

Psychedelic Identity Shift

A Critical Approach to Set and Setting

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Disclosures: The author discloses that they are an unpaid board member of Psymposia, a 501c3 nonprofit research organization.

Psilocybin +
Therapeutic suggestion

=

Identity shift?



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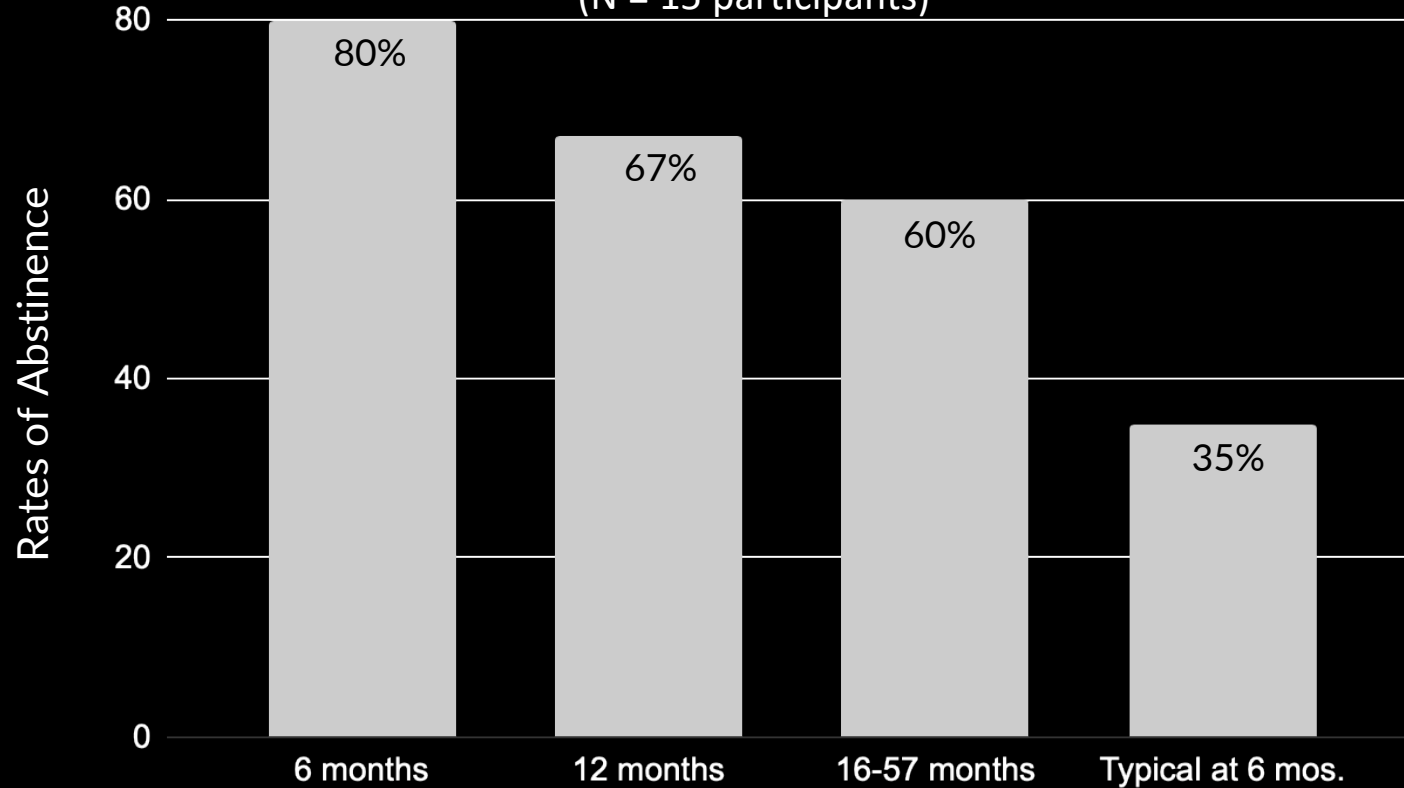
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Johns Hopkins University



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The Parent Study: Psilocybin for Smoking Cessation

(N = 15 participants)



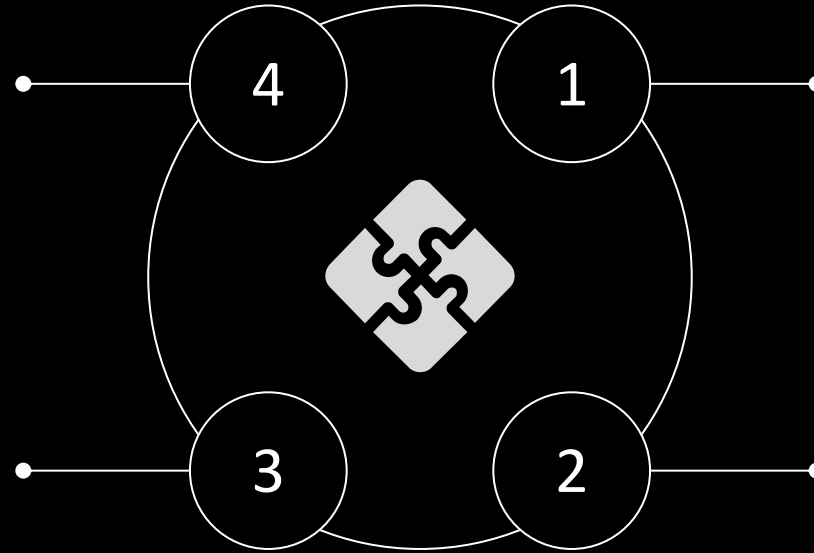
Sources of Data

Principal Investigators

Provided additional
context via email

Treatment Manual

Adapted from a prior
CBT self-help program



Participant reports

Generated during the 24
hours following each
psilocybin session (2-3 total
sessions per participant)

Retrospective interviews

Excerpts published in
Noorani et al.'s 2018 long
term follow-up study

Guided Imagery Exercises

(Autosuggestion)



Image source: Cleveland Clinic

Identity & Smoking Cessation

Positive smoker identity as a barrier to quitting smoking: Findings from a national survey of smokers in England

Ildiko Tombor^{*}, Lion Shahab, Jamie Brown, Robert West

Cancer Research UK Health Behaviour Research Centre, University College London, WC1E 6BT, UK

Transition towards a ‘non-smoker’ identity following smoking cessation: An interpretative phenomenological analysis

Eleni Vangeli^{*} and Robert West

Cancer Research UK, Health Behaviour Research Centre, Department of Epidemiology and Public Health, University College London, UK

Does non-smoker identity following quitting predict long-term abstinence? Evidence from a population survey in England

Ildiko Tombor^{a,*}, Lion Shahab^a, Jamie Brown^a, Caitlin Notley^b, Robert West^a

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“Don’t Just Quit, Become a Nonsmoker”

4. Don’t Just Quit, Become a Nonsmoker.

Once you’ve stopped using tobacco, learn to never again have that “first” cigarette.



Quit For Life[®] Program

Comparative Neuroethics: DBS vs. Psychedelic Medicine

Image: OHSU Brain Institute

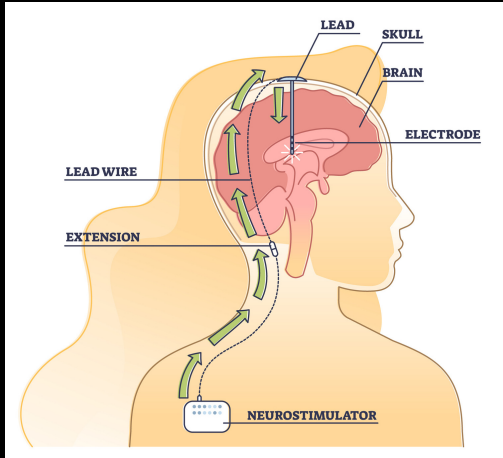


Image: KCRW

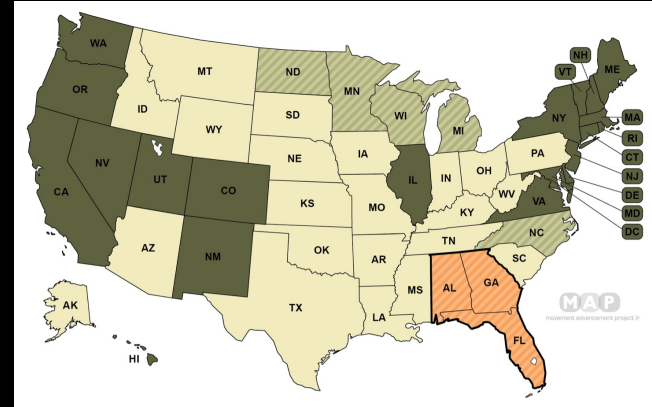


- Identity change as unwanted side effect or desired outcome?
- Differing changes to feelings of agency and authenticity?

Ongoing Ethical Concerns

Historical unethical experimental programs:

- So-called "conversion therapies" targeting gender and sexual minorities
- Ewen Cameron's research on "depatterning" and "psychic driving"



Map of US statewide bans on "conversion therapy" for sexual orientation, gender identity, or gender expression.

Source: Movement Advancement Project (MAP), updated 2021.

Thank you!

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AND ENVIRONMENTAL SCIENCES