

PBSP vs Assisted Psychedelic Psychotherapy. Similarities/Differences. How to Use PBSP as a Tool of Harm Reduction.

Mgr. Michael Vančura

Workshop (optional)

Friday, 27 September 2019, 3:00 p.m. – 4:30 p.m.

Psychedelic assisted psychotherapy is recognized recently more respected way how to treat the broad spectrum of difficulties in an effective way. Some teachings of Al Pessó makes this transpersonal way reachable through the frame of respectful psychotherapeutic methodology.

Education:

- To see possible parallels of using theory and tools or elements of both approaches seemingly far from each other as enriching each other.
- Another goal of this presentation is to show the possibilities of PBSP elements for integration of the negative consequences of the use of psychedelics within an inappropriate context.

I would first like to familiarize those interested in similarities and differences between PBSP and the effects of psychedelics and show these using some terminology that is used in both approaches and that, even though sounding differently, has similar content. Further I would like to go over neurophysiological connections, which explains the effectivity of both approaches.

I would further like to present the complications arising from the use of psychedelics, out of appropriate set and setting, also using case study examples and explore consequences, which arise. We speak of these as of "bad trips" or flashbacks or psychospiritual crisis. We will underline the historical context which led individual clients to a crisis outcome. For example the deficit in fulfilling basic development needs, filling wholes in roles or traumatic experiences in their history.

One of the goals of this presentation is to show the possibilities of integration of these negative consequences which is offered by the use of theory, elements or complex work in PBSP structure.

Mgr. Michael Vančura (CZ)

Michael Vančura studied clinical psychology at Charles University in Prague. After some years of experience of psychiatric wards the founding of the crisis intervention center RIAPS followed in 1991, where he was a director for the first four years. He also finished his training in Ericksonian hypnosis and PBSP and he has been working as a private psychotherapist since he left RIAPS. His professional orientation has been heading towards better understanding of altered states of consciousness. He regularly holds holotropic breathwork sessions; he is influenced by transpersonal orientation in psychotherapy and uses PBSP in his private praxis. His interest in altered states of consciousness

led him to the theme of spiritual emergency and psychedelics. The experiences he gained through training and his work with the clients led to the founding of DIABASIS in 2004 – an organization which goal is to help people who are going through spiritual emergency and help also those having troubles after using psychedelics in an inappropriate set and setting.

