

Mindful Continuing Education

Evaluating the Therapeutic Value of Psychedelics

1. The ban on psychedelic drugs in the United States was driven by all except

- A. the rise of the counterculture
 - B. Vietnam War Protests
 - C. lack of standards in clinical trials
 - D. recreational drug use
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2. Most psychedelics are labeled as Schedule 1 drugs meaning they have

- A. they have a high risk of abuse and no accepted medical use
 - B. they have a high risk of abuse but have medical use
 - C. they have a low risk of abuse and no accepted medical use
 - D. they have a low risk of abuse and medical use
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3. Classic psychedelics are

- A. dopamine receptor agonists
 - B. glutamate receptor agonists
 - C. norepinephrine agonist
 - D. serotonin agonist
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4. Psilocybin is also known colloquially as

- A. ecstasy
 - B. magic mushrooms
 - C. lucy
 - D. dots
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5. LSD is made by combining the chemical diethylamide with the natural occurring fungus

- A. psilocybin
 - B. ergot
 - C. peyote
 - D. ibogaine
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6. Mescaline is derived from

- A. a flowering plant**
 - B. a shrub**
 - C. a cactus**
 - D. a fungus**
-

7. DMT is also known as the _____ for people's report of the profound life changing experiences.

- A. spirit molecule**
 - B. Special K**
 - C. magic mushroom**
 - D. ecstasy**
-

8. Ketamine has always been a legal drug used as

- A. a pain killer**
 - B. a stimulant**
 - C. a sleep aid**
 - D. an anesthetic**
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9. Due to it's creating feelings of euphoria and connectedness MDMA is classified as

- A. a vasopressin**
 - B. an entactogen**
 - C. a depressant**
 - D. a stimulant**
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10. This psychedelic has shown a reduction in withdrawal symptoms, reductions in drug cravings and use, and even a complete cessation of drug use.

- A. Ibogaine**
 - B. MDMA**
 - C. Ketamine**
 - D. LSD**
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11. One way psychedelics work is by increasing the serotonergic signaling which in turn decreases the threat sensitivity, this helps treat anxiety and depression by

- A. increasing hyper-connectivity**
- B. increasing amygdala reactivity**
- C. reducing modulation of glutamate**

D. reducing the negative cognitive bias

12. One theory on how psychedelics work is

- A. by resetting a person's default mode network**
 - B. they are only effective with psychotherapy**
 - C. by stimulating numerous neurotransmitters at once**
 - D. by decreasing overproduction of hormones**
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13. Researchers are still trying to understand the correlation of how _____ improves therapeutic outcomes.

- A. classic psychedelics**
 - B. non-classic psychedelics**
 - C. mystical-type experiences**
 - D. psychedelic tourism**
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14. _____ is experienced whenever humans encounter stimuli so vast and novel that they must alter their understanding of reality.

- A. Reality**
 - B. Awe**
 - C. Rumination**
 - D. Empathy**
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15. In most clinical trials and treatment models the _____ consists of rapport building, history gathering, and psychoeducation.

- A. preparation session**
 - B. dosing session**
 - C. integration session**
 - D. follow-up session**
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16. In most clinical trials and treatment models the _____ consists of experience and insights being explored and reinforcing the desired changes.

- A. preparation session**
 - B. dosing session**
 - C. integration session**
 - D. follow-up session**
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17. The _____ is to protect the safety and welfare of participants and outline principles governing treatment decisions made by providers.

- A. confidentiality
 - B. therapeutic alliance
 - C. safety protocol
 - D. code of ethics
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18. These are the three main risks associated with psychedelic therapy except

- A. potential for a bad trip
 - B. serotonin agonist
 - C. potential to trigger an underlying psychotic disorder
 - D. short-term physiological reactions
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19. _____ is the practice of taking a small amount of psychedelic every few days to experience the benefits without the high.

- A. microdosing
 - B. macrodosing
 - C. mezzodosing
 - D. mixed dosing
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20. The FDA approved _____ on a limited basis to treat major depressive disorder and treatment resistant depression.

- A. Ketamine
 - B. Esketamine
 - C. MDMA
 - D. DMT
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