



**Psychedelics and Trauma-Responsive Practices:
Addressing HIV-Related Post-Traumatic Stress
Disorder (PTSD) and Care Team Burnout**

Abstract overview

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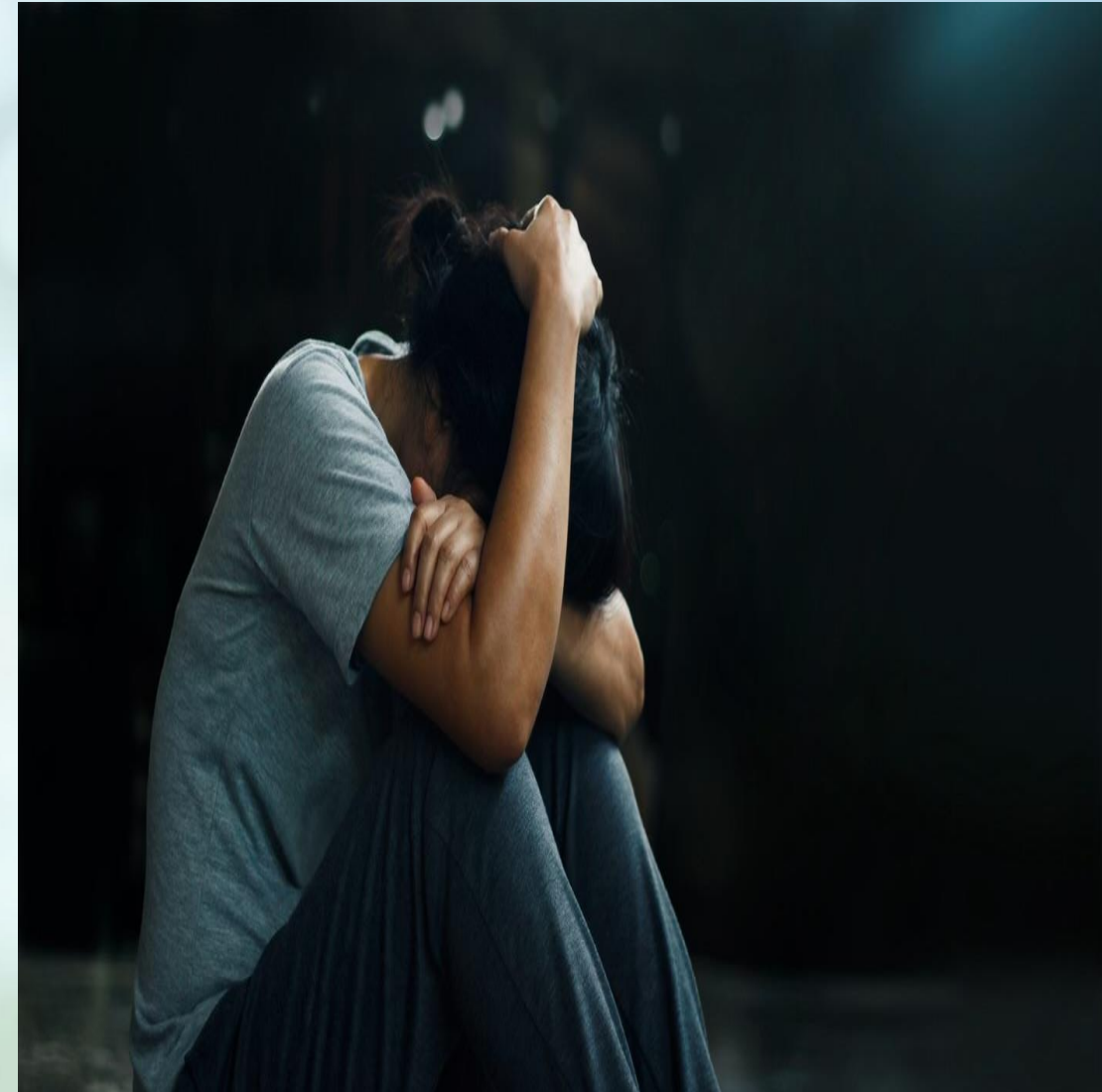


What is Trauma?

SAHMSA definition:

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

Substance Abuse and Mental Health Administration, 2024





Post Traumatic Stress Disorder (PTSD) & HIV

- People living with HIV (PLWH) experience disproportionately high rates of PTSD, ranging between 34-62% compared to persons without HIV.
- Innovative approaches (including psychedelics) exist to address PTSD in people living with HIV and mitigating secondary trauma among caregivers.
- Primary and Secondary trauma impact patient outcomes along with care team health and job satisfaction
- Psychosocial, physical and psychological impacts can occur as a result of adverse childhood experiences and those had in adult years.




(McLean & Fitzgerald, 2016)

(Center for Substance Abuse Treatment, 2014)



Syndemic conditions, HIV & Trauma



NATIONAL HIV/AIDS STRATEGY

SYNDEMIC
noun. [sin-dem-ik]

A syndemic is a set of linked health problems that interact synergistically and contribute to excess burden of disease in a population, resulting from social and structural determinants of health.

National HIV/AIDS Strategy for the United States 2022–2025.





Care Team Burnout

According to a study done by the AETC and other HRSA funded programs-the HIV workforce is shrinking for many reasons. One key theme that occurs across health care delivery is burnout.

Norberg et al, 2024



Secondary trauma is defined as indirect exposure to trauma when an individual hears about first-hand trauma experiences of another.

<https://library.samhsa.gov/sites/default/files/sma14-4869.pdf>

Exploring Psychedelic Therapy

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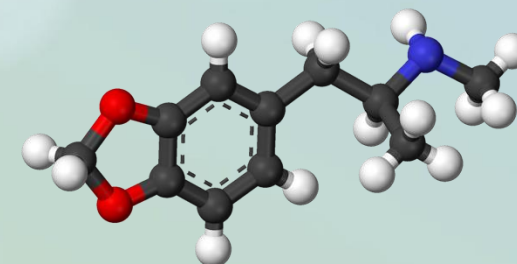
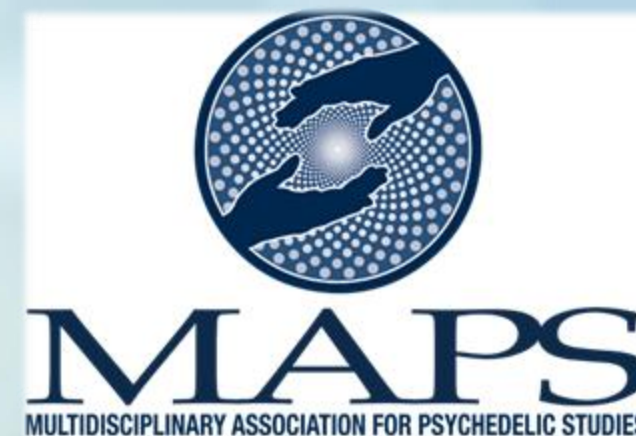
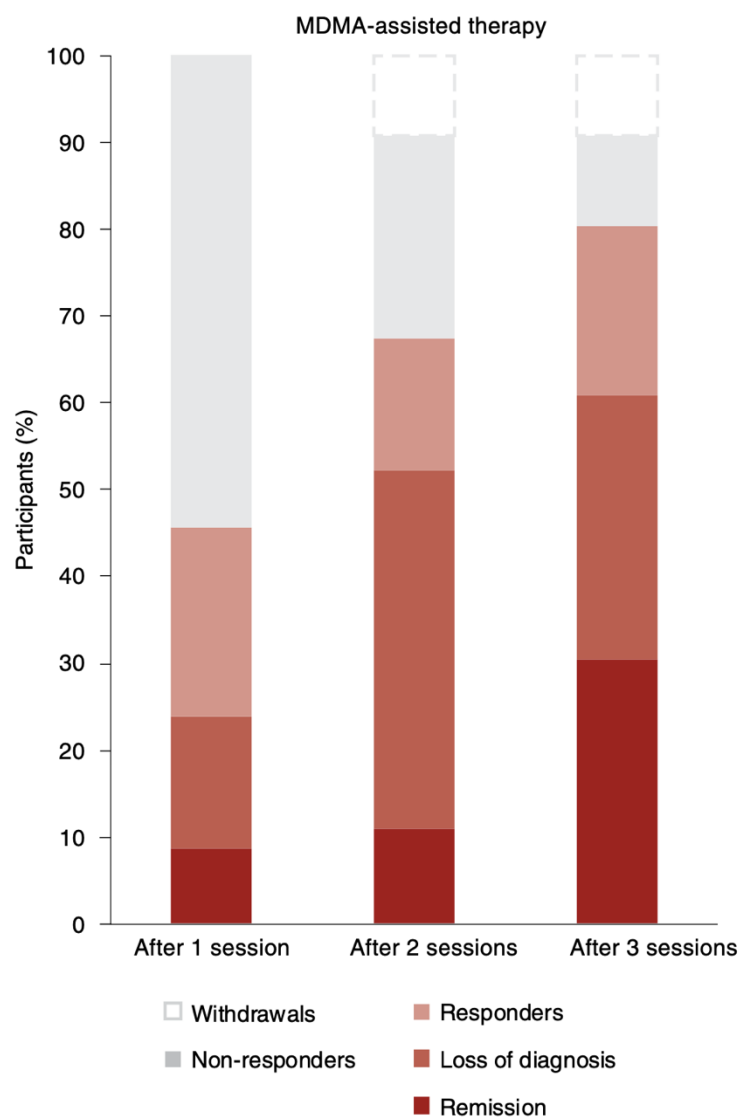
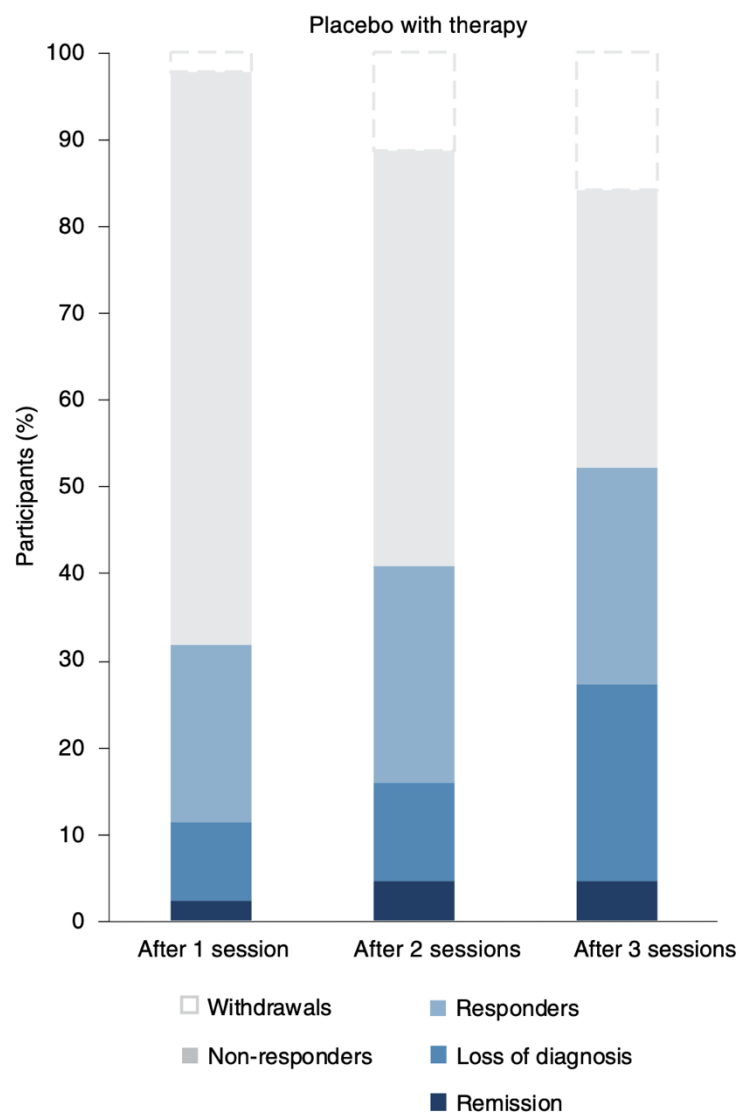


- Mental health issues can affect the quality of life for PLWH with trauma histories.
- Nurses in HIV care for 30+ years are at increased risk for untreated PTSD.
- Psychedelic therapy shows promise in treating PTSD and depression symptoms in HIV-positive individuals.
- Further research is needed to determine the effectiveness of psychedelic therapy within PLWH and healthcare professionals who have dedicated their lives to the field. Studies have shown the efficacy with other populations, such as veterans, survivors of domestic violence, and refugees.



MDMA-assisted therapy for severe PTSD: a randomized, double-blind, placebo-controlled phase 3 study (3x 8-hour sessions over 18 weeks)

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In Closing

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- Psychedelics have shown promise in treating a range of mental health conditions, including depression, anxiety, PTSD, and addiction.
- They work by altering the brain's neural pathways, allowing patients to experience shifts in perception, thought patterns, and emotions.
- Unlike traditional medications that need to be taken regularly, psychedelics are often given in a single or a few doses and can lead to long-lasting therapeutic effects.
- Psychedelic-assisted therapy can provide a unique therapeutic experience, helping patients gain new insights, and perspectives that may not be achievable through traditional psychotherapy alone.
- **It's important to remember; psychedelics are not for everyone.**



References

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