

PSYCHEDELIC THERAPY : WHAT IS IT AND DOES IT WORK ?

*Conférences de l'Institut Universitaire de Psychothérapie :
Actualités en psychothérapie 2025-26*



Prof. Richard Zeifman

Webinaire le 9 décembre 2025 de 16h30 à 18h00

*Auditoire Aloïse-Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 179
Site de Cery – 1008 Prilly*

Entrée libre

Ou via Zoom :

<https://us02web.zoom.us/j/88225796654>

Meeting ID: 882 2579 6654

La présentation se fera en anglais

Psychedelic therapy is a combined psychotherapeutic-pharmacologic intervention that involves the administration of a psychedelic (e.g., MDMA, psilocybin, LSD) alongside psychotherapy or psychological support. Psychedelic therapy shows potential as an intervention for several mental health concerns including major depressive disorder, posttraumatic stress disorder, and cancer-related distress. This presentation will summarize findings from clinical trials conducted over the last decade, including outcomes and methodological limitations. It will also explain what psychedelic therapy is, how it is similar to and distinct from traditional pharmacological/psychotherapeutic interventions, and ongoing research that aims to understand how psychedelic therapy works.

Mr. Richard Zeifman, Ph.D., is an assistant professor in the Department of Psychology at The New School and the director of the Psychedelic-Assisted Therapy (PATH) Lab. His research focuses on testing the safety, efficacy, and mechanisms of change underlying psychedelic-assisted therapy. He is currently a co-investigator on several clinical trials, including a multi-site randomized controlled trial examining psilocybin-assisted therapy for cancer-related anxiety. Richard is a licensed clinical psychologist, quality rated cognitive processing therapy provider, and has experience providing psilocybin and MDMA-assisted therapy.