

FELLOW TRAVELERS: THE EXPERIENCE OF FACILITATING MDMA-ASSISTED  
PSYCHOTHERAPY IN THE TREATMENT OF POSTTRAUMATIC STRESS DISORDER

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by  
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**Touch as an Expression of Care.** Three clinicians (Lila, Clara, and Forest) described their experience of providing touch during treatment as a natural expression of care for their participants.

[Touch] feels like a natural extension of compassion and presence. Yes, it feels pretty simple and clear to me to do that. I also can remember in, I guess probably last-- it's hard for me to keep track of time. Last spring, there was an incident where the participant was a young man in his twenties and at one point he asked for a hug and I gave him a real hug. Then later on in the session, he asked for another... It felt sincere and real and natural and uncomplicated for me to do that. - Lila

How does it feel to-- I don't know, It feels good. It feels natural. It's like a physical gesture of support. The pressure on the feet or the legs, around the calves, it's like you're holding someone up. If their legs were getting shaky from standing for so long, it's like, "I'm going to hold your legs so you can keep standing," and like, "I'll be here to enforce you wherever I can." I don't know, it's like being of service. - Clara

**Feeling Unprepared to Offer Touch.** One clinician (Sienna) expressed feeling unprepared to offer touch and expressed her desire for more training in this domain.

I am glad that touch is a part of the medicine work. Also, I felt completely unprepared to be able to offer it. I am not trained in somatic work and I felt a little, just unprepared around best practices. - Sienna