna Giribaldi, B.Sc., Rosalind Watts, D.Clin.Psy.,  
Michelle Baker-Jones, B.A., Ashleigh Murphy-Beiner, M.Sc.,  
Roberta Murphy, M.D., Jonny Martell, M.D., Allan Blemings, M.Sc.,  
David Erritzoe, M.D., and David J. Nutt, M.D.

## ABSTRACT

the eagle's warm beer, that helped him to unravel the structure of DNA, the discovery that won him the Nobel Prize.

Despite his Establishment image, Crick was a devotee of novelist Aldous Huxley, whose accounts of his experiments with LSD and another hallucinogen, mescaline, in

Sixties, Crick was a founder member of Soma, a legalise-cannabis group named after the drug in Huxley's novel *Brave New World*. He even put his name to a famous letter to *The Times* in 1967 calling for a reform in the drugs laws.

acy the world has ever seen – the multi-million-pound drug factory in a remote farmhouse in Wales that was smashed by the Operation Julie raids of the late Seventies.

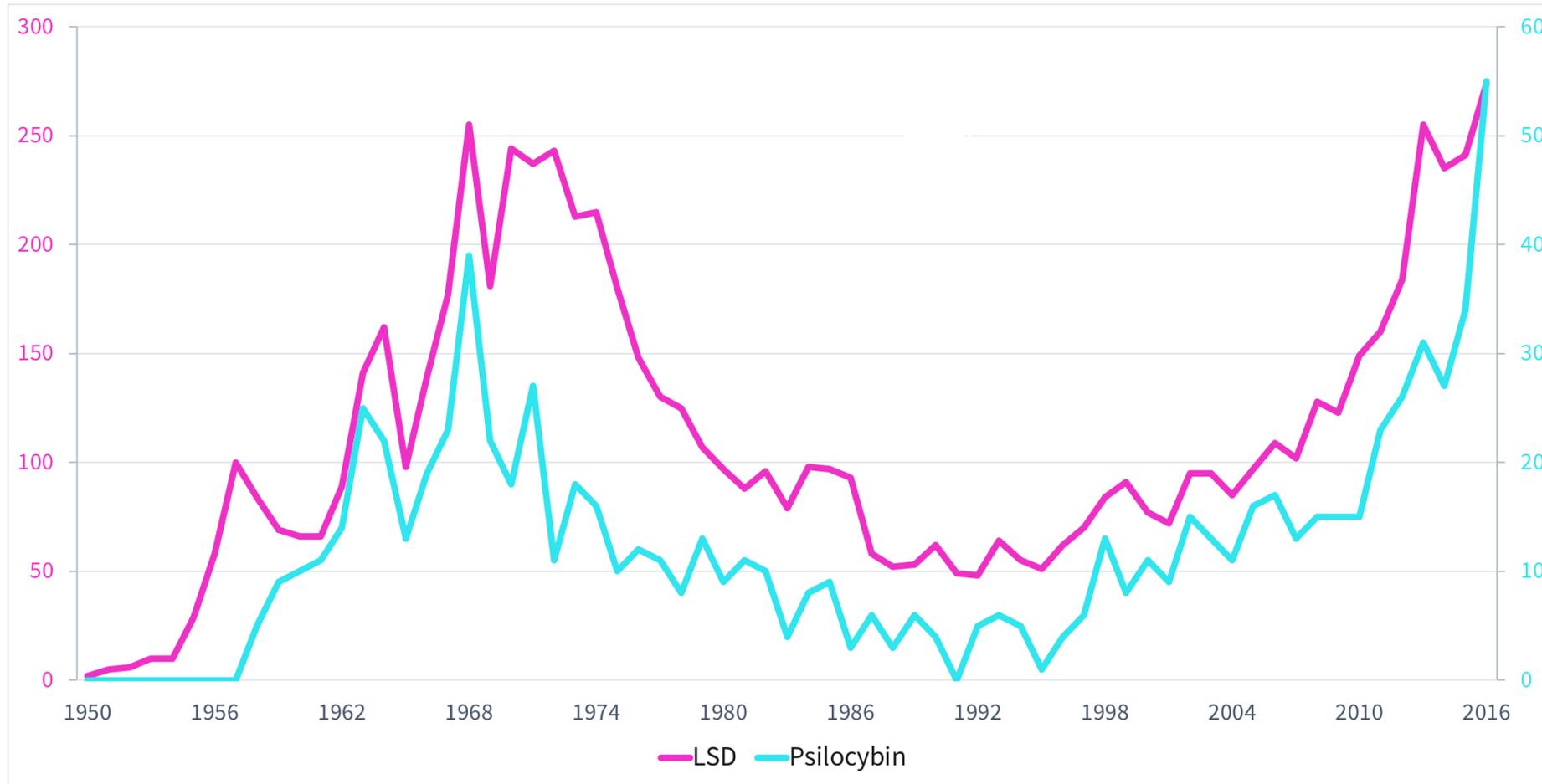
Crick's involvement with the gang was fleeting but crucial. The revered

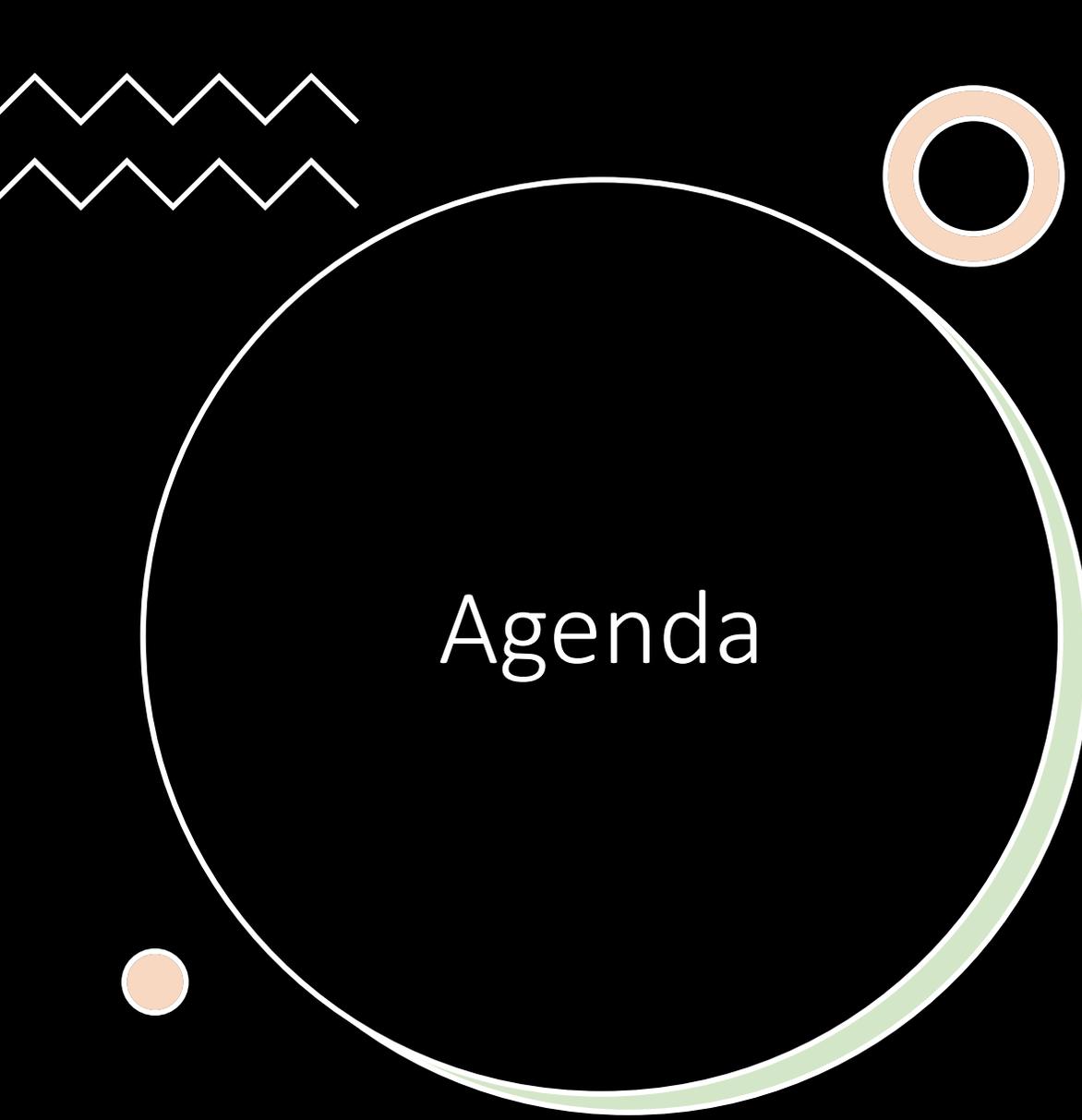
Leary – who had come to Britain in 1967 on a quest to discover a method for manufacturing pure THC, the active ingredient of cannabis.

It was Crick's presence in Solomon's social circle that attracted a brilliant young biochemist, Richard

devised the world's first foolproof method of producing cheap, pure LSD. Solomon and Kemp went into business, manufacturing 'acid' in a succession of rented houses before setting up their laboratory in a cottage on a hillside near Tregaron, Car-

# Wissenschaftliche Renaissance





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*Normal waking consciousness of healthy adult human*



*LSD is a catalyst or amplifier* of mental processes. If properly used it could become something like the *microscope or telescope* of psychiatry

Stanislav Grof, 1980

**Flexibility S**

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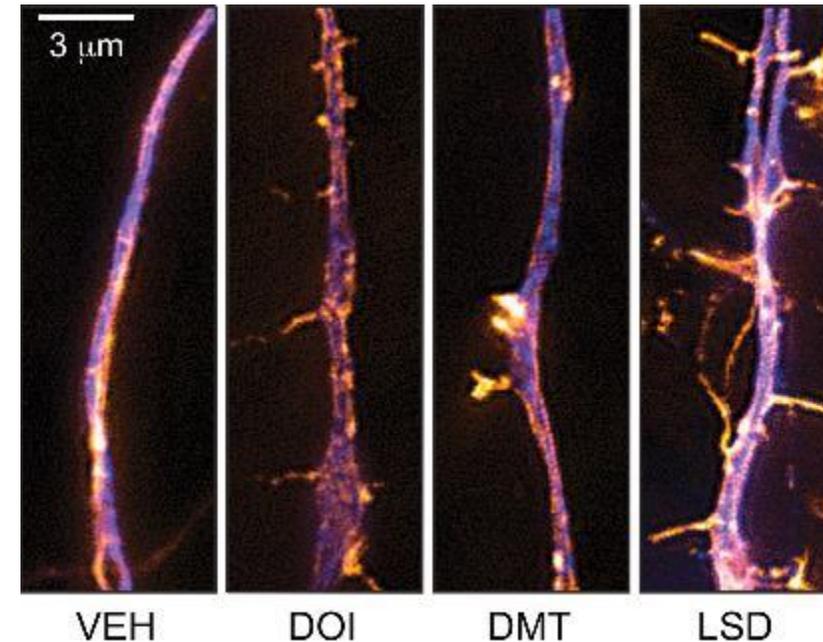
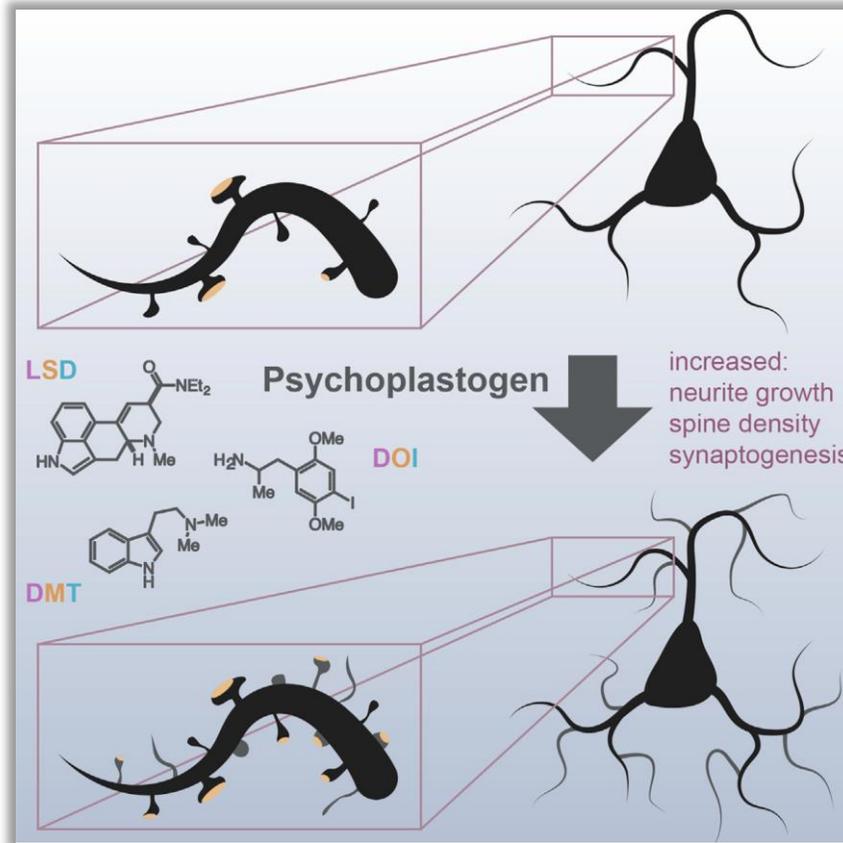
# Effet psychoplastogène du connectome

## Cell Reports

### Psychedelics Promote Structural and Functional Neural Plasticity

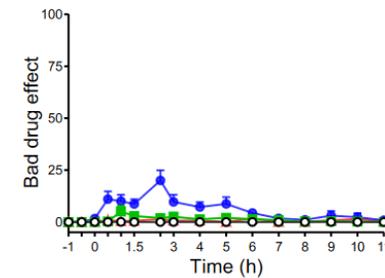
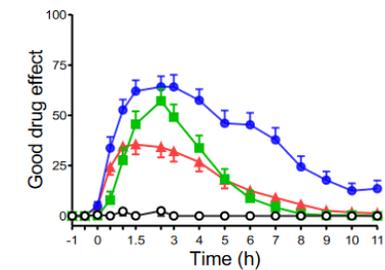
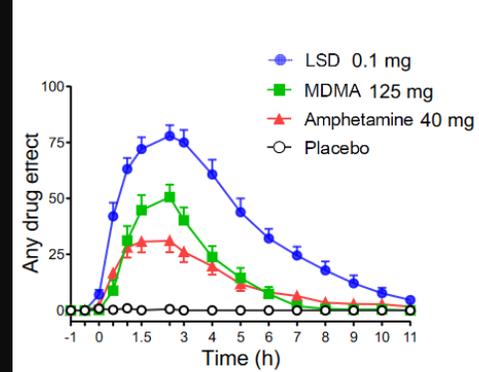
#### Authors

Calvin Ly, Alexandra C. Greb,  
Lindsay P. Cameron, ...,  
Kassandra M. Ori-McKenney,  
John A. Gray, David E. Olson



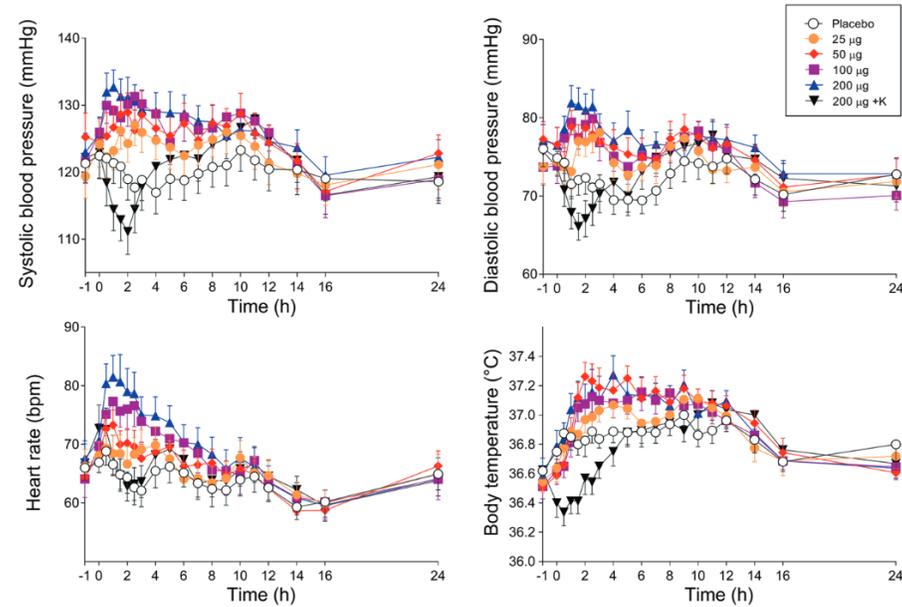
# Gesunde Probanden

## LSD vs. MDMA vs. amphetamine



randomized, double-blind cross-over study in 28 healthy subjects

Holze et al. 2020 *Neuropsychopharmacology*, 45:462-471 Data are mean+SE



**Fig. 3 Acute autonomic effects.** Doses of 50, 100, and 200 µg lysergic acid diethylamide (LSD) similarly increased systolic blood pressure compared with placebo. The 100 and 200 µg doses similarly increased diastolic blood pressure and heart rate compared with placebo. Ketanserin (K) transiently decreased blood pressure, heart rate, and body temperature, with a delayed increase to the levels that were reached after the administration of LSD alone. LSD (25–200 µg) or placebo was administered at  $t = 0$  h. Ketanserin (K) or placebo was administered at  $t = -1$  h. The data are expressed as the mean  $\pm$  SEM in 16 subjects. Maximal effects and statistics are shown in Supplementary Table S2.



# Safety pharmacology of acute LSD administration in healthy subjects

Friederike Holze<sup>1,2</sup> · Toya V. Caluori<sup>1,2</sup> · Patrick Vizeli<sup>1,2</sup> · Matthias E. Liechti<sup>1,2</sup>

Received: 6 July 2021 / Accepted: 30 August 2021 / Published online: 13 September 2021  
© The Author(s) 2021, corrected publication 2021

## Conclusion

Single-dose administrations of LSD up to 200 µg were safe in regard to acute psychological and physical harm in healthy subjects in a controlled clinical setting. LSD dose-dependently induced mild cardiovascular stimulation. Acute subjective effects were predominantly positive, but transient anxiety, fear, and bad drug effects occurred. These safety

# Mystical Experiences Model

Psychopharmacology  
DOI 10.1007/s00213-006-0457-5

ORIGINAL INVESTIGATION

## Psilocybin can occasion mystical-type experiences having substantial and sustained personal meaning and spiritual significance

R. R. Griffiths · W. A. Richards · U. McCann · R. Jesse

Received: 20 January 2006 / Accepted: 27 May 2006  
© Springer-Verlag 2006



Questionnaire Items	1 Month after Sessions						14 Month Follow-up (20 or 30 mg/70 kg)**
	Psilocybin Dose (mg/70 kg)						
	0 <sup>†</sup>	5 <sup>†</sup>	10 <sup>†</sup>	20 <sup>†</sup>	30 <sup>†</sup>	20 or 30 <sup>‡</sup>	
<i>How personally meaningful was the experience?</i>							
Single most meaningful experience of life	0.0	0.0	5.6	16.7	33.3	44.4	38.9
Top 5 most meaningful, including single most	0.0	11.1	33.3	77.8	61.1	77.8	94.4
<i>How spiritually significant was the experience?</i>							
Single most spiritually significant experience of life	0.0	0.0	5.6	27.8	44.4	61.1	44.4
Top 5 most spiritually significant, including single most	11.1	11.1	44.4	66.7	77.8	83.3	94.4
<i>Did the experience change your sense of well-being or life satisfaction?</i>							
Increased well-being/life satisfaction (very much)	5.6	27.8	38.9	72.2	55.6	77.8	61.1
Increased well-being/life satisfaction (moderately or very much)	38.9	55.6	72.2	83.3	88.9	94.4	83.3

M

„Es gibt eine zentrale menschliche Erfahrung, die alle anderen Erfahrungen verändert. Im japanischen Zen wird es Satori, im Hinduismus Moksha und im Westen religiöse Erleuchtung oder kosmisches Bewusstsein genannt. ...[es] ist nicht nur eine Erfahrung unter anderen, sondern vielmehr das Herzstück der menschlichen Erfahrung. Es ist das Zentrum, das dem Ganzen Verständnis verleiht. Einmal gefunden, verändert sich das Leben, weil die eigentliche Wurzel der menschlichen Identität vertieft wird.“

# Benefits von Psychedelika?

Increased  
Connectedness  
(Carhart-Harris, 2018)

Increased Meaning  
in Life  
(Hartogsohn 2018)

Psychological  
Flexibility  
(Davis 2020)

Reduction in  
Death Anxiety  
(Moreton 2020)



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  3. **Psychedelikaassistierte Therapie in der Palliative Care**
- 

OPEN

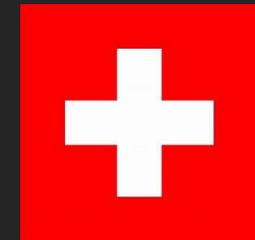
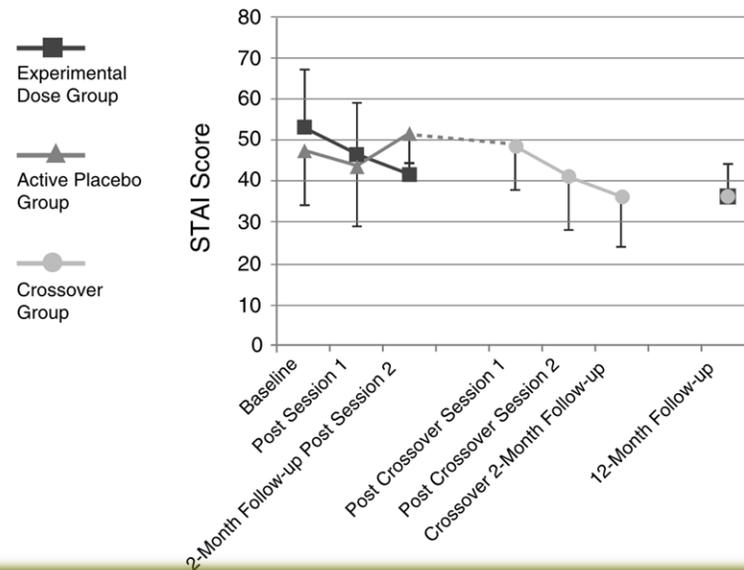
## Safety and Efficacy of Lysergic Acid Diethylamide-Assisted Psychotherapy for Anxiety Associated With Life-threatening Diseases

Peter Gasser, MD,\* Dominique Holstein, PhD,† Yvonne Michel, PhD,‡ Rick Doblin, PhD,§  
Berra Yazar-Klosinski, PhD,§ Torsten Passie, MD, MA,|| and Rudolf Brenneisen, PhD¶



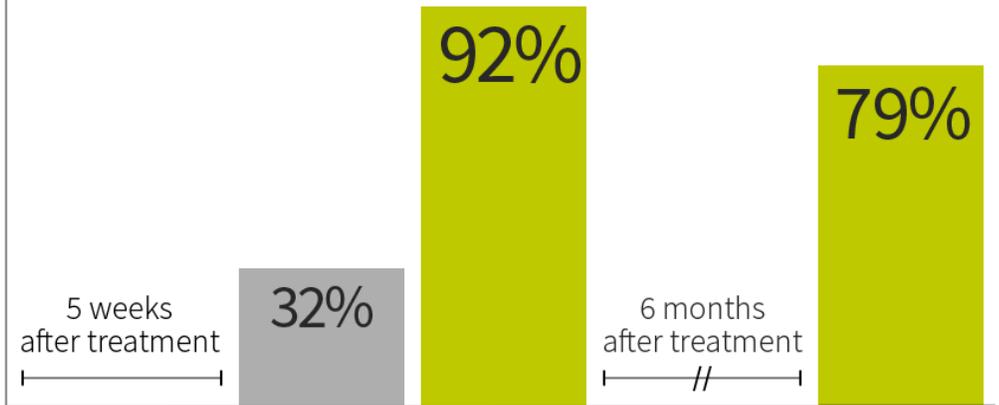
Dr. med. Peter Gasser

### Mean STAI State Anxiety by Condition and Study Visits

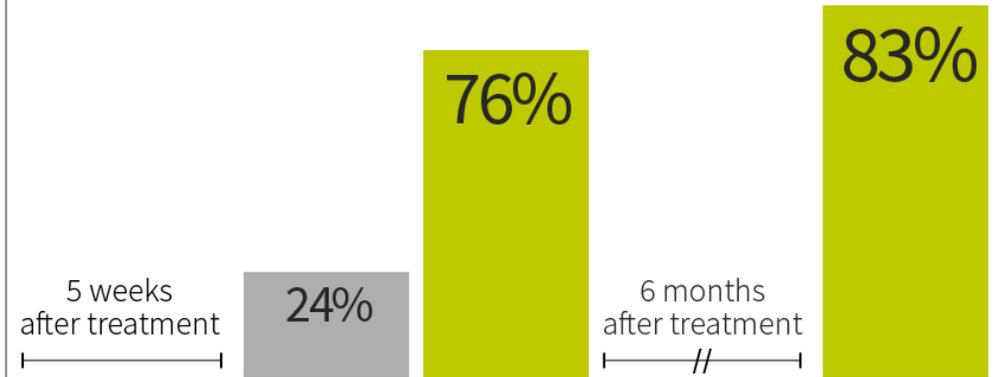


Evidenz?

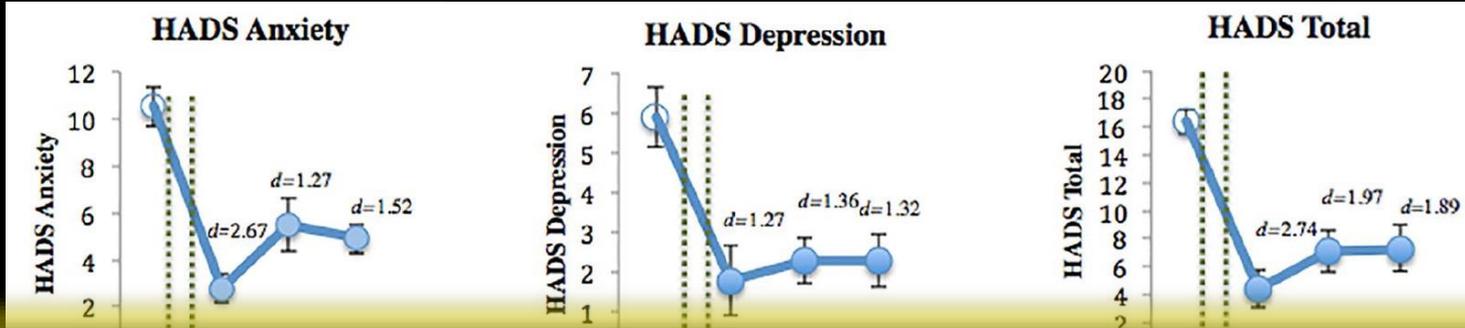
## Improvements in Depression



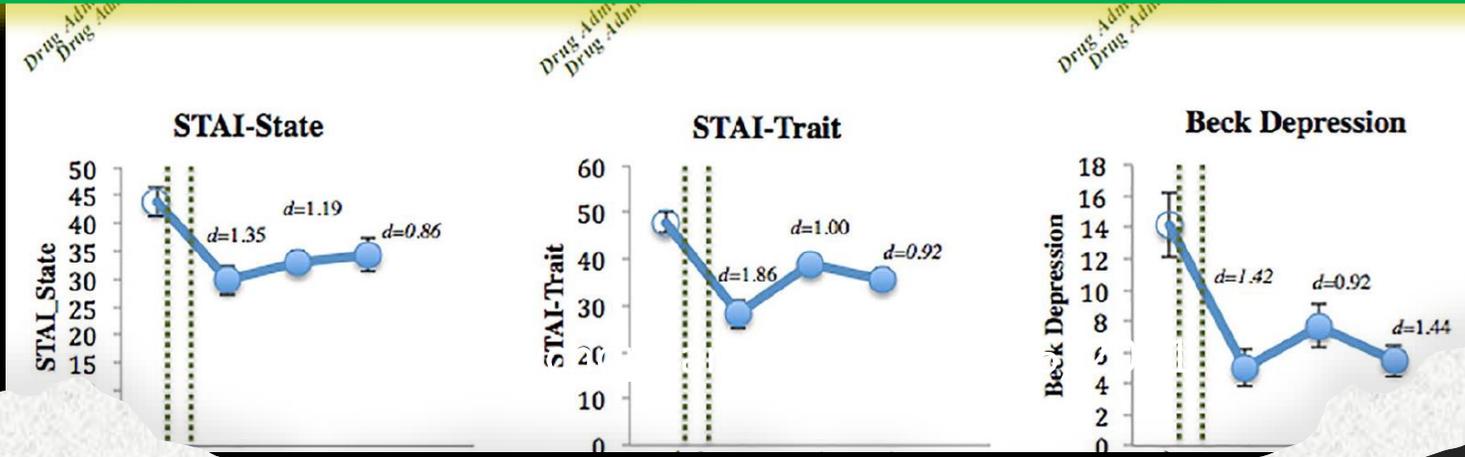
## Improvements in Anxiety



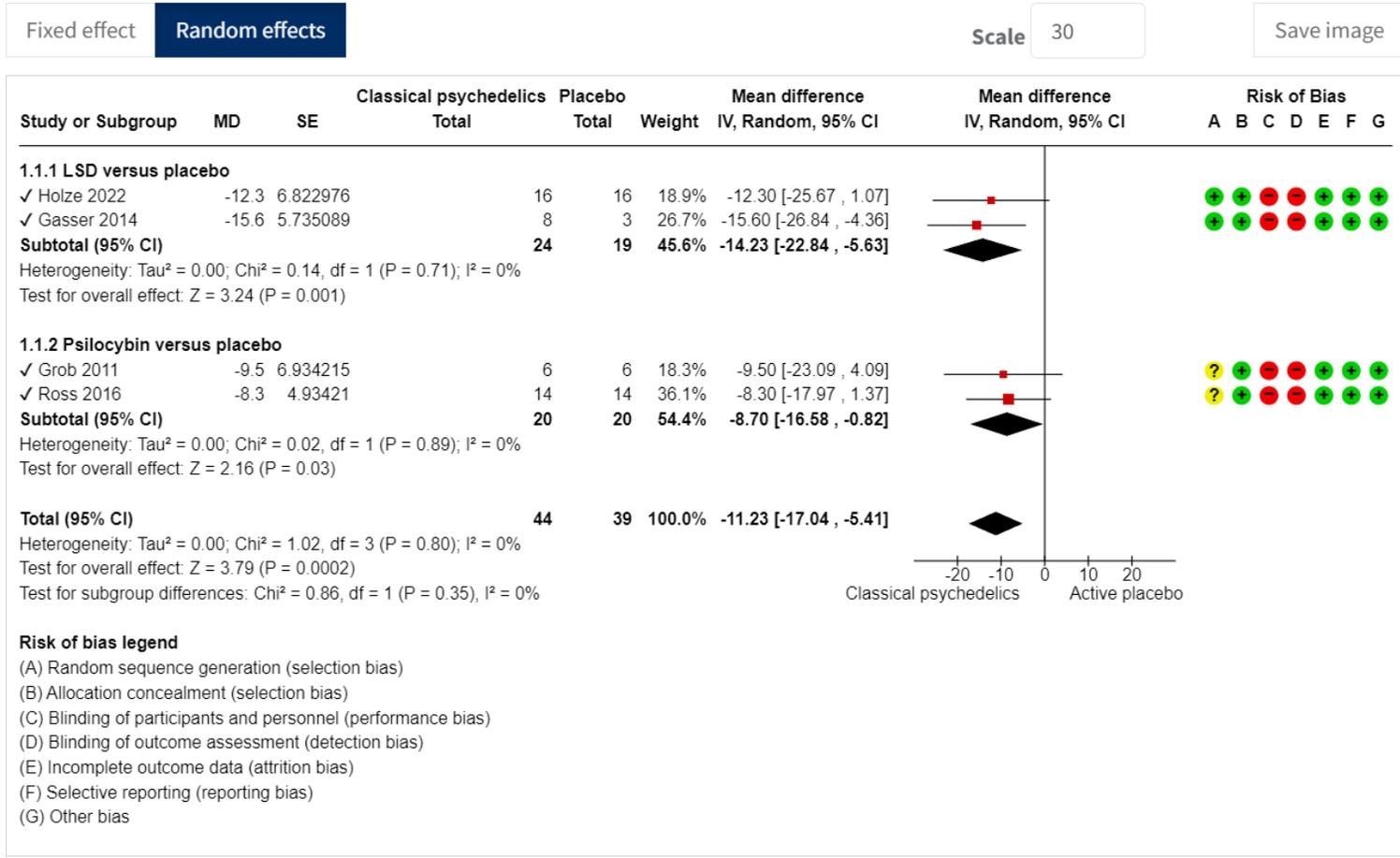
Rapid and sustained symptom reduction following psilocybin treatment for anxiety and depression in patients with life-threatening cancer: a randomized controlled trial



**Anhaltender klinischer Effekt 4.5 Jahre nach 1 Dosis**



# Investigate sensitivity - 1.1 Anxiety on STAI-S (scale 20-80)



Evidenz!

Anxiety, protocol)

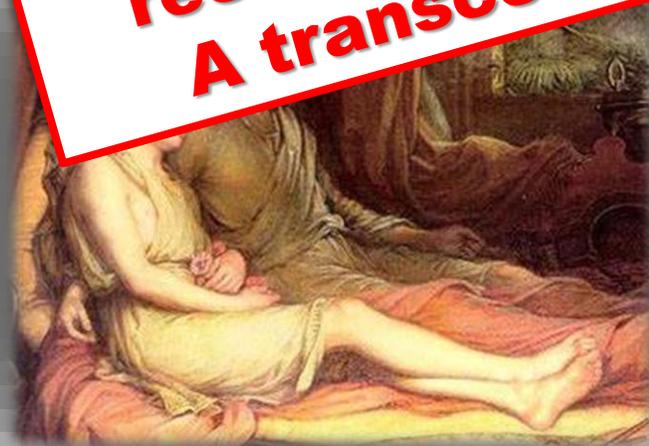
# Umgang mit Tod und Sterben?

## Sedativa

Dämpfen Schmerz und Angst

Reduzieren das Bewusstsein

Schlaf

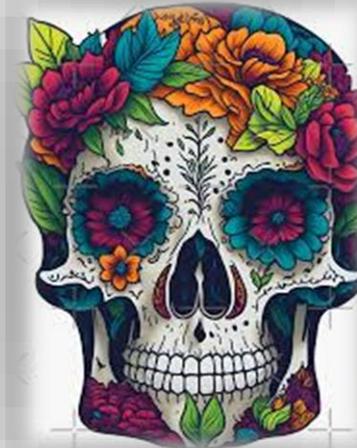


## Psychedelika

Konfrontieren  
transf

Bewusstsein

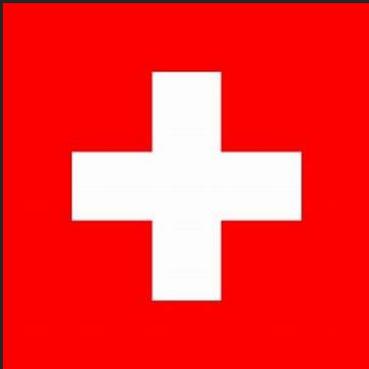
Begegnung mit dem Tod



**Transformation from disconnection to reconnection, from avoidance to acceptance  
A transcendence that brings reconciliation**

2023-2027

Lysergic Acid Diethylamide  
(LSD) in Palliative Care:  
(LPC-Study)



- Randomised, Double-blind, Active-placebo Controlled Phase II Study
- Multicenter study, CH
  - ongoing:
    - Basel, Dr. med. Yasmin Schmid
    - USZ, Prof. Dr. med. David Blum
  - under planning:
    - Uster, Dr. med. Sivan Schipper
    - Geneva, Dr. med. Michael Ljuslin
- [Clinicaltrials.gov NCT05883540](https://clinicaltrials.gov/ct2/show/study/NCT05883540)

# The Encounter with Death

Es ist die Tiefe der persönlichen Erfahrung dieser Menschen, die das Privileg haben, die Situation des Sterbens mit einem anderen Menschen zu teilen und zu sehen, wie die psychologische Krise, die so oft mit der Begegnung mit dem Tod einhergeht, durch eine psychedelische Erfahrung gelindert wird oder sogar das Gegenteil geschieht. [...] Die wiederholte Teilnahme an diesem besonderen Ereignis lässt keinen Zweifel daran, dass die Arbeit mit Sterbenden die Mühe wert ist.

(The Human Encounter with Death)

HARVARD

VOLUME 62

THE PSYCHOPHARMACOLOGY

THE

I. *Introduction*

THIS Spring

Samuel Miller

on human

When I heard

ter

AX, PH.D.

S, M.D.



**Vielen Dank für Ihre Aufmerksamkeit**

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