

Psilocybin-assisted Therapy for Major Depression: Trial Results and Psychological Mechanisms

presented by

Jordan Sloschower, MD, MSc

Jordan Sloschower, MD, MSc is a psychiatrist, researcher, and educator whose work focuses on therapeutic applications of psychedelic medicines, and in particular, how these novel treatments can be integrated with psychotherapy and other healing modalities to promote holistic healing. He is co-director of West Rock Wellness, PLLC and a clinical instructor in the Yale Department of Psychiatry, where he co-founded the Yale Psychedelic Science Group and served as an investigator and therapist in several clinical trials of psilocybin-assisted therapy. His research has investigated the efficacy and potential neurobiological and psychological mechanisms of psilocybin therapy for depression, and how psilocybin can be integrated with evidence-based psychotherapies. Jordan's interdisciplinary perspective is informed by prior training in medical anthropology and global health, and deep interests in ceremonial uses of plant medicines, Buddhist philosophy, and integrative approaches to wellness.

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<https://hartfordhealthcare.zoom.us/j/92400533902>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Evaluate study data on psilocybin-assisted therapy for major depression*
- 2. Identify the rationale and methods for incorporating Acceptance and Commitment Therapy (ACT) and targeting psychological flexibility in psychedelic treatment models*
- 3. Describe neurobiological and psychosocial mechanisms by which psilocybin may function as a therapeutic for depressive disorders*
- 4. Recognize methodological challenges inherent in psychedelic research trials*

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Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Financial Disclosures:

- Jordan Sloschower, MD: Independent Contractor (included contracted research)-Usona Institute (Relationship has ended) - 05/15/2024

