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THERAPIES

Psychedelic-Assisted Therapy: Healing the “Wounds of War”

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Veteran Mental Health Crisis



17 Veterans in the US commit suicide every day



Front line psychotherapies for PTSD do not work for two-thirds of patients



Veterans with PTSD have high co-occurrence with depression and substance use disorders

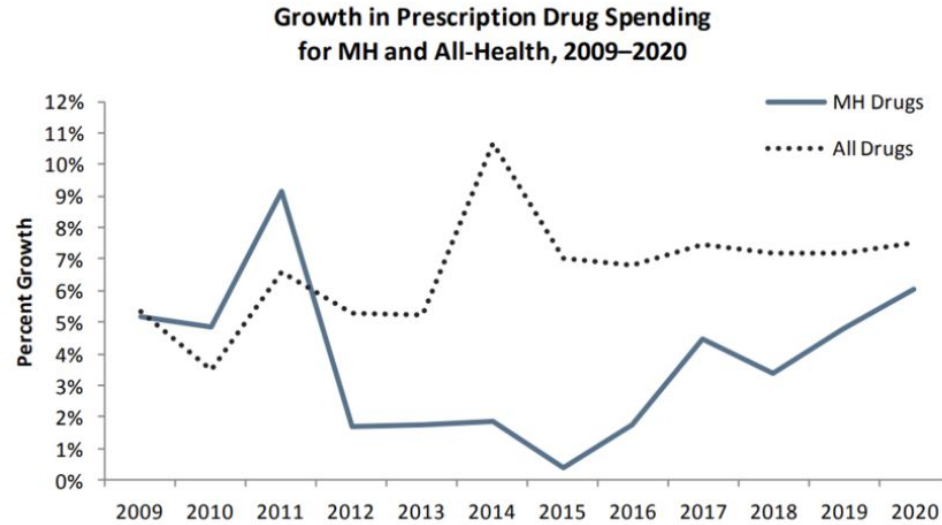


Veterans with mental health diagnoses are associated with increased high risk opioid use and adverse clinical outcomes



*VA National Center for PTSD

Significant Investment in Prescription Medication



Source: SAMHSA Spending Estimates; Centers for Medicare & Medicaid Services, Office of the Actuary, National Health Statistics Group.

Moral Injury: The Elephant in the Room

Rx: "Empathogens/Entheogens"

- Bio-psychosocial (and spiritual) wounding/suffering stemming from one's participation, witnessing, or learning about acts which transgress deeply held moral beliefs (Litz, 2009). Action or Inaction!!
- Up to 60% of PTSD sufferers do not experience clinically meaningful improvements in moral injury (Steenkamp, Litz, & Marmar, 2020)
- Concept is NOT in DSM-5, but includes feelings of shame, guilt, anger, disgust; also referred to as a "Soul Wound" ("Compass of Shame" Donald Nathanson)
- Related to PTSD but NOT necessarily "fear" or threat based (amygdala associated), rather more typically associated with "moral emotions"
- Moral Injury is NOT unique to combat/war but sense of betrayal and/or abdication of leadership all but certain following 20y of war



Why Psychedelic-Assisted Therapy for Wounded Warriors?

- Empathogens such as MDMA, psilocybin, LSD, and ayahuasca provide the tools for deepening therapeutic relationships eg. MDMA's prosocial abilities.
- Psychedelics have been shown to "re-open" blocked ego defenses
- Self-forgiveness and self-compassion are difficult goals with evidence-based treatments
- Enhanced moral injury disclosure
- Facilitating the inner healer and innate wisdom



Psychedelic-Assisted Therapy:

Whole Person Healing, For All

Sunstone Therapies is the leader in the delivery of psychedelic-assisted therapy in the medical setting.

We believe that health is not just the absence of illness, but a state of body, emotional, and social well-being.

Industry Leading Care

Sunstone stands at the forefront of PTSD treatment for service members and veterans.

Treating more patients with psychedelic-assisted therapy using non-ketamine psychedelics (Psilocybin, MDMA, LSD) in the last twelve months than any other organization in the world.



Deep expertise guides Sunstone's military care delivery



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Why Veteran-Centric Care?



Implicit Bidirectional Bias

Schreger & Kimble, 2017



Countering Stigma

Phelan et al., 2018



Cultural & Historical
Familiarity

Messinger & Pasquina, 2021

Research utilizing a wide range of psychedelics & indications

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Psychedelic Medicines

MDMA

Psilocybin

LSD

5-MeO-DMT

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Treatment Indications

PTSD Post-Traumatic Stress Disorder

End of Life

MDD Major Depressive Disorder

TRD Treatment-Resistant Depression

AD Adjustment Disorder

GAD Generalized Anxiety Disorder

Demoralization

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Open Trials
in 2024

Patient psychedelic-assisted therapy experience



Screening : Thorough, systematic evaluations are conducted involving pertinent medical and psychiatric information to ensure patient eligibility and safety



Preparation: Patients and therapists meet to set intentions, establish expectations, provide psychoeducation, and build a therapeutic alliance



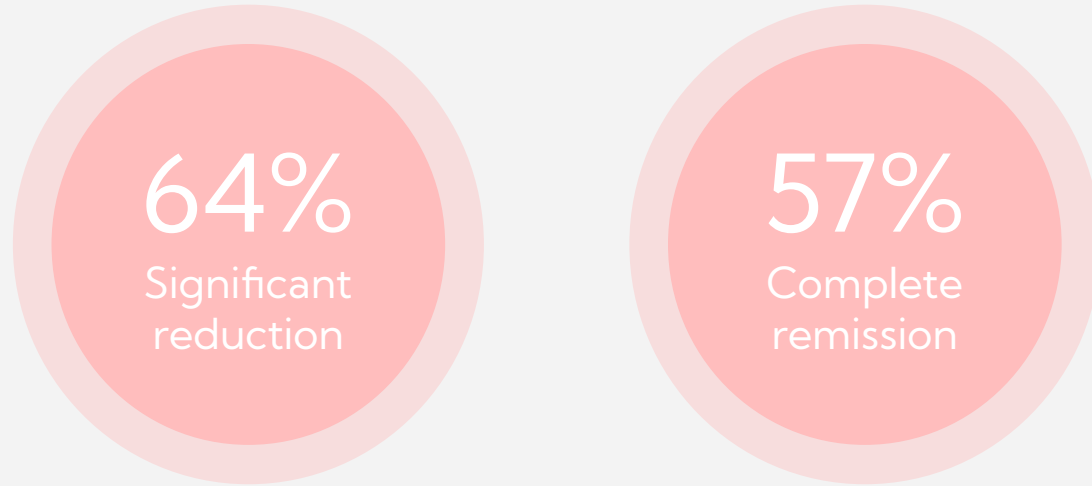
Dosing: Psychedelic compounds are administered by physicians in a safe environment with support from trauma-informed trained therapists throughout the experience



Integration: Patients explore and integrate insights from their dosing experience into their daily life during individual and group sessions* with the assistance of trained therapists, for long-term healing

*trial dependent

Sunstone Study: Long term follow-up of efficacy of psilocybin in cancer patients with major depressive disorder



Participant depression severity at 18 months
Based on mean MADRS scores

Single psilocybin treatment with concurrent therapy led to long-term remission from depression in > 50% of cancer patients

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Thank You



Appendix

Efficacy of Psilocybin in Cancer Patients with Major Depressive Disorder

