



# THE PEARL PSYCHEDELIC INSTITUTE

MDMA-ASSISTED THERAPY FOR PTSD:  
EXPANDED ACCESS AND BEYOND

DESCRIPTION, LEARNING OBJECTIVES, SCHEDULE,  
MODULES, CONTENT, and PRESENTER BIOS

[www.pearlpsychedelicinstitute.org](http://www.pearlpsychedelicinstitute.org)



## **MDMA-Assisted Therapy For PTSD: Expanded Access and Beyond**

Presented by  
Raymond Turpin, PsyD

**Description:** MDMA-assisted therapy (MDMA-AT) is a unique therapeutic approach first utilized in the early 1980s that has been researched and demonstrated to be a safe, effective treatment for post-traumatic stress disorder (PTSD), including treatment-resistant PTSD. It involves the use of the psychoactive substance 3,4-methylenedioxymethamphetamine (MDMA) combined with a specialized psychotherapy protocol to enhance and accelerate the therapeutic process. Patients are carefully screened, prepared for medicine sessions, and supported with a variety of psychotherapy techniques and other integrative forms of treatment to maximize the effectiveness and durability of the clinical results. The recently submitted New Drug Application for MDMA-assisted therapy for PTSD that was submitted to the FDA by Lykos Therapeutics was rejected and approval has been delayed until there is additional research. Nevertheless, thousands of people are curious about this therapy and it is important to offer them information grounded in history and science for both educational and harm reduction purposes.

This training offers an overview of the history of MDMA and its uses in mental health treatment, an examination of the Phase 1, 2 and 3 FDA-approved research of MDMA and its use in the treatment of PTSD as well as the brain chemistry and therapeutic components involved. The training will explore our work at the Pearl Psychedelic Institute as one of only two sites in the US that had permission to treat PTSD patients as part of the FDA's and Expanded Access program. This training will also examine the risks and benefits of this treatment and discuss ethical considerations and likely future directions. Time will be provided as well for a 15 minute period of Q&A with Dr Turpin to wrap up this 3 hour presentation. At the conclusion of this training, participants will possess a thorough understanding of this innovative model of treatment.

### **Didactic Learning Objectives**

- Learn about the history of MDMA and MDMA-AT..
- Review the FDA-approved Phase 1, 2 and 3 research and results.
- Understand the effect of MDMA on brain chemistry as it pertains to PTSD treatment.
- Discuss the therapeutic/clinical skills, training and equipment required for providing MDMA-assisted therapy for PTSD
- Understand the concept of “inner healing intelligence” which is central to all psychedelic-assisted therapies, including MDMA-AT.



- View a recorded portion of an initial MDMA-assisted therapy session with a veteran who has been struggling with combat-related PTSD.
- Learn about the work of the Pearl Psychedelic Institute and their participation in the FDA's Expanded Access program for MDMA-assisted therapy for PTSD.
- Explore safety and ethical considerations when working with MDMA-AT.
- Understand the risks and benefits of MDMA-AT.
- Discuss future directions for MDMA-AT and other forms of psychedelic-assisted therapy.
- Feel confident in explaining the basics of MDMA-AT to clients and colleagues



## **DIDACTIC SCHEDULE**

(3 Continuing Education Hours)

Time	Topic	Pearl Staff
5:30pm	The history of MDMA and MDMA-AT	Dr. Turpin
6:00pm	Review of the Phase 1, 2 and 3 research of MDMA-AT for PTSD)	Dr. Turpin
6:30pm	View a recorded portion of an actual MDMA-AT session	Dr. Turpin
6:45pm	MDMA brain chemistry as it pertains to PTSD treatment	Dr Turpin
7:00pm	Break	
7:10pm	Clinical Skills, Training and Equipment needed for MDMA-AT	Dr. Turpin
7:25pm	Ethical, safety considerations of MDMA-AT	Dr. Turpin
7:40pm	The work of the Pearl Psychedelic Institute and the FDA's Expanded Access program	Dr. Turpin
8:10pm	The future of MDMA-AT and other psychedelic-assisted therapies	Dr. Turpin
8:25pm	Q&A	Dr. Turpin
8:30pm	End of Presentation	



## MODULES & CONTENT

Modules	Time	Topics + Content
History of MDMA and MDMA-assisted therapy	0.50 hr	<ul style="list-style-type: none"> <li>● Review of the history of MDMA and its impact on culture</li> <li>● Review of the history of MDMA-assisted therapy and it's uses in clinical practice from the late 1970s through the mid-1980s before prohibition</li> </ul>
Review of the MDMA Research for PTSD	0.50 hr	<ul style="list-style-type: none"> <li>● Examination of the Phase 1 research and results</li> <li>● Examination of the Phase 2 research with PTSD and results</li> <li>● MDMA for PTSD given "Breakthrough Therapy" status by the FDA</li> <li>● Examination of the Phase 3 research with PTSD and results</li> </ul>
Recorded MDMA-AT for PTSD Session	0.25 hr	<ul style="list-style-type: none"> <li>● View a portion of an actual MDMA-AT session with a military veteran</li> </ul>
MDMA Brain Chemistry	0.25 hr	<ul style="list-style-type: none"> <li>● Examination of what is happening in the brain when MDMA is active</li> <li>● Exploration of how MDMA is well-suited for healing PTSD physiologically, especially when paired with supportive therapy</li> </ul>
Clinical Skills, Training and Equipment for MDMA-AT	0.25 hr	<ul style="list-style-type: none"> <li>● Review of the basics of MDMA-AT regarding set and setting</li> <li>● Examine the skills and knowledge needed by a competent MDMA-AT therapist</li> <li>● Exploration of basic components of an MDMA-AT session for PTSD</li> </ul>



Ethical and safety considerations for MDMA-AT	0.25 hr	Review of ethical and safety considerations for both therapists and patients
The Work of the Pearl and the FDA's Expanded Access Program	0.50 hr	<ul style="list-style-type: none"> <li>● Discussion of the history and mission of the Pearl Psychedelic Institute</li> <li>● Examination of the Expanded Access program structure and conduct</li> <li>● Review of the results of the Expanded Access program</li> </ul>

Future of MDMA-AT and other PATs	0.25 hr	<ul style="list-style-type: none"> <li>● Review of the FDA's rejection of Lykos Therapeutics' New Drug Application for MDMA-AT for PTSD</li> <li>● Discussion about the future of psychedelic-assisted therapies</li> </ul>
----------------------------------	---------	---

Q&A	5 min+	<ul style="list-style-type: none"> <li>● Remaining 5 minutes will be devoted to answering questions. This Q&amp;A period can last up to 15 minutes but only the first 5 minutes will count as being included in the total 3 hours of training.</li> </ul>
-----	--------	---



## **PRESENTER BIOS**

Dr. Raymond Turpin was born and raised in Atlanta, Georgia and he attended the University of Georgia where he earned a BA degree in psychology and first discovered psychedelics and the extensive historical scientific literature about these medicinal compounds from the 1950s and 1960s. He attended what is now the University of West Georgia and earned an MA in psychology before moving to the Bay Area and earning his doctorate in clinical psychology from the California Institute of Integral Studies in San Francisco in 1999. He moved to western North Carolina in 2001 and in 2004 co-founded Jackson County Psychological Services which provided free and reduced-cost mental health services to the students and families of the Jackson County Public School system. This agency eventually grew to over 100 employees and expanded their model of socialized mental health services to the public schools of Haywood and Macon counties. Dr. Turpin has worked in psychiatric hospitals, psychiatric emergency units and residential treatment facilities, juvenile detention, schools and community mental health clinics. Dr Turpin has been studying and researching psychedelics since 1984. He was an investigator of an Expanded Access program sponsored by Lykos Therapeutics providing MDMA-assisted psychotherapy for treatment-resistant PTSD. Since 2022, Dr Turpin has been a Mentor for the Certificate in Psychedelic Therapy and Research program at the California Institute of Integral Studies. He is the Executive Director and Clinical Director of the Pearl Psychedelic Institute ([www.pearlpsychedelicinstitute.org](http://www.pearlpsychedelicinstitute.org)) which is a non-profit he helped found whose mission is to help shepherd psychedelic-assisted psychotherapy into mainstream acceptance through research, community education and training and the establishment of a reduced-fee psychedelic clinic in western North Carolina. Dr. Turpin has been working with ketamine-assisted therapy and providing psychedelic integration services and trauma support services at the Pearl and he also has a small private practice in Waynesville, N.C.