

Creating Greater Safety in Psychedelic-Assisted Therapy Spaces

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by

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Glossary

Listed below are the definitions of topic-specific terms used throughout this thesis.

Ayahuasca: A plant-based hallucinogenic brew used for millennia by Indigenous groups of the Amazon Rainforest, consisting of two plants: chacruna and the Ayahuasca vine. It is traditionally used within sacred and healing contexts.

Controlled Substances Act: Signed in 1970 by President Nixon, this act prohibits many psychedelics in the United States. Categorizing various substances according to their assessed risk, the legislation inhibited scientific research into the medicinal and therapeutic properties of psychedelics.

Countertransference: A therapist's reaction to a client's projection onto them (see "transference" entry below). The redirection of a therapist's feelings towards a client.

Empathogen: Psychoactive substances which induce experiences of connectedness, emotional communion and openness, and oneness. For example, MDMA.

Entheogen: Psychoactive substances that induce alterations in perception, mood, consciousness, cognition, or behavior for the purposes of engendering spiritual development and sacred practice.

Erotic Countertransference: Feelings of love, fantasy, or sexual desire projected by a therapist onto a client.

Erotic Transference: Feelings of love, fantasy, or sexual desire projected by a client onto a therapist.

Gaslighting: A psychological manipulation tactic, whereby a perpetrator of harm causes the victim to question their own reality, memories, or the validity of their thoughts. It often occurs over long stretches of time, and fosters confusion, a lowered self-esteem, uncertainty of one's psychological stability, and a dependence on the perpetrator.

Hakomi Institute: A San Francisco-based organization that provides training in the Hakomi Mindful Somatic Psychotherapy Method. It has strong ties to the Bay Area "underground" psychedelic community.

Hakomi Method: A form of mindfulness-centered somatic psychotherapy developed in the 1970s.