

## GSAPP 45th Anniversary Event Series

# MDMA + Evidence Based Treatments for PTSD

Celebrating 45 Years of Excellence | 1974-2019



### Date & Time

April 11th, 2019,  
12:00 PM - 1:30 PM

### Location

Room 219, Smithers Hall  
Busch Campus, Rutgers  
University

### Continuing Education Credits:

1.5 hours for Psychologists

Instructional level:

Introductory



### *Center of Alcohol Studies Presents: An Emerging Addictions Science Seminar Event*

#### **Presenter: Dr. Anne Wagner**

Adjunct Professor in Department of Psychology at Ryerson University

MDMA has shown strong evidence as being an effective treatment for PTSD when coupled with non-directive, supportive psychotherapy (Mithoefer et al., 2011; Mithoefer et al., 2013). MDMA's neurobiological effect demonstrates activation of the prefrontal cortex, and dampening of activity in the amygdala, as well as release of neurotransmitters such as serotonin, dopamine, norepinephrine, and hormones such as oxytocin (Carhart-Harris et al., 2015; de la Torre et al., 2000; Dumont et al., 2009; Emmanuele, Arra, and Pesenti, 2006; Feduccia and Mithoefer, 2018). Therefore combining MDMA with evidence-based treatments for PTSD may create an adjunctive effect to facilitate treatment outcomes. MDMA-assisted psychotherapy for PTSD, using a non-directive, supportive therapy approach, has shown promise as an effective treatment and has recently received breakthrough therapy designation from the FDA. Current gold standard PTSD treatments, those that are protocol-based and Cognitive Behavioral in orientation, provide significant symptom improvement in 50-60% of recipients in clinical trials. Based on the strength of these two approaches, a pilot study was designed to integrate them, namely Cognitive Behavioral Conjoint Therapy for PTSD and MDMA. This presentation will give an overview of why and how these two approaches have been integrated, and will share results from the pilot data.

#### **Learning objectives:**

- 1) To describe the adjunctive use of MDMA with psychotherapy.
- 2) To assess the results of combining CBCT with MDMA.

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