

MDMA FOR PTSD: THE PATH TO HEALING

JourneyOM's guide to navigating MDMA



A SURPRISING ORIGIN: THE HISTORY OF MDMA

MDMA, often known as ecstasy, was discovered accidentally. In **1912**, the German pharmaceutical company Merck first synthesized the compound while searching for new anti-bleeding medications. MDMA wasn't the target but merely an intermediate step in the process.



In the **1970s**, MDMA re-emerged in a completely different light. Therapists began using it in psychotherapy sessions, believing it fostered open communication and emotional connection between therapist and patient. However, this use lacked formal testing and approval.

By the **1980s**, MDMA transcended its therapeutic origins. It found its way into the underground party scene, becoming synonymous with electronic music and all-night raves. This recreational use, often under the name "ecstasy," continues today despite the drug's illegal status.



Today, even though MDMA is still considered a controlled substance, researchers are exploring its potential for treating PTSD and other mental health conditions.

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A TWO-AGENCY HURDLE: THE PATH TO MDMA-ASSISTED THERAPY

Legal approval for MDMA therapy is closer than it has ever been but faces a critical juncture as it requires approval from both the Food and Drug Administration (FDA) and the Drug Enforcement Administration (DEA). The FDA, focused on drug safety and efficacy, appears closer to a decision.

Lykos submitted a New Drug Application (NDA) in 2023, and with priority review, a verdict is expected by August 11, 2024.

If successful, this would be the first FDA-approved MDMA therapy.

However, the DEA presents a complex hurdle. MDMA remains a Schedule I controlled substance, indicating a high potential for abuse and no accepted medical use. The timeline here becomes murkier. Even with FDA approval, Lykos would need to petition the DEA for rescheduling, a process that can take months or even years.

While the exact timeline remains uncertain, a potential scenario could see FDA approval in August 2024, followed by DEA rescheduling by 2025 or later. FDA approval is crucial as this would pave the way for developing specific treatment protocols and training healthcare professionals. Ultimately, approval by both agencies would represent a significant advancement in PTSD treatment and potentially a first step towards broader acceptance of MDMA's therapeutic potential.

Lykos' Phase III trials for MDMA-assisted psychotherapy in patients with moderate to severe PTSD yielded promising results.

Remission Rates

71.2% of participants receiving MDMA-assisted therapy no longer met the criteria for PTSD by the end of the study, compared to 47.6% in the placebo with therapy group.

Success Rates

86.5% of participants in the MDMA-assisted therapy group achieved a "clinically meaningful benefit," defined as a significant reduction in PTSD symptoms. This was significantly higher than the 69.0% in the placebo group.

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SO, WHAT DOES MDMA TREATMENT ACTUALLY LOOK LIKE?

Lykos' MDMA-assisted therapy approach offers a structured program combining preparation, MDMA sessions, and integration therapy.

The journey begins with a meticulous screening process. Over 2-4 sessions, each lasting 60-90 minutes, experienced therapists delve into a patient's background. This includes psychological testing, reviewing medical history, and in-depth discussions about their trauma and past treatment attempts. This crucial phase ensures the patient's suitability and readiness for the core therapeutic intervention.

The heart of the program lies in the MDMA-assisted psychotherapy sessions. Typically, 2-3 sessions spaced 4-6 weeks apart take place in a safe and controlled clinical setting, overseen by specially trained therapists. Each session itself can last 6-8 hours. Approximately 2-3 hours into the session, patients receive MDMA under the therapist's supervision. The remaining time allows patients to embark on a guided introspective journey, facilitated by the therapist and the effects of MDMA. During this critical period, patients have the opportunity to explore their trauma in a less threatening way, potentially leading to a deeper understanding and a shift in perspective.

Following each MDMA session, integration therapy becomes paramount.

These sessions, typically 4-6 lasting 60-90 minutes each, focus on processing the powerful emotions and insights unearthed during the MDMA journeys. Therapists guide patients in integrating these experiences into their daily lives to manage lingering challenges and develop healthy coping mechanisms for their PTSD symptoms.

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IN CONCLUSION

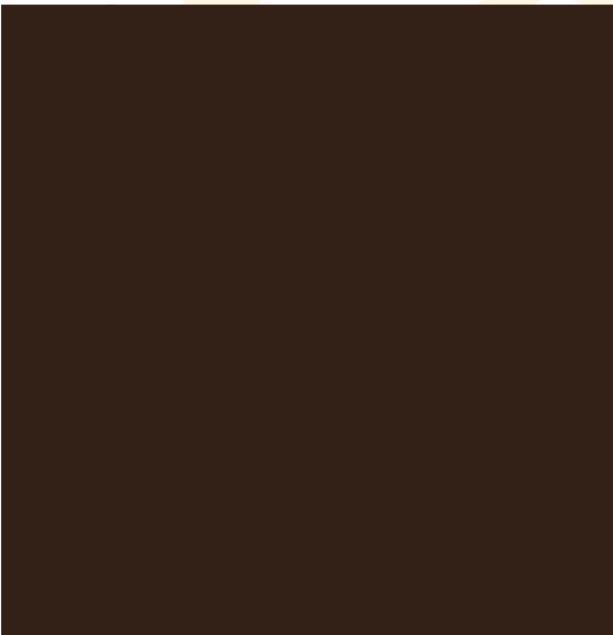
Insurance and Coverage Considerations

PTSD treatment typically falls under mental health coverage, but most insurance plans exclude coverage for experimental or investigational therapies. However, ongoing research and wider adoption could pave the way for more affordable options in the future. Additionally, with successful clinical implementation and growing evidence, insurance companies may eventually revise their coverage policies.

Your Journey Begins with JourneyOM

At JourneyOM, we believe in the transformative power of therapeutic experiences guided by professional, compassionate care. Our commitment to healing and personal growth drives us to connect seekers with the most highly vetted guides in the field of MDMA-assisted therapy.

We understand the profound impact that structured, empathetic guidance can have on individuals struggling with PTSD.



As a leading concierge service in this specialized field, we prioritize safety, trust, and confidentiality. We meticulously select our network of guides, ensuring that they not only possess the necessary qualifications but also align with our core values of care and commitment to your well-being.

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