

PSYCHEDELIC RESEARCH SNAPSHOT

MUSIC AND NON-MUSIC APPROACHES IN PSILOCYBIN-ASSISTED PSYCHOTHERAPY



MAPS
CANADA



BACKGROUND

Knowledge Gap: the lack of of intentional non-music periods in psilocybin-assisted psychotherapy (PAP).

PAP yields rapid, generally antidepressant effects lasting months after treatment.

2 female breast cancer patients via Health Canada's Special Access Program were studied.



METHODS

Preparatory therapy:

2 virtual sessions +
in-person sessions
before dosing



virtual



In-person

Dosing Session:

Typical PAP session
with addition of brief
15–30 minute period
without music.





PATIENT 1

3 prior PAP sessions
(continuous music) for
cancer-related
anxiety/depression (part
of Special Access
Program)



PATIENT 2

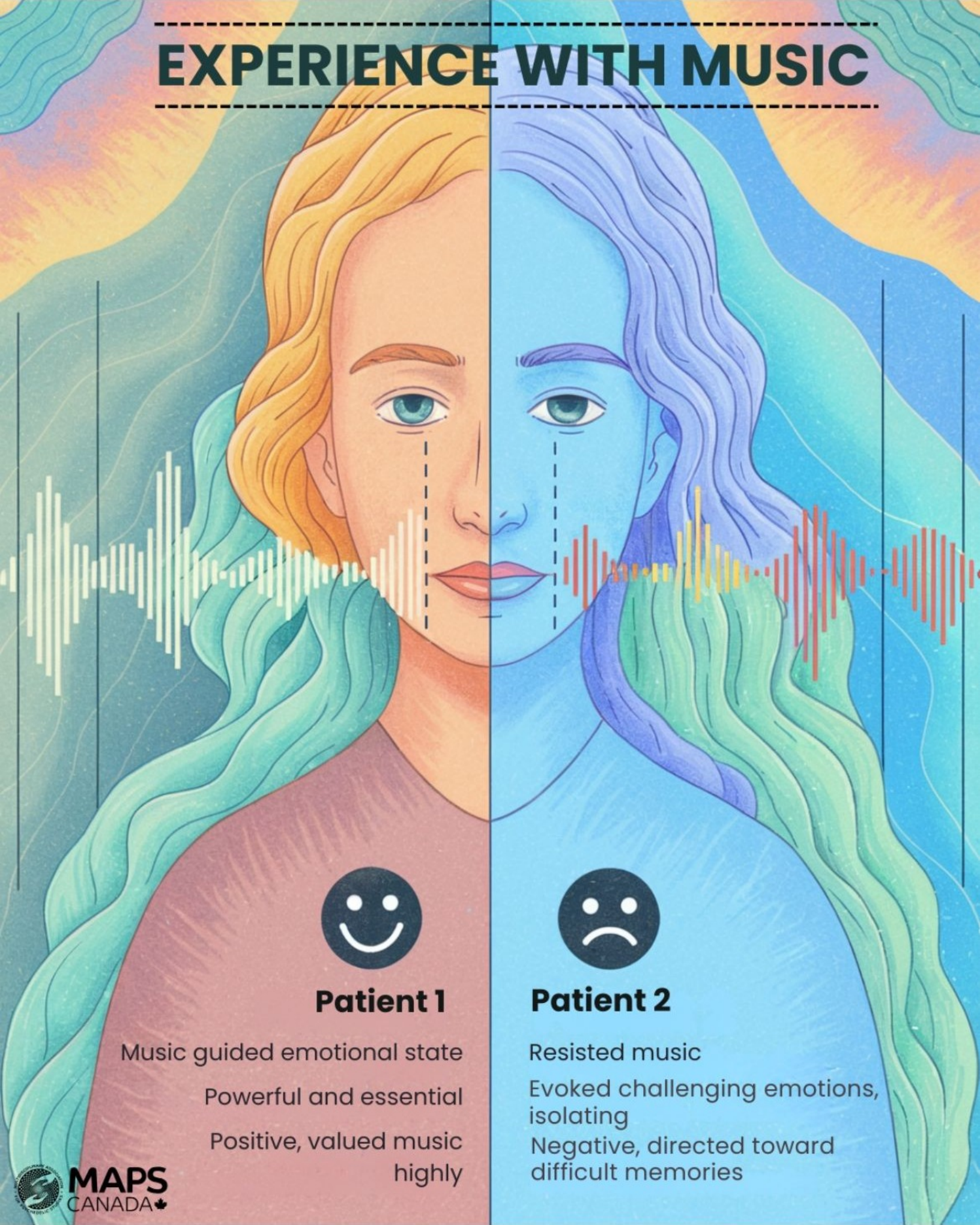
2 prior
ayahuasca
experiences

No prior
psilocybin
experience



PATIENT HISTORY

EXPERIENCE WITH MUSIC



Patient 1

Music guided emotional state

Powerful and essential

Positive, valued music
highly



Patient 2

Resisted music

Evoked challenging emotions,
isolating

Negative, directed toward
difficult memories

Patient 1

Behavior: Requested more no-music time later in session



Experience was initially unsettling. Later became more positive with mindfulness exercises.

Patient 2

Behavior: Moved to quiet room after 1.5 hours to continue session without music



Preferred verbal discussion with guides, without headphones and blindfold.



TALK THERAPY AND INTERPERSONAL GUIDANCE ARE CRITICAL DURING PAP



MUSIC AND MINDFULNESS METHODS ARE LIMITED AND UNSTANDARDIZED



MUSIC CAN DISTRACT FROM EMOTIONAL PROCESSING OR MINDFULNESS



NON-MUSIC PERIODS CAN HELP EMOTIONAL CONNECTION AND INTERPERSONAL DISCUSSIONS

DISCUSSION



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Key Takeaways:



Non-music periods
generally beneficial for
emotional processing.



Standardize music,
mindfulness, and talk
therapy in PAP.



Improve reporting on
music use in studies.



Larger studies needed
for validation.

CITATION

Music and non-music approaches in psilocybin- assisted psychotherapy: The sound of silence

Gloeckler, S. G., Thibault
Lévesque, J., Lehmann, A., Farzin,
H., & Greenway, K. T.

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