

PSYCHEDELICS & OCD:

Discussing the current state of
psychedelic research as
potential OCD treatments



International
OCD
Foundation

Resources. Research. Respect.

Carolyn Rodríguez, M.D., Ph.D
Christopher Pittenger, M.D., Ph.D
Jamila Hokanson, M.D., M.S., MBA
Terence Ching, Ph.D
Uma R. Chatterjee, M.S., MHPS

Friendly Reminders

Please keep these disclaimers in mind:

01

Research is largely in progress. This is reflective of findings as of July 2023. Much more work is to be done.

02

None of this is medical advice, and all of this is for educational purposes, only.

03

Speak to your provider to make individualized decisions for your own treatment

04

CE Credits: This session will not provide CE credits, due to unforeseen circumstances.

Discussion Agenda

Aim: To comprehensively address the current state of psychedelic research as potential treatments for OCD

- Discuss various different psychedelics & hallucinogens including psilocybin, MDMA, ketamine, LSD, DMT, & cannabis
- Clinical trial updates
- How psychedelics may work mechanistically
- Psychedelics versus psychedelic-assisted therapy
- Safety of psychedelics
- Considerations around clinical trial participation
- Treatment accessibility
- Considerations of comorbidities
- Audience Q&A





Carolyn Rodríguez, M.D., Ph.D

**Stanford University School of Medicine
Psychiatrist + Neuroscientist**

- Director of the Translational Therapeutics Lab
- Full Professor in the Department of Psychiatry and Behavioral Sciences
- Scientific And Clinical Advisory Board Member, IOCDF
- Associate Dean for Academic Affairs
- Deputy Editor of The American Journal of Psychiatry
- Co-author of "Hoarding Disorder: A Comprehensive Clinical Guide"



Christopher Pittenger, M.D., Ph.D

**Yale University School of Medicine
Psychiatrist + Neuroscientist**

- Director of PittLab & Yale OCD Research Clinic
- Elizabeth Mears and House Jameson Professor of Psychiatry
- Co-Director, Yale Program for Psychedelic Science
- Deputy Chair for Translational Research, Psychiatry
- Director, Neuroscience Research Training Program
- Scientific And Clinical Advisory Board Member, IOCDF



Jamila Hokanson, M.D., M.S., MBA

**Yale University School of Medicine
Psychiatrist + Clinical Researcher**

- Clinical Instructor of Psychiatry
- Research Study Psychiatrist: Psilocybin-assisted psychotherapy for OCD & Depression
- Co-Director: West Rock Wellness
- Trainee: MAPS-sponsored MDMA-assisted psychotherapy for PTSD



Terence Ching, Ph.D

**Yale University School of Medicine
Psychologist + Clinical Researcher**

- Postdoctoral Associate, Yale OCD Research Clinic
- Co-leading two psilocybin clinical trials for OCD as part of Yale Program for Psychedelic Science
- IOCDF Diversity, Equity, and Inclusion Action Committee member



Uma R. Chatterjee, M.S., MHPS

**University of Wisconsin-Madison School of
Medicine - Neuroscience Ph.D Student**

- Human with lived experience: OCD + comorbidities, young adult cancer, etc.
- Neurobiologist & Psychedelic Researcher
- Mental Health Peer Specialist
- IOCDF Advocate
- Director of Media & Strategy, Intercollegiate Psychedelics Network (IPN)
- Science Communicator + Podcast Host, 'A Chat with Uma'

What are "psychedelics"?

Classical psychedelics, hallucinogens, psychoplastogens, metaplastogens, entheogens, entactogens... all of the words

- Psilocybin
- LSD
- N,N,DMT
- Ayahuasca
- 5-MeO-DMT
- Ibogaine
- Mescaline/Peyote
- MDMA
- Ketamine
- Cannabis
- Salvia

TABLE 1. SELECTED LIST OF CLASSIC HALLUCINOGENS		
Class	Agent	Natural/synthetic
Tryptamines	Psilocybin	Natural (mushrooms)
	N,N-dimethyltryptamine (DMT)	Natural (ayahuasca)
	5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT)	Synthetic
	N,N-diethyltryptamine (DET)	Synthetic
	N,N-diallyl-5-methoxytryptamine (5-MeO-DALT)	Synthetic
Lysergamines	Lysergic acid amide (ergot alkaloid)	Natural (morning glory seeds)
	Lysergic acid diethylamide (LSD)	Synthetic
	Lysergic acid 3-pentylamide (LSP)	Synthetic
	6-ethyl-6-nor-lysergic acid diethylamide (ETH-LAD)	Synthetic
	6-allyl-6-nor-lysergic acid diethylamide (AL-LAD)	Synthetic
	N-acetyl-LSD (ALD-52)	Synthetic
Phenethylamines	Mescaline	Natural (peyote)
	2,5-dimethoxy-4-iodoamphetamine (DOI)	Synthetic
	Dimethoxybromoamphetamine (DOB)	Synthetic
	4-bromo-2,5-dimethoxyphenethylamine (2C-B)	Synthetic
	2,5-dimethoxy-4-ethylphenethylamine (2C-E)	Synthetic

Clinical Trial Updates

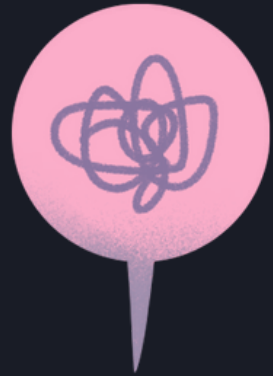
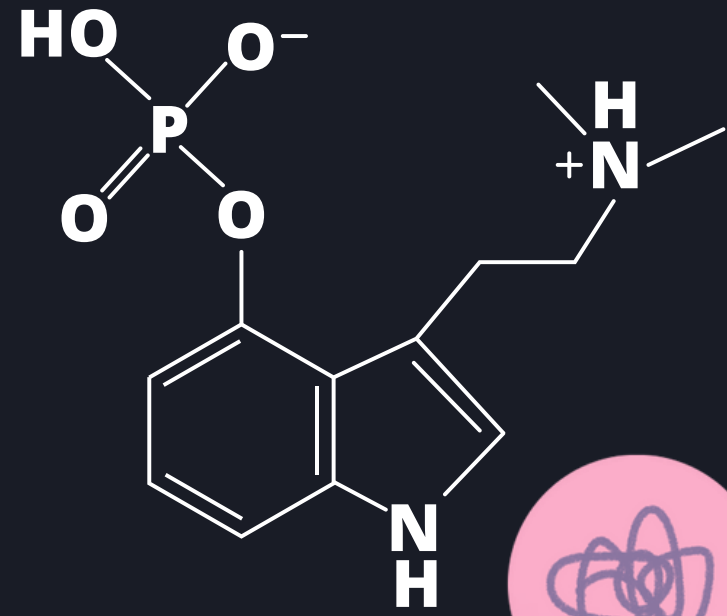
Current human clinical trials for
psychedelics and OCD + related conditions



How do psychedelics work in the brain (for OCD)?

We don't fully know...
but here's what we think, so far.





Psychedelics



Psychedelic- Assisted Therapy (P-AT)

Safety & Tolerability

How safe are psychedelics for people? Under what conditions? Especially for those with OCD?

Participating in clinical trials

Who should participate in clinical trials? Why or why not? What should patients & caregivers take into consideration when making this decision? What can people expect?



Current access to treatments

What is currently accessible? Are psychedelic treatments legal or approved right now? Will they be soon?

Comorbidities

What if I have comorbid or co-occurring conditions? Would this impact my treatment? Could I join a psychedelic trial for a different medical condition I have?



Final Thoughts + Audience Q&A



Connect with us!



**Carolyn Rodríguez,
M.D., Ph.D**

carolynrodriguez@stanford.edu
Twitter: @CRodriguezMDPhD
<https://med.stanford.edu/rodriguezlab>



**Christopher Pittenger,
M.D., Ph.D**

christopher.pittenger@yale.edu
Twitter: @DrChrisPitt
<https://medicine.yale.edu/lab/pittlab/>



**Jamila Hokanson,
M.D., M.S., MBA**

jamila.hokanson@yale.edu
<https://www.westrockwellness.com>



Terence Ching, Ph.D

terence.ching@yale.edu
<https://medicine.yale.edu/psychiatry/ocd/>



**Uma R. Chatterjee,
M.S., MHPS**

hello@umarchatterjee.com
Socials: @UmaRChatterjee
www.umarchatterjee.com
Podcast: A Chat with Uma