

PSYCHEDELIC RESEARCH SNAPSHOT

# Can Group Therapy Unlock the Full Potential of Psychedelic Treatments?

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This paper advocates for integrating social cure research into psychedelic practices to enhance therapeutic effectiveness and suggests a framework for scientific research in this area.



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# Group Therapy

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- Psychedelic treatments are mostly one-on-one. Legal, social, and research barriers limit group therapy adoption, with clinicians concerned about legal risks and reputation damage.
- The social cure model shows that group therapy enhances mental health by fostering social identity, offering psychological support, and providing greater agency and meaning for participants.
- In group therapy, personal identity may dissolve, but the emergence of a strong group identity brings transformative benefits that outweigh this limitation.

Set & Setting:  
depends on  
location, therapist  
and group

Trust & Rapport:  
facilitated by music  
and cultural  
backgrounds



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# Why Group Therapy?

Health is  
influenced by  
social contexts

Social connections  
predict better  
mental health in  
global samples

Indigenous/neo-  
shamanic practises  
often utilise group  
therapy

Groups increase  
emotional sharing,  
social connection,  
and feelings of  
safety

Groups provide  
support, control,  
self-esteem, &  
meaning-enhancing  
resilience

Cost-effective  
and greater  
accessibility

Social context  
improves trust,  
belonging and  
purpose

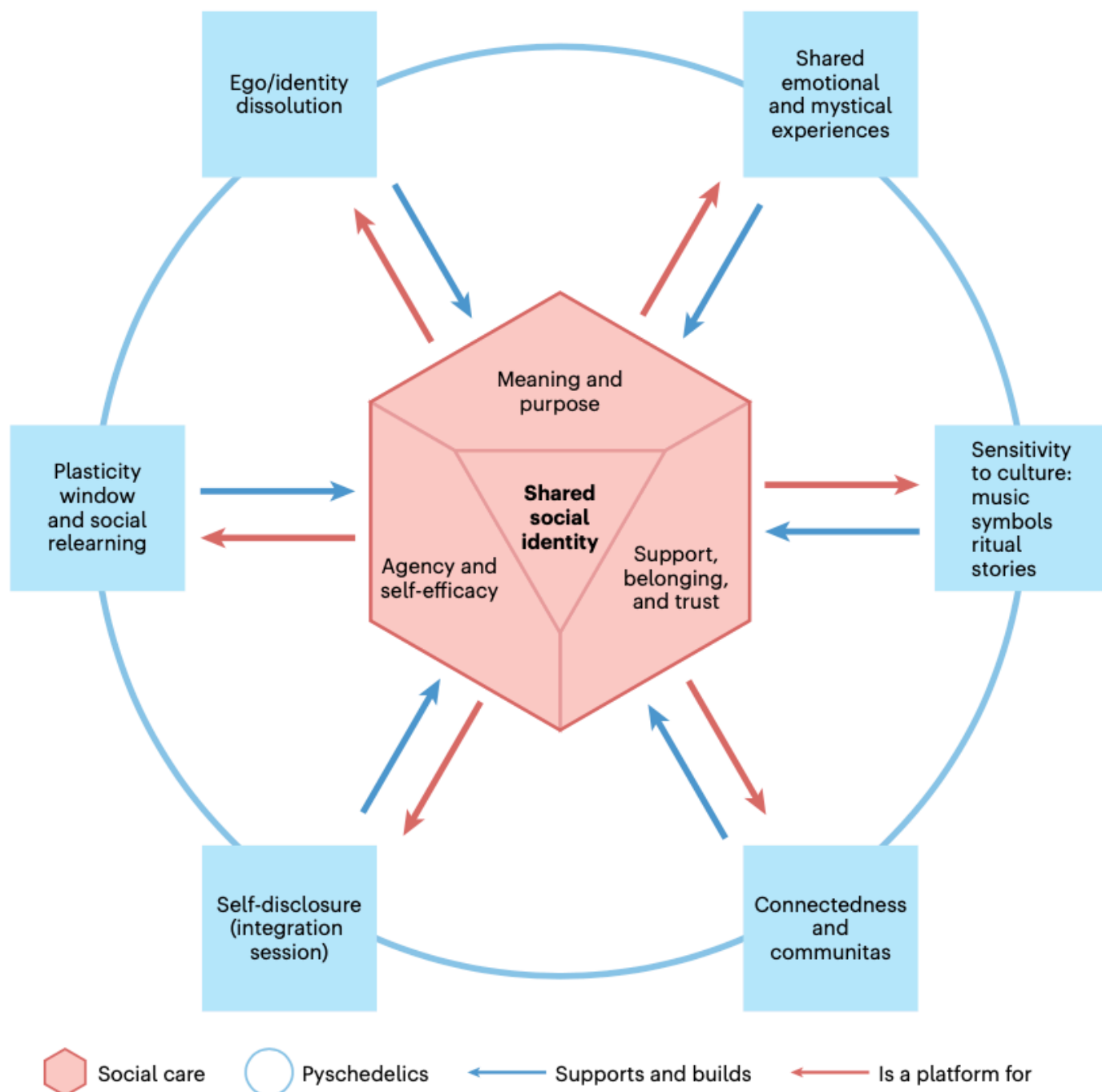
Global research  
shows positive  
impact on  
depression, health  
& cognition



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# Ways to improve psychedelic-assisted therapy in a group setting.



(NEWSON ET AL., 2024)



# **Social identity processes as a vehicle for therapeutic success in psychedelic treatment**

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Martha Newson, S. Alexander Haslam, Catherine  
Haslam, Tegan Cruwys & Leor Roseman  
Nature Mental Health

<https://doi.org/10.1038/s44220-024-00302-5>



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