

# Increasing demand of psychedelic-assisted therapies

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## ABSTRACT

In the treatment of mental illness, addictions, and end-of-life distress, psychedelic-assisted therapy is displaying unparalleled rates of success. This psychedelic renaissance marks a watershed moment in the treatment of complex human illnesses, with consequences for nursing knowledge, advocacy, and practice around the world. The purpose of this article is to examine the present level of knowledge in the field of psychedelic-assisted therapy, as well as the implications for nurses in practice. With a focus on mental health, addictions, and palliative care indications, a scoping review of the literature was conducted

. All relevant main study results, as well as commentaries, syntheses, and reviews over the last 20 years, were included. We then looked at what is known about the nurse's function in this profession in the past and current. The nurse's function in psychedelic-assisted therapy and research has been essentially inconspicuous up until now, and as a result, it has remained under-explored and unclear. However, the profession is well positioned to contribute to the field's future success. Nurses may lead the development of psychedelic-assisted therapeutic practice, ethics, research, advocacy, policy, and education as advocates for safe, ethical, and transdisciplinary practice. In these areas, this article offers advice and assistance for forward-thinking nursing leadership.

**Key Words:** *Psychedelic drug; Addiction; Transdisciplinary practice*

## INTRODUCTION

Psychoactive medications have been utilised to promote human health and well-being for thousands of years all throughout the world. Psychedelics have a long and tumultuous history, and from the 1950s until the early 1970s, they were studied as potential treatments for a wide range of ailments. The use of psychedelic drugs by contentious counter-cultures in the late 1960s fueled a politically heated, media-induced "moral panic." Psychedelic drugs were later rendered illegal in the United States, Canada, and other countries throughout the world. The war on drugs began a short time later, in the 1970s. Human psychedelic research came to an end due to social pressures and legislative prohibition. A long-running investigation into the development of psychedelic-assisted therapies has run its course. Psychedelic drug research has been going on for decades. Recently, there has been renewed interest in the role that psychedelic substances can play in reducing the pain associated with many mental health issues. The thought that psychotherapy combined with a single dose of psilocybin (found in "magic mushrooms") could provide significant relief for treatment-resistant depression would have seemed far-fetched from the late 1970s through the turn of the century. Today, this concept is gaining traction, and more psychedelic research is being conducted than ever before.

2 Research into the use of psychedelic drugs in treatment has provided important insights into brain function and the human mind<sup>3</sup>, and is displaying remarkable rates of success in the treatment of mental health issues, end-of-life misery, and substance use disorders. Although some research findings are still preliminary, there is rising evidence that psychedelic substances are effective. As a result, some medicines for difficult-to-treat illnesses have been designated as "breakthrough." Nurses and other health-care providers will be expected to be educated about developing psychedelic medicines in the future decade. Nurses, in particular, will be well-positioned to contribute to psychedelic-assisted therapy research, treatment development, and service provision. We review the material and explain nurses' previously unseen yet critical contribution in this field in this paper.

## CONCLUSION

The psychedelic renaissance, or the emergence of psychedelic-assisted therapies, is an unparalleled opportunity for nurses to support the health and well-being of people with complex mental health issues and addiction disorders. The framework for nurses to collaborate in multidisciplinary research and practice to advance these new approaches to care is created by framing psychedelic-assisted treatment as a problem that corresponds with the values and competencies of the nursing profession. We claim that nurses are well-suited to lead, advocate, research, innovate, and practice in what

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has been dubbed the psychedelic renaissance after exploring the history of psychedelic therapies and nurses' responsibilities in their supply.