

MUSIC PLAYLISTS & PSYCHEDELIC THERAPY

Research on set and setting has investigated how music can affect the person during psychedelic psychotherapy.

Benefits of Music in the Therapeutic Setting

- Supports self-exploration
- Promotes safety and companionship
- Induces a sense of being on a personal journey
- Can intensify the acute psychoactive effects
- Have freer expression of emotionality

Most playlists have tried to follow a pattern of background music upon entry to therapy, ascent starts when the person takes the psychedelic, the peak has the most intense music, then post-peak or descent as the effects wear off

The effects of music during a session are extremely subjective. Things to consider:

- Is the person religious or spiritual?
- What language does the person speak?
- What are the person's music preferences?
- Are there songs that hold emotional significance, good or bad?
- Which psychedelic will they be using?
(Absorption, time to peak effect, intensity of the effects will vary)

Playlist in the Literature


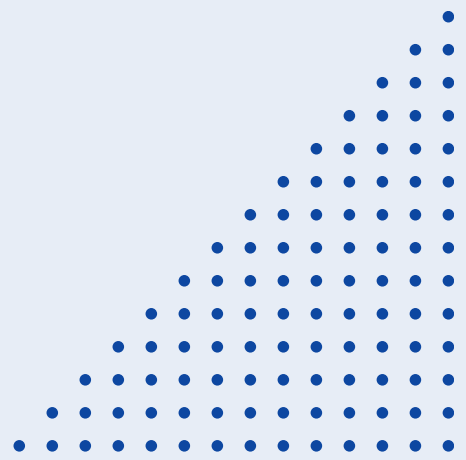
Guided Imagery and Music
for LSD sessions at
Maryland Psychiatric
Hospital 1950-60s ¹

Psilocybin therapy at
Imperial College, London ^{2,3}

Psilocybin Therapy at John
Hopkins University ⁴⁻⁷

Psilocybin Research at the
Chacruna Institute ⁸

Copenhagen Music
Program (can be found on
music streaming sites) ⁹



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