

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



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.



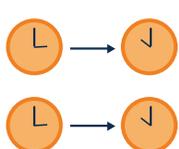
MDMA is not the therapy in itself, but a **tool for the therapist and patient.**

How does MDMA-Assisted Psychotherapy work?

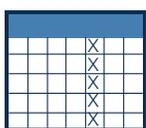
MDMA can make it easier for people with chronic, treatment-resistant PTSD to confront their traumatic memories. In a study of the efficacy of MDMA-assisted psychotherapy for treating PTSD:



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.**



All subjects reported at least some persisting benefit from the study



Study found no negative effects on cognitive function associated with MDMA use



Many participants said the treatment gave them a new start on life

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 MDMAPSTD.ORG