

**PSYCHEDELIC RESEARCH SNAPSHOT**

# **MUSIC AND NON-MUSIC APPROACHES IN PSILOCYBIN-ASSISTED PSYCHOTHERAPY**



**MAPS**  
CANADA 🍁



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# BACKGROUND

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**Knowledge Gap:** the lack of of intentional non-music periods in psilocybin-assisted psychotherapy (PAP).

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PAP yields rapid, generally antidepressant effects lasting months after treatment.

2 female breast cancer patients via Health Canada's Special Access Program were studied.

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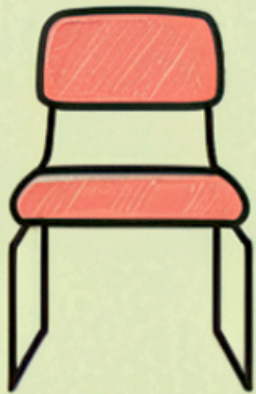
# METHODS

## Preparatory therapy:

2 virtual sessions +  
in-person sessions  
before dosing



**virtual**



**In-person**

## Dosing Session:

Typical PAP session  
with addition of brief  
15–30 minute period  
without music.





## PATIENT 1

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3 prior PAP sessions  
(continuous music) for  
cancer-related  
anxiety/depression (part  
of Special Access  
Program)

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## PATIENT 2

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2 prior  
ayahuasca  
experiences

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No prior  
psilocybin  
experience



# PATIENT HISTORY

# EXPERIENCE WITH MUSIC



## Patient 1

Music guided emotional state

Powerful and essential

Positive, valued music  
highly



## Patient 2

Resisted music

Evoked challenging emotions,  
isolating

Negative, directed toward  
difficult memories

# EXPERIENCE WITHOUT MUSIC

## Patient 1

**Behavior:** Requested more no-music time later in session



Experience was initially unsettling. Later became more positive with mindfulness exercises.

## Patient 2

**Behavior:** Moved to quiet room after 1.5 hours to continue session without music



Preferred verbal discussion with guides, without headphones and blindfold.



TALK THERAPY AND INTERPERSONAL  
GUIDANCE ARE CRITICAL DURING PAP



MUSIC AND MINDFULNESS METHODS  
ARE LIMITED AND UNSTANDARDIZED



MUSIC CAN DISTRACT FROM EMOTIONAL  
PROCESSING OR MINDFULNESS



NON-MUSIC PERIODS CAN HELP  
EMOTIONAL CONNECTION AND  
INTERPERSONAL DISCUSSIONS

# DISCUSSION



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# Key Takeaways:



Non-music periods  
generally beneficial for  
emotional processing.



Standardize music,  
mindfulness, and talk  
therapy in PAP.



Improve reporting on  
music use in studies.



Larger studies needed  
for validation.

# CITATION

## **Music and non-music approaches in psilocybin- assisted psychotherapy: The sound of silence**

Gloeckler, S. G., Thibault  
Lévesque, J., Lehmann, A., Farzin,  
H., & Greenway, K. T.

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