

Psychedelic-Assisted Psychotherapy and ACT

Presenter Bio's

Anthony P. Bossis, Ph.D. is a clinical psychologist and clinical assistant professor of psychiatry at NYU School of Medicine, an adjunct professor of classics and religious studies at the University of Ottawa, and an Investigator at The Lundquist Institute for Biomedical Innovation. For over 15 years, he has been conducting FDA-approved clinical and mystical experience research with the psychedelic compound psilocybin. Dr. Bossis was director of palliative care research and co-principal investigator on the 2016 clinical trial and publication demonstrating a significant reduction in existential distress from a single psilocybin session in persons with cancer or near the end of life. Dr. Bossis is also the study director on an FDA-approved clinical trial evaluating psilocybin-generated mystical experiences upon religious leaders. His primary research interests in the study of psychedelics are for the treatment of end-of-life existential distress and advancing our understanding of consciousness, meaning, and spirituality. He is a training supervisor of psychotherapy at NYU-Bellevue Hospital Center and co-founder of the Bellevue Hospital Palliative Care Service. He is on the faculty of The Center for Psychedelic Therapies and Research at the California Institute of Integral Studies and has a long-standing interest in comparative religion, mystical experience, and the interface of psychology and spirituality. Dr. Bossis is on the editorial board of the *Journal of Humanistic Psychology* and a guest editor (with Charles Grob, M.D.) for the journal's *Special Series on Psychedelics*. He maintains a private psychotherapy and consulting practice in NYC.

Gita Vaid, MD is a board certified psychiatrist and psychoanalyst practicing ketamine assisted psychotherapy in New York City. She is a co-founder of the Center for Natural Intelligence (www.thecenterfornaturalintelligence.com), a multidisciplinary laboratory dedicated to psychedelic psychotherapy innovation and clinical practice. Dr Vaid completed her psychiatric residency training at NYU Medical Center, psychoanalytic training at the Psychoanalytic Association of New York. She trained as a fellow in clinical psychopharmacology and neurophysiology at New York Medical College and completed a research fellowship at NYU Medical Center. Dr Vaid serves as the Director of Psychedelic Awareness at The Chopra Foundation and is on Faculty at The Ketamine Training Center.

Janis Phelps, PhD, is a leader in the field of psychedelic therapy training as the Director of the Psychedelic Therapies and Research at the California Institute of Integral Studies Center. As the Center's founder, Dr. Phelps developed and launched the first university accredited, post-graduate training program for psychedelic therapy and research. She has held the position of the Dean of Faculty of the six doctoral departments in the CIIS School of Humanities and Social Sciences. Her 2018 journal publication, *Developing Guidelines and Competencies for the Training of Psychedelic Therapists*, outlines best practices in the academic training of medical and mental health professionals in this field. These ideas are further developed in two book chapters and journal publications. Dr. Phelps is a board member of the Heffter Research Institute, which has conducted highly influential psilocybin-assisted psychotherapy research since the 1990's. A licensed clinical psychologist, she is a board of trustee and one of the co-founders in the creation of the national certification board for psychedelic therapists (**BPMT**). She consults and presents on methods of scaling effective training programs to meet the burgeoning need for well-trained mental health and medical professionals in the field of psychedelic medicine. Dr. Phelps maintains a private clinical practice in Mill Valley, CA.

Jason Luoma, Ph.D. is CEO of Portland Psychotherapy in Portland, OR. His research focuses on shame, self-stigma, connection, and the application of ACT and psychedelic-assisted therapy as an intervention for shame and increasing self-compassion. He is currently running a clinical MDMA-assisted therapy for

social anxiety disorder that is the first trial of MDMA-assisted therapy in the Pacific Northwest. He is also an internationally recognized trainer in ACT, former chair of the ACT training committee, and past president of the Association for Contextual Behavioral Science. He has over 70 publications including co-authoring two books: [Learning Acceptance and Commitment Therapy](#) and [Values in Therapy: A Clinician's Guide to Helping Clients Explore Values, Increase Psychological Flexibility, and Live a More Meaningful Life](#). His work on shame and compassion can be read at www.actwithcompassion.com.

Jennifer Gregg, PhD is clinical psychologist who specializes in the treatment of cancer patients and their families. She is a professor in the psychology department at San Jose State University and a recognized trainer in Acceptance and Commitment Therapy. She studies and trains clinicians in the delivery of high-quality care for patients facing chronic and terminal illness, end of life, and grief.

Ronald D. Siegel, Psy.D. is Assistant Professor of Psychology, Part Time, at Harvard Medical School. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts. He is author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, coeditor of *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*, and coauthor of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain* and the recent volume, *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*.

Dr Rosalind Watts is a clinical psychologist, a mother, and a nature lover. Her work as the Clinical Lead for Imperial College London's psilocybin trial, and subsequent role as the Clinical Director at Synthesis Institute, have made her one of the most prominent voices and minds in the field of psychedelic research.

Dr Watts has been named as one of the 50 Most Influential People in Psychedelics as well as one of the top 16 Women Shaping the Future of Psychedelics. However, what sets Dr Watts apart is her focus on integration, harm-reduction and inclusion in the psychedelic space.

Dr Watts builds tools and structures to foster connectedness after psychedelic experiences, finding inspiration for their design from nature. The most recent of which is the integration community she's created - ACER Integration

Steven C. Hayes, Ph.D. is Nevada Foundation Professor in the Behavior Analysis program at the Department of Psychology at the University of Nevada. An author of 47 books and over 675 scientific articles, his career has focused on an analysis of the nature of human language and cognition and the application of this to the understanding and alleviation of human suffering. He is the developer of Relational Frame Theory, an account of human higher cognition, and has guided its extension to Acceptance and Commitment Therapy or Training (ACT in either case), a popular evidence-based form of psychotherapy that uses mindfulness, acceptance, and values-based methods. He is working to develop Process-Based Therapy as a new model of what evidence-based intervention should entail. Dr. Hayes has been of the Association for Behavioral and Cognitive Therapies, and the Association for Contextual Behavioral Science, among other associations. Research.com ranks him as the 63rd highest impact psychologist worldwide. Dr. Hayes is a Fellow of the American Association for the Advancement of Science, in addition to several other scientific societies. His work has been recognized by several awards including the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy.

William A. Richards (Bill), a psychologist in the Center for Psychedelic and Consciousness Research in Baltimore, has been implementing research studies with psilocybin within the psychiatry department of the Johns Hopkins School of Medicine since 1999. He also is associated with the Program in Psychedelic Therapies and Research at the California Institute of Integral Studies and psychedelic research with Sunstone Therapies at the Aquilino Cancer Center in Rockville Maryland. His graduate degrees include M.Div. (Yale), S.T.M. in the psychology of religion (Andover-Newton) and Ph.D. (Catholic University). He studied with Abraham Maslow at Brandeis University and with Hanscarl Leuner at Georg-August University in Göttingen, Germany, where his involvement with psychedelic research originated in 1963. From 1967 to 1977, he implemented projects of psychotherapy research with LSD, DPT, MDA and psilocybin at the Maryland Psychiatric Research Center, including protocols designed to investigate the promise of psychedelics in the treatment of alcoholism, depression, narcotic addiction and the psychological distress associated with terminal cancer, and also their use in the training of religious and mental-health professionals. His recent research at Johns Hopkins has focused on the potential value of psilocybin in the continuing education of professional religious leaders from different world religions. His book, *Sacred Knowledge: Psychedelics and Religious Experiences*, released by Columbia University Press, now has been translated into six additional languages.