

# Psychotherapeutic Application of Transpersonal Therapy Research for Healing Post Traumatic Stress Disorder and Depression

## Abstract

PTSD and depression are two of the most common reasons why a clinically diagnosed patient might seek out alternative treatments using entheogenic substances to alter their consciousness in order to regain functionality in daily life. In order to advance clinical understanding of treatment for post traumatic stress disorder and depression, new modalities in the psychotherapeutic field through combined scientific research and experiential work in the advancement of the field of psychology are currently being considered when older therapeutic modalities no longer work for treatment of diagnosed patients. PTSD also known as Post Traumatic Stress Disorder affects about 7.7 million American adults annually according to the National Institutes of Health and the Veteran's Administration. The annual cost to social anxiety disorder is estimated to be significantly over \$42.3 billion often due to misdiagnosis and undertreatment (NIMH, 2017). Entheogens are currently being actively researched by researchers actively pursuing treatment in mental health for populations diagnosed by observing dramatic changes in perception of consciousness of patients using psychedelics. The word 'entheogen' was coined by scholars to understand spiritual connection with the mind and body's natural ability to heal the whole person; this includes sacred traditional plant medicine rituals for healing through non-ordinary states of consciousness (Tupper, 2003). Transpersonal psychologists and interested neurobiologists in the transformative and heuristic mental health potentials of researching ayahuasca and its molecules are making progress within the therapy potentials for treatment of patients diagnosed with PTSD and depression through a mixed methods scientific research.

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