



## Contemporary psychedelic subculture

- electronic dance music events
- Goa, Psytrance, Chillout etc.
- manifold higher prevalence of hallucinogenic drug use among visitors of these events
- hallucinogens, such as LSD, DMT, psilocybin, and mescaline
- "set" & "setting" ideal for drug use
- life-enriching experiences in a supportive environment
- substantial risks associated with the ingestion of psychoactives



#### Harm reduction at parties and festivals



#### Increased safety risks:

- isolated location
- harsh environmental condition
- outdoor phenomena
- psychoactive substance use

-> harm reduction interventions!

#### Help services:

- distributing drinking water
- substance information
- first aid
- psychological help
- analyzing drugs

### Party harm reduction equipment



#### Risks of psychoactive drug use



Impurities, dosing errors, misidentifications, drug interactions, pre-existing medical conditions, and/or a reckless attitude toward substance use

- ...may cause physical and/or mental discomfort
- ..with serious health consequences or accidents

#### Psychedelic support services

"psychedelic support" "psycare" "PsyEm services"

- specialized harm reduction
- handling psychedelics-related emergencies & spiritual crises
- since June 2013
- 47 volunteers (2 coordinators)
- 86 parties and festivals
- international collaboration



**DÁT2 Psy Help team** 

### Types of emergencies

- Medical threat the integrity of the biological body as a system
- Psychological
   difficult processing of emotional content and life problems
- Psychiatric
   pre-existing disorders or drug-triggered acute psychosis
- Psychedelic ('bad trip')
   hallucinatory & delusional perceptions of world / body / mind
- **Spiritual** ('crisis') religious-mystical pondering of life / universe / existence

#### Psychedelic consciousness alteration

- mainly serotonergic hallucinogens
- temporary alteration: destabilization -> repatterning
- "looping" or incoherent thought processes
- impaired short and long term memory
- hallucinations and delusions may appear as real
- attention may turn inwards or toward unreal things
- repressed emotions or traumatic memories may surface
- diminished rational and verbal levels of interaction

#### What is the client like?



- anxiety and fear
- difficult to access verbally
- may not tolerate proximity
- unpredictable behaviour
- no ethical norms and social roles
- paranoia, catatonia, stupor
- disorientation

### Client case examples

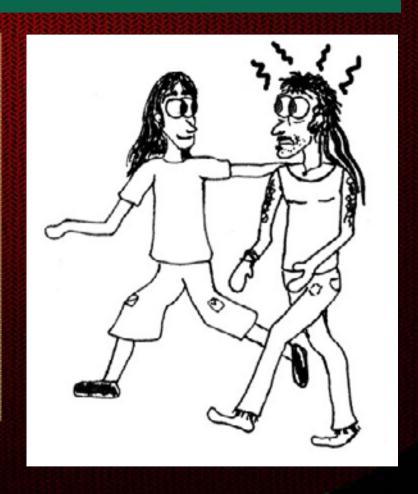
naked people sitting, walking, running, etc. "timeless" long trips crashing after long usage friends lost epileptic seizures reckless dosage psychiatric patients energetic, caught by security spiritual crises DOx / NBOMe instead of LSD freeloaders

# Helping in psychedelic emergencies

- cases can be managed with somewhat similar methods
- metabolic activity decreases drug effects gradually by time
- the helping process requires active care for a few hours
- convince to stay at the helping premises
- prevent accidental injuries
- disadvise from taking more drugs
- calming presence and occasional communication
- no abstractions, no questions, no negative associations
- simple verbal instructions
- repeated reassurance: the trip will surely end

#### Special requirements for helpers

- Knowledge of first aid and handling emergency situations
- Knowledge of psychoactive substances
- Knowledge of altered mental states
- Psychological suitability
- Teamwork suitability
- Clientwork suitability



#### Psychological suitability

- Openness
- Mental fitness
- Unselfishness
- Humility
- Self control
- Tolerance
- Altruism
- · Attachment and detachment
- Discretion
- Coequality
- Pressure-handling
- Patience



# Psycare team at Psy-Fi festival 2015

- 15,000 visitors
- International collaboration:

Drug Scouts (DE)

Unity (NL)

OPEN (NL)

DÁT2 Psy Help (HU)

others (Kosmicare etc.) (int'l)



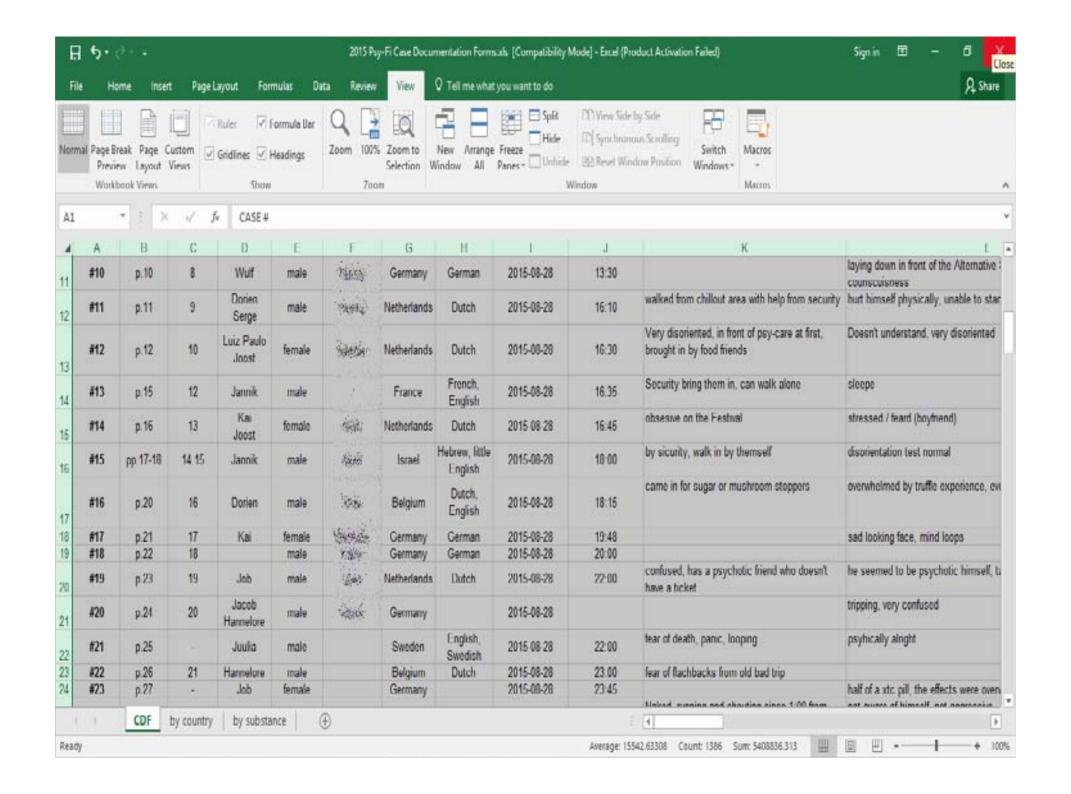




#### **83 Case Documentation Forms**

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#### Psy-Fi 2015 psycare / substances

- **32 LSD**
- 14 MDMA
- 9 amphetamines
- 8 ketamine
- 7 cannabis
- 5 alcohol
- 5 mushrooms
- 4 magic truffles
- 3 GHB

- 2 2C-B
- 2 Salvia divinorum
- 1 25x-NBOMe
- 1 Ecstasy (MDMA)
- 1 space cake (cannabis)
- 1 HBWR seeds
- 1 kratom
- 1 LSE
- 1 MXE (methoxetamine)



- yelling and running naked at night
- walking naked until Mom fetched
- kicked out from magic truffles ceremony
- amphetamine binge
- relationship breakup at the festival
- Saturday tripping, Monday HPPD
- contagious bad trip

# DÁT2 Psy Help Manual



- 30 pages
- in English, Hungarian, Finnish

#### DÁT2 PSY HELP MANUAL

A Practical Guide to Harm Reduction at Parties and Festivals







Written by: Levente Môrô

idea by: Aidis Stukas

Illustrations by: Virâg Tarnai

#### Keywords harm reduction = psychedelic help = safer partying



#### **Asimowledgments**

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This DAT2 Pay Help Manual is anothern in English and Manualism of attachment harded payodate.

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# Thank you for your attention!



facebook.com/psy.help.team

# JPS

#### **NEW OPEN ACCESS JOURNAL**

## **JOURNAL OF PSYCHEDELIC STUDIES**

#### **CALL FOR PAPER**

We are delighted to announce the launch of our new journal, Journal of Psychedelic Studies, dedicated exclusively to the topic of psychedelics. Editorial Board members have been chosen for their expertise in key areas related to the journal.

The journal seeks to provide an interdisciplinary forum for the exchange of information about psychedelic substances and the biological, neurochemical and psychological changes they facilitate, as well as their social implications.

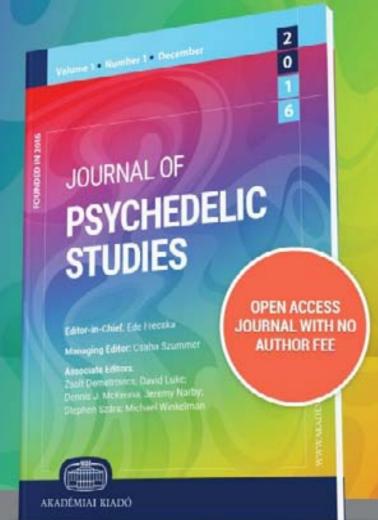
The broad scope of the journal includes different approaches to the pharmacological modification of consciousness, as well as research reports on psychedelic experiences; it also examines the therapeutic potential of these substances, as well as their cultural implications. The journal accepts case reports, case series, original research, meta-analyses, reviews of the literature, and book reviews of topics ranging from psychopharmacology, neurobiology and psychology to philosophy, sociology and anthropology. The journal's philosophy is grounded in biology and psychology, but it is also open to considerations of spirituality and religion.

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