

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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