

Contribution of the Keynote Speaker – PSYCIC 2025



Psychedelics in Practice: Science, Safety, and the Future of Healing

Psychedelic-assisted therapies are re-emerging as credible options in psychological care amid a high global burden of mental ill-health and limited response to first-line treatments. Once marginal, psychedelics are now part of mainstream research and policy debate, while remaining illegal or tightly restricted in many jurisdictions. Classic and atypical compounds (e.g., psilocybin, MDMA) act via mechanisms that include 5-HT_{2A}-mediated effects, default mode network modulation, increased global connectivity, and a time-limited neuroplasticity window that psychotherapy can harness. Evidence for clinical applications spans treatment-resistant depression, PTSD, end-of-life anxiety, and addictions. Central to positive outcomes is the therapeutic frame, including preparation, supported dosing, and structured integration, rather than medication alone. Risks and contraindications, regulatory realities, and cultural-ethical considerations (including acknowledgement of Indigenous knowledge and equity of access) will be addressed. Implications for practice will be highlighted, alongside succinct directions for future research.

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