TREATING PTSD WITH MDMA-ASSISTED PSYCHOTHERAPY

What is PTSD?
Posttraumatic Stress Disorder (PTSD) can be a chronic, devastating illness that severely impacts quality of life. Sufferers often struggle to maintain healthy lives and relationships.

PTSD can be caused by:
- war
- sexual assault
- childhood abuse
- torture
- accidents
- other stressful events

1 in 7 U.S. service members returning from Iraq and Afghanistan suffers from PTSD.

What is MDMA-Assisted Psychotherapy?
A treatment that combines psychotherapy with the administration of MDMA, which catalyzes the therapeutic process.

MDMA is a synthetic compound that decreases fear and defensiveness while increasing trust and empathy, making it easier for patients to be comfortable between the extremes of fear and avoidance.

MDMA is not Ecstasy. Substances sold illegally under the name “Ecstasy” often do not contain MDMA and sometimes contain harmful adulterants.

How does MDMA-Assisted Psychotherapy work?
MDMA can make it easier for people with chronic, treatment-resistant PTSD to confront their traumatic memories.

In a study of the efficacy of MDMA-assisted psychotherapy for treating PTSD:

- subjects were given either MDMA or placebo
- during 2 8-hour sessions, 3-5 weeks apart
- along with weekly non-drug psychotherapy sessions

83% of participants were no longer diagnosed with PTSD at the 2-month follow-up. Even more importantly, a long-term follow-up conducted a mean of 3.8 years later showed that the benefits were (on average) maintained over time.

The results show long-lasting, clinically meaningful benefits and absence of harm from just a few MDMA-Assisted Psychotherapy sessions for PTSD. Additional clinical trials are being planned or conducted around the world.

For more information and to help make this treatment available for people suffering from PTSD, visit MDMAPTSD.ORG