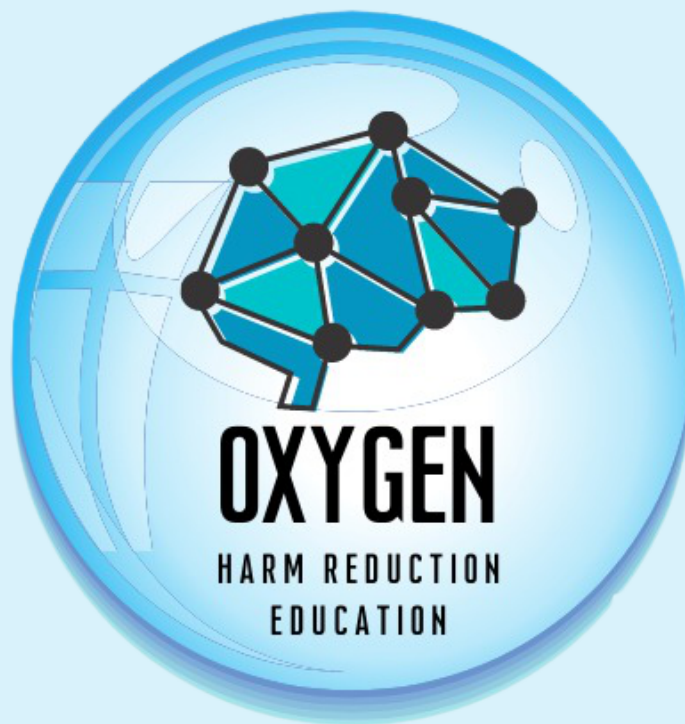
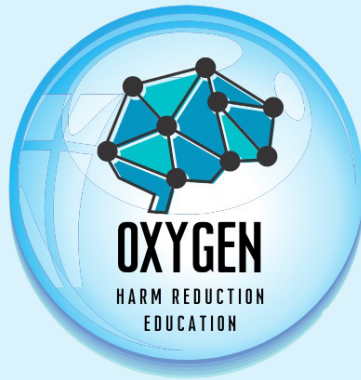


Psychedelic Glossary

Substances, regulation, research terminology
and psychedelic slang





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Set and Setting

The context of the psychedelic experience effects the experience greatly.

“set” refers to the person’s inner mindset, feeling, emotional and thought processes.

“setting” refers to the surrounding physical and social environment.

Trip:

A common term for a psychedelic experience. Also journey. Can be used as a verb to describe being influenced by psychedelic substances.

Intention:

setting a specific intention for a trip is common and considered helpful

This may be the point the person wishes to learn, heal or explore, or a mental anchor for navigating the psychedelic experience.

Microdosing: consuming frequent “subperceptual” doses of a psychedelic, often LSD or psilocybin, intended to support mental health or performance. The practice is fairly controversial, new, and still gathering evidence for its effectiveness.

Psychedelic – influenced by hallucinations and expansion of consciousness. Humphry Osmond coined the term Psychedelic (‘Mind Manifesting’ in Greek) in a letter he sent in 1956 to Aldous Huxley.

Empathogens, entactogens

Substances that enhance feelings of empathy or connection, such as oneness, emotional openness, and love, like MDMA, MDA 6APB etc.

Hallucinogen:

A class of substances which induces hallucinations, such as psychedelics, dissociatives, and deliriants. This term is commonly used synonymously with psychedelics, though psychedelics won’t necessarily produce hallucinations.

Entheogen – a psychoactive substance that induces expansion of consciousness into spiritual realms or for spiritual use. The term was coined in 1979 (Ruck et al., 1979), attempting to describe psychedelics, in historical context as a ceremonial or spiritual tool.

Afterglow

A residual feeling or state which remains after a psychedelic experience. Similar but opposite to a “down”.

Substances:

Phenethylamines:

A group of compounds that stimulate central nervous systems, and have psychedelic effects. The most famous phenethylamines are mescaline (the active compound in san-pedro and peyote) and MDMA. Others such as 2CB were synthesized by Alexander Shulgin, chemist and pioneer, who published them in his book *PIHKAL- Phenethylamines I Have Known And Loved*.

Tryptamines

A family of compounds which includes the neurotransmitter serotonin (see SSRIs) and psychedelics such as psilocybin, LSD, and DMT.

5-MeO-DMT (5-methoxy-N,N-dimethyltryptamine)

A psychedelic compound found in several plants and the secretions of the Sonoran Desert Toad (*Bufo alvarius*). A trip on 5-MeO-DMT is brief, sometimes under 20 minutes, but powerful and very deep. Commonly creates a lasting after effect.

DMT (N,N-Dimethyltryptamine)

A classic psychedelic compound found in multiple plants and animals. A DMT trip is considerably shorter than most psychedelics, sometimes 15 minutes, but the induced experience is very often intense. Combined with MAOI to brew Ayahuasca.

Ibogaine

A natural substance with dissociative and psychedelic properties found in the Iboga plant and others. While it has historical roots in healing ceremonies and initiations in West Africa, especially the Bwiti culture, the psychoactive is also used in the west to overcome substance misuse and opiate addiction.

Ketamine

A synthetic compound medically used as a dissociative anaesthetic. Causes temporary depersonalization (separation of the self from the body), derealization (belief that the natural world is not real), hallucinations and sensory deprivation. Recently, ketamine based treatments are being used to tackle treatment-resistant depression, and suicidal ideation. A enantiomer (esketamine) has been approved as a nasal spray for this indication in the United States, Israel and other places.

LSD 25 (lysergic acid diethylamide)

Usually known as Acid, LSD is a psychedelic compound synthesized by Albert Hofmann in 1938, from a fungus named Ergot. Its dose is measured in micrograms. Effects include a 8-10 hour experience with altered thoughts, feelings, and awareness of the surroundings, spiritual experiences, synaesthesia, and sensory hallucinations. In 1947, Sandoz began marketing LSD as a psychiatric drug under the name Delysid, and though LSD was used to in research and psychotherapy in the 1950s and 1960s, the research was stopped by the anti-drug prohibition. More recently, research with LSD is being done by organizations such as MAPS and MindMed.

Magic Truffle

The Sclerotia or hardened mycelium of psilocybin mushrooms. Less potent than the mushrooms themselves, thus requiring a larger dose. Magic truffles can be purchased legally in the Netherlands.

Psilocybin

A naturally-occurring psychedelic drug found in over 200 species of magic mushrooms. Psilocybin is broken down to Psilocin (4-HO-DMT) in the body. This metabolite of psilocybin, has psychedelic effects. A mushroom trip usually lasts between 4-6 hours, and may include psychedelic experiences similar to those described above (LSD)

Salvia

Salvia divinorum is a plant from Mexico, related to sage. Used ritually by Mazatec natives. The psychoactive compound in *Salvia* is called salvinorin A, and ingestion of the plant by smoking results in a short, intense, often bizarre psychedelic experience.

Ayahuasca:

A tea made from a mixture of Amazonian plants used ritually by indigenous healers and cultures. Active compounds are DMT and MAOI. The common brew typically contains *Banisteriopsis caapi* and *Psychotria viridis* shrub, also known as chacruna. Some uses have been legalized under the US Religious Freedom Restoration Act, or other agreements.

MDMA (3,4-methylenedioxymethamphetamine): is an empathogen synthesized by Merck in 1912, and resynthesized by Shulgin in the 1970s. MDMA became popular with therapists, until the 1980s, when MDMA appeared on the party scene as Ecstasy (or E or Molly); since, the U.S. government scheduled MDMA as a schedule 1 substance – a drug of potential abuse and no medical use.

Over the past few decades and especially in recent years MAPS has demonstrated its safety and efficacy in treating PTSD, gaining fast track designation as a Breakthrough Therapy from the FDA. Research and treatment is under way in Israel, the US and other places around the world.

Mescaline

A psychedelic (Phenethylamine) compound derived from cacti with indigenous ceremonial use such as Peyote or San Pedro variants, and identified by Arthur Heffter in 1897. The substance was made famous through Aldous Huxley's *The Doors of Perception*. Mescaline was later synthesized in 1918.

Research

Current locations of US psychedelic research centers include:

John Hopkins Center for Psychedelic and Conscious Research – Baltimore, Maryland

Heffter Research Institute – Santa Fe, New Mexico

Center for Psychedelic Therapies and Research – San Francisco, California

Imperial College London Centre for Psychedelic Research – London, UK

Center for the Science of Psychedelics – Berkeley, California

Usona Institute – Madison, WI

Pacific Brain Health Center – Santa Monica, California

Columbia University – New York, New York

Icahn School of Medicine at Mount Sinai – New York, New York

In Israel MAPS has supported research in several hospitals such as Be'er Yaakov, HaEmek medical centre Afula, and Shiba Tel-hashomer.

Accelerated Approval

A set of FDA regulations which allows for fast tracking approval of drugs treating serious conditions, with “unmet medical need based on a surrogate endpoint. Thus shortening the time required to receiving FDA approval. In case of failure to demonstrate benefit, the FDA can remove the drug from the market.

Placebo

Placebo's are non-effective treatments used in drug trials to compare to the tested substance. they are needed, to test the drug efficacy against a control. Active placebos trick a study participant into thinking they received psychoactive drugs. Niacin became a popular choice among psychedelic researchers, due to a tingling sensation it creates.

Breakthrough Therapy Designation

A FDA process designed to expedite the development and review of drugs intended to treat a serious condition. given once preliminary clinical evidence show the new therapy has potential to provide meaningful improvement compared to other available therapies. Both Psilocybin-assisted therapy and MDMA-assisted therapy have received this designation, as well as Spravato, an esketamine treatment for depression.

Treatment-Resistant Depression (TRD)

A condition affecting people with Major Depressive Disorder who show little response to antidepressant treatments.

Psychedelic-Assisted Therapy (PAT)

Psychedelic-Assisted Therapy (PAT) is carried out by a clinician combining psychotherapy and the influence of psychedelic substances. varies from Psycholytic therapy which uses the expanded effect to have thereptic conversations. Most courses of PAT include preparation sessions, one or several psychedelic sessions, and therapy sessions for integration.

PAT has proved to be effective for a several mental health indications such as Post Traumatic Stress disorder (PTSD) substance use disorder (SUD) and major depressive disorder (MDD).

Randomized Control Trial (RCT)

A type of clinical Trial that randomly assigns participants to treatment or placebo.

Different from Open label clinical trials, which are designed when both researcher and participant know what treatment will be given.

Trial Phases- steps of authorizing and researching a new drug:

Phase I (Clinical Trial)

Phase I clinical trials are meant to test initial safety of the substance on humans. The drug is tested on a small number of healthy volunteers for possible side effects and determining safe dosage range.

Phase II (Clinical Trial)

Phase II clinical trials test a small group of *patients (volunteers with the disease the drug is being tested as treatment for). This phase tests safety and efficacy of the treatment across several doses. Small sample size limits proving overall but allows understanding on safely designing larger trials to confirm the findings.**

Phase III (Clinical Trial)

This phase demonstrates safety and efficacy in a large sample of patients. usually, at least two Phase III trials are required in order to provide sufficient evidence of efficacy. Given the large number of patients required, Phase III trials are most often multi-centre, international trials.

Phase IV (Clinical Trial)

Following the approval of a drug by the FDA, post marketing surveillance is conducted with the primary goal of monitoring long-term effects.

MAPS (Multidisciplinary Association for Psychedelic Studies)

Founded by Rick Doblin in 1986, MAPS is a nonprofit promoting psychedelic assisted therapy and research.

GMP/cGMP (Good Manufacturing Practices)

A set of practices set in place to ensure adherence to guidelines recommended by food and drug agencies .

This standard controls the manufacture and sale of pharmaceuticals and medical devices, and describes the identity, strength, quality, and purity of products.

Indication

The medical condition for which a treatment or procedure is aimed at treating. For example the indication for many MDMA trials is PTSD.

Neurology and mental health:

5-HT_{2A} Receptor

A neuroreceptor that is responsive to serotonin. considered pivotal in the psychedelic experience, as it is the mark of serotonergic or 'classic' psychedelics compounds such as LSD and psilocybin.

Psychedelics are described as 5-HT_{2A} agonists, meaning they bind to the receptor, activating a response.

Default Mode Network (DMN)

A brain network used in states of wakeful rest, self-reflection, thinking about the past, planning for the future, etc. this network has been found to be significantly effected by psychedelics.

Dopamine

Dopamine is a regulatory neurotransmitter which contributes to movement, learning, reward, motivation, mood states, etc.

Major Depressive Disorder (MDD)

Commonly known as 'depression'. MDD affects over 165 million people a year globally, MDD is onset and caused by a combination of genetic, environmental, and physiological factors.

Neuroplasticity

Neuroplasticity is the brain's flexibility to change in reaction, adapt, modify, and alter structures through growth and reorganisation of neural networks. Psychedelics such as LSD, DMT, ketamine, and psilocybin have been found to promote neuroplasticity, which may be linked to the therapeutic effect.

Post-Traumatic Stress Disorder (PTSD)

A mental disorder that may develop following exposure to a traumatic event. MAPS is working to achieve FDA approval for MDMA-assisted psychotherapy for PTSD (see MAPS).

Serotonin

Serotonin is a neurotransmitter released by axon terminals that has widespread regulatory function in the brain. The molecule contributes to reward, mood states, and numerous physiological processes. It is produced in the raphe nucleus of the brainstem. It is through the serotonin-binding receptor (5-HT₂) that the hallucinogenic effects are produced with classic psychedelics LSD, mescaline, and psilocin.

SSRI (Selective Serotonin Reuptake Inhibitor)

Medical drugs prescribed as antidepressants. SSRI are typically prescribed for major depressive disorder, anxiety disorders, etc. Serotonin is a neurotransmitter, which usually is reabsorbed (reuptake). SSRIs inhibit the reuptake, creating greater availability of serotonin.

MAOI

A similar yet different effect can be achieved with Monoamine oxidase inhibitors (MAOIs) which are a class of drugs that inhibit the activity of one or both monoamine oxidase enzymes. When MAOI is used in combination with Tryptamines such as DMT the combined effect results in an altered and lengthened trip, such as in ayahuasca.

Hamzan or Oxygen is involved in various aspects of the psychoactive substances field. Officially founded this year, we bring together individuals and organizations from many fields, such as therapy, research, harm reduction ,policy change, media,culture and business. we are focused on creating training, education and information on these matters more commnly available.

We work on diffrent levels to make the israeli psychedelic .space safer, wiser, and better co-ordinated in achieving common goals.

**for more harm reduction information and education
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