

# Mindful Continuing Education

## Evaluating the Therapeutic Value of Psychedelics

**1. The ban on psychedelic drugs in the United States was driven by all except**

- A. the rise of the counterculture
  - B. Vietnam War Protests
  - C. lack of standards in clinical trials
  - D. recreational drug use
- 

**2. Most psychedelics are labeled as Schedule 1 drugs meaning they have**

- A. they have a high risk of abuse and no accepted medical use
  - B. they have a high risk of abuse but have medical use
  - C. they have a low risk of abuse and no accepted medical use
  - D. they have a low risk of abuse and medical use
- 

**3. Classic psychedelics are**

- A. dopamine receptor agonists
  - B. glutamate receptor agonists
  - C. norepinephrine agonist
  - D. serotonin agonist
- 

**4. Psilocybin is also known colloquially as**

- A. ecstasy
  - B. magic mushrooms
  - C. lucy
  - D. dots
- 

**5. LSD is made by combining the chemical diethylamide with the natural occurring fungus**

- A. psilocybin
  - B. ergot
  - C. peyote
  - D. ibogaine
- 

**6. Mescaline is derived from**

- A. a flowering plant

- B. a shrub
  - C. a cactus
  - D. a fungus
- 

**7. DMT is also known as the \_\_\_\_\_ for people's report of the profound life changing experiences.**

- A. spirit molecule
  - B. Special K
  - C. magic mushroom
  - D. ecstasy
- 

**8. Ketamine has always been a legal drug used as**

- A. a pain killer
  - B. a stimulant
  - C. a sleep aid
  - D. an anesthetic
- 

**9. Due to it's creating feelings of euphoria and connectedness MDMA is classified as**

- A. a vasopressin
  - B. an entactogen
  - C. a depressant
  - D. a stimulant
- 

**10. This psychedelic has shown a reduction in withdrawal symptoms, reductions in drug cravings and use, and even a complete cessation of drug use.**

- A. Ibogaine
  - B. MDMA
  - C. Ketamine
  - D. LSD
- 

**11. One way psychedelics work is by increasing the serotonergic signaling which in turn decreases the threat sensitivity, this helps treat anxiety and depression by**

- A. increasing hyper-connectivity
  - B. increasing amygdala reactivity
  - C. reducing modulation of glutamate
  - D. reducing the negative cognitive bias
- 

**12. One theory on how psychedelics work is**

- A. by reseting a persons default mode network

- B. they are only effective with psychotherapy
  - C. by stimulating numerous neurotransmitters at once
  - D. by decreasing overproduction of hormones
- 

**13. Researchers are still trying to understand the correlation of how \_\_\_\_\_ improves therapeutic outcomes.**

- A. classic psychedelics
  - B. non-classic psychedelics
  - C. mystical-type experiences
  - D. psychedelic tourism
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**14. \_\_\_\_\_ is experienced whenever humans encounter stimuli so vast and novel that they must alter their understanding of reality.**

- A. Reality
  - B. Awe
  - C. Rumination
  - D. Empathy
- 

**15. In most clinical trials and treatment models the \_\_\_\_\_ consists of rapport building, history gathering, and psychoeducation.**

- A. preparation session
  - B. dosing session
  - C. integration session
  - D. follow-up session
- 

**16. In most clinical trials and treatment models the \_\_\_\_\_ consists of experience and insights being explored and reinforcing the desired changes.**

- A. preparation session
  - B. dosing session
  - C. integration session
  - D. follow-up session
- 

**17. The \_\_\_\_\_ is to protect the safety and welfare of participants and outline principles governing treatment decisions made by providers.**

- A. confidentiality
  - B. therapeutic alliance
  - C. safety protocol
  - D. code of ethics
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**18. These are the three main risks associated with pschedelic therapy except**

- A. potential for a bad trip
  - B. serotonin agonist
  - C. potential to trigger an underlying psychotic disorder
  - D. short-term physiological reactions
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**19. \_\_\_\_\_ is the practice of taking a small amount of psychedelic every few days to experience the benefits without the high.**

- A. microdosing
  - B. macrodosing
  - C. mezzodosing
  - D. mixed dosing
- 

**20. The FDA approved \_\_\_\_\_ on a limited basis to treat major depressive disorder and treatment resistant depression.**

- A. Ketamine
  - B. Esketamine
  - C. MDMA
  - D. DMT
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