

Table S1 PICO Search Terms

P	Population/problem Terms relating to the population being investigated	POST TRAUMATIC STRESS DISORDER or POSTTRAUMATIC STRESS DISORDER or PTSD or POST TRAUMATIC STRESS or POSTTRAUMATIC STRESS
I	Intervention Terms relating to the interventions used.	COGNITIVE BEHAVIORAL THERAPY or CBT or TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY or TFCBT or PROLONGED EXPOSURE or COGNITIVE PROCESSING THERAPY or PSYCHOTHERAPY or PSYCHEDELIC THERAPY or PSYCHEDELIC-ASSISTED THERAPY or PSYCHEDELIC PSYCHOTHERAPY or PSILOCYBIN THERAPY or DMT THERAPY or KETAMINE THERAPY or MDMA-ASSISTED THERAPY or Mescaline or IBOGAINE or LSD
C	Comparison/Method Terms related to the qualitative research design.	QUALITATIVE or MIXED METHOD or QUALITATIVE INQUIRY or ETHNOGRAPH or GROUNDED THEORY or PHENOMOLOGY or NARRATIVE or DISCOURSE or THEMATIC or HEURISTIC or HERMENEUTIC or IPA
O	Outcome Terms relating to the outcomes and experiences of participant's	PATIENT EXPERIENCE or PERCEPTION or PERSPECTIVE or VIEWS or PATIENT SATISFACTION or ATTITUDES or PATIENT REPORTED OUTCOME or ACCEPTABILITY

Table S1a. PICO search terms for evidence-based psychotherapy intervention (EBPI) literature search.

P	Population/problem Terms relating to the population being investigated	POST TRAUMATIC STRESS DISORDER or POSTTRAUMATIC STRESS DISORDER or PTSD or POST TRAUMATIC STRESS or POSTTRAUMATIC STRESS or MAJOR DEPRESSIVE DISORDER or MDD or ANXIETY DISORDER or OCD or END-OF-LIFE or PALLIATIVE or ANOREXIA NERVOSA or ALCOHOL USE DISORDER
I	Intervention Terms relating to the interventions used.	PSYCHEDELIC THERAPY or PSYCHEDELIC-ASSISTED THERAPY or PSYCHEDELIC PSYCHOTHERAPY or PSILOCYBIN THERAPY or DMT THERAPY or KETAMINE THERAPY or MDMA-ASSISTED THERAPY or Mescaline or IBOGAINE or LSD
C	Comparison/Method Terms related to the qualitative research design.	QUALITATIVE or MIXED METHOD or QUALITATIVE INQUIRY or ETHNOGRAPH or GROUNDED THEORY or PHENOMOLOGY or NARRATIVE or DISCOURSE or THEMATIC or HEURISTIC or HERMENEUTIC or IPA
O	Outcome Terms relating to the outcomes and experiences of participant's	PATIENT EXPERIENCE or PERCEPTION or PERSPECTIVE or VIEWS or PATIENT SATISFACTION or ATTITUDES or PATIENT REPORTED OUTCOME or ACCEPTABILITY

Table S1b. PICO search terms for psychedelic therapy (PT) literature search.

Table S2: Patients' and Clinicians' Quotes Demonstrating Core Themes

Evidence Based Psychotherapy Interventions in PTSD

Theme 1: Patient Burden

Sub-theme (if any identified): **1a: Real World Barriers**

Study & Author	Patient Quote
"It didn't fit for me": A qualitative examination of dropout from prolonged exposure and cognitive processing therapy in veterans ¹	<i>"When it came to the point where it was jeopardizing my job, you know, the therapy come later, man. I gotta get paid."</i>
Making sense of poor adherence in PTSD treatment from the perspectives of veterans and their therapists. ²	<i>"I felt very overwhelmed, and I felt very lost and very frantic in what I had to do [for therapy]. Especially having the homework to do, but then knowing I couldn't do it. Because I knew my reaction was going to upset my daughters. So, then trying to find time later at night, but then writing about all of that would disturb my sleep - what little I get. And the disturbed sleep would mean I was up all night... so it just kind of snowballed."</i>
Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"[I was worried it would] make a wreck of me; I was already depressed and really scared of myself."</i>
Perceived benefits and drawbacks of massed prolonged exposure: A qualitative thematic analysis of reactions from treatment completers. ⁴	<i>"With weekly sessions, you never truly get over the trauma."</i>
Exploring mothers' experiences of trauma and violence-informed cognitive behavioural therapy following intimate partner violence: a qualitative case analysis ⁵	<i>"Having more time... you have a whole bunch of questions and maybe not enough time to get everything out."</i>
Intensive outpatient treatment for post-traumatic stress disorder: a thematic analysis of patient experience ⁶	<i>"It's a lot easier to stay tuned in to treatment, because when a few days pass between sessions something might happen that occupies your thoughts and the link between sessions might not be as easy to catch."</i>
A participatory study of patient views on psychotherapy for complex post-traumatic stress disorder, CPTSD ⁷	<i>"The therapy has really helped, but I need more because I am just open, you know when you get that last and you see that mushroom cloud, I am like the mushroom cloud it hasn't dissipated yet..."</i>

Theme 1: Patient Burden

Sub-theme (if any identified): **1b. Tolerating Treatment Emergent Adverse Events**

Study & Author	Patient Quote
Asylum-Seekers' Experiences of Trauma-Focused Cognitive Behaviour Therapy for Post-Traumatic Stress Disorder: A Qualitative Study ⁸	<i>"When you come, you have to really like talk about it and how you're feeling and that brings it like to the surface and it's really raw and that's really hard and sometimes, you know, you don't feel like doing that 'cause it's painful."</i>

Perspectives on a Stage-Based Treatment for Posttraumatic Stress Disorder Among Dialectical Behavior Therapy Consumers in Public Mental Health Settings ⁹	<i>"I'm kind of afraid to talk about it and deal with it and get into the details about it, because I'm afraid I might break down. And I don't want to do that because I don't like breaking down."</i>
Veterans' reasons for dropping out of prolonged exposure therapy across three delivery modalities: A qualitative examination ¹⁰	<i>"I became depressed, withdrawn, I started to have some nightmares again... I did not feel physically and mentally able to continue because of those reasons."</i>
Perceived benefits and drawbacks of massed prolonged exposure: A qualitative thematic analysis of reactions from treatment completers. ⁴	<i>"Sometimes I felt like I would rather go home than have to relive this each day."</i>
Adult Service-Users' Experiences of Trauma-Focused Cognitive Behavioural Therapy ¹¹	<i>"I felt like I'd got a personality disorder. And he [therapist] said well a lot of people feel like that, that they're going crazy and stuff like that, but I did actually feel I was completely disintegrating."</i>

Theme 1: Patient Burden

Sub-theme (if any identified): **1c. Misaligned Treatment Logic Model and Expectancy**

Study & Author	Patient Quote
"It's Worth It in the End": Veterans' Experiences in Prolonged Exposure and Cognitive Processing Therapy ¹²	<i>"I was expecting too much from that treatment. I said, 'Okay I'm going to go into this, I'm going to get all this out and I'm going to never think about it.' It doesn't work that way."</i>
"It didn't fit for me": A qualitative examination of dropout from prolonged exposure and cognitive processing therapy in veterans ¹	<i>"They just want to go into the past, but we need or what I need is how to cope with what I have right now, and then everyday civilian life, instead of just regressing and getting to the roots."</i>
Making sense of poor adherence in PTSD treatment from the perspectives of veterans and their therapists. ²	<i>"[My therapist] said... 'You're going to talk about it and talk about it and try to get over it.' I said, '... I cannot make my life go away by just talking about it.'"</i>
	<i>"I really do not understand CPT. Like what it's supposed to do? I wouldn't really know."</i>

Theme 1: Patient Burden

Sub-theme (if any identified): **1d. Interpersonal and relational difficulties**

Study & Author	Patient Quote
Perspectives on a Stage-Based Treatment for Posttraumatic Stress Disorder Among Dialectical Behavior Therapy Consumers in Public Mental Health Settings ⁹	<i>"I was pissed off that people were trying to desensitize me to something horrible that happened because it almost seems like, 'Oh you're overreacting just think about, just be around it enough and you won't feel that way anymore.'"</i>
Veterans' reasons for dropping out of prolonged exposure therapy across three delivery modalities: A qualitative examination ¹⁰	<i>"I did not really have anyone in-person to talk to... I did not really have a lot of support in terms of like family or friends, or relationships around me that were good."</i>
Veterans' perspectives on discussing moral injury in the context of evidence-based	<i>"It's hard to have a relationship with like a girlfriend or something because it's just they don't understand the whole...everything. So it's almost impossible to have a relationship."</i>

psychotherapies for PTSD and other VA treatment ¹³	
Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"After every session I would talk to [my wife]. I would discuss with her what happened and tell her my homework assignments so she could hold me accountable."</i>
"I'm not alone, my story matters": Incarcerated women's perspectives on the impact and acceptability of group psychotherapy involving imaginal exposure to sexual assault memories ¹⁴	<i>I was overwhelmed with knowing that I would soon have to tell my story. The fear of exposure was almost too much"</i>

Theme 2: Readiness

Sub-theme (if any identified): **None**

Study & Author	Patient Quote
Adult Service-Users' Experiences of Trauma-Focused Cognitive Behavioural Therapy ¹¹	<i>"I was desperate for help, yes I was I admit that."</i>
Trauma survivors' perceptions and experiences of prolonged exposure for PTSD at a psychology clinic ¹³	<i>"The first session I really did not want to be there, but I realised I needed to be there. Me needing to be there outweighed me not wanting to be there. So, I sat, and I was honest, and I was as open as I could be, because I realised the end goal."</i>
Perspectives on a Stage-Based Treatment for Posttraumatic Stress Disorder Among Dialectical Behavior Therapy Consumers in Public Mental Health Settings ⁹	<i>"I'm really scared to go into [DBT PE]. But... you get your DBT skills first [and] I think that's what's going to help me the most... I don't want to live like this anymore... I deserve to be happy."</i>
Experiences with basic body awareness therapy as an add-on to cognitive behavioural therapy among Danish military veterans with PTSD: An interview study ⁴	<i>"I have to force the words out. I have a hard time talking about it."</i>
Asylum-Seekers' Experiences of Trauma-Focused Cognitive Behaviour Therapy for Post-Traumatic Stress Disorder: A Qualitative Study ⁸	<i>"I started maybe feeling a bit of a difference. That's when I used to force myself 'You have to go. No, be strong, go and they are helping you', so I end up going."</i>
Interpersonally traumatised patients' view of significant and corrective experiences in the psychotherapeutic relationship ¹⁵	<i>"It was about staying in a subject that you wish did not exist."</i>
Clients' Experiences of Returning to the Trauma Site during PTSD Treatment: An Exploratory Study ¹⁶	<i>"I didn't think that I would be able to go to certain places in London but going there helped me face my fears and realize that it isn't as bad as what I thought it might be."</i>
"It's Worth It in the End": Veterans' Experiences in Prolonged Exposure	<i>"Yes, I did (consider dropping out) because I was avoiding having to write out my traumatic experience but I knew I had to do it... I can't keep burying my head in the sand."</i>

and Cognitive Processing Therapy ¹²	
Perceived benefits and drawbacks of massed prolonged exposure: A qualitative thematic analysis of reactions from treatment completers. ⁴	<i>"Confronting the trauma every day allowed me to get past it."</i>
Perceived treatment processes and effects of interactive motion-assisted exposure therapy for veterans with treatment-resistant posttraumatic stress disorder: a mixed methods study ¹⁷	<i>"On the one hand it really felt horrible, but on the other hand you know that you have to be in [the memory]."</i>
Veterans' perspectives on discussing moral injury in the context of evidence-based psychotherapies for PTSD and other VA treatment ¹³	<i>"Because I avoided talking about things, I probably didn't get the full help I could have gotten."</i>
"I'm not alone, my story matters": Incarcerated women's perspectives on the impact and acceptability of group psychotherapy involving imaginal exposure to sexual assault memories ¹⁴	<i>"I was overwhelmed with knowing that I would soon have to tell my story. The fear of exposure was almost too much."</i>
Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"After every session I would talk to [my wife]. I would discuss with her what happened and tell her my homework assignments so she could hold me accountable."</i>
Patient perspectives on the effectiveness and tolerability of group-based exposure therapy for posttraumatic stress disorder: Preliminary self-report findings from 20 veterans ¹⁸	<i>"I didn't run out on my men in Vietnam, and I wasn't going to do it here."</i>

Theme 3: Key Mechanisms of Change
Sub-theme (if any identified): **None**

Study & Author	Patient Quote
Exploring mothers' experiences of trauma and violence-informed cognitive behavioural therapy following intimate partner violence: a qualitative case analysis ⁵	<i>"If I was being triggered... usually it would come out in anger or fear. Before I didn't really know why I was doing that and then throughout my therapy I realized it was the fear of their vulnerability."</i>
Acceptability and mechanisms of change associated with group cognitive behavioural therapy using the Recovering from Childhood Abuse Programme among women with CPTSD: a qualitative analysis ¹⁹	<i>"...now when I am triggered, I am like ok, what exactly happened? Why am I feeling like this? Is this actually true? So, I think that has been useful because my understanding of where my emotions are coming from, it makes me process them, so I can calm myself more easily."</i>
Patient perspectives on the effectiveness and tolerability of group-based exposure therapy for	<i>"It made me realize that my reactions were not so abnormal, that I am not so abnormal."</i>

posttraumatic stress disorder: Preliminary self-report findings from 20 veterans ¹⁸	
Perceived treatment processes and effects of interactive motion-assisted exposure therapy for veterans with treatment-resistant posttraumatic stress disorder: a mixed methods study ¹⁷	<i>"That went a little deeper with every session. And with every trauma, actually... At some point, I could recall things that I had never... That I had never thought about again, that never crossed my mind."</i>
"It's Worth It in the End": Veterans' Experiences in Prolonged Exposure and Cognitive Processing Therapy ¹²	<i>"Knowing how it affects you, how it affects your daily life, why I walk around my car so much before I'll get in it. It seemed like it was all the basic stuff that I needed to know because I've been in therapy for a long time."</i>
"I'm not alone, my story matters": Incarcerated women's perspectives on the impact and acceptability of group psychotherapy involving imaginal exposure to sexual assault memories ¹⁴	<i>"It made me... realize that I am a good and forgivable person."</i>
	<i>"Realizing I'm not alone and that there are others out there who has been through similar traumatic events and that people are willing to help."</i>
Patient and Therapist Perspectives on Treatment for Adults with PTSD from Childhood Trauma ¹⁶	<i>"How I look at myself in those situations has definitely changed... I can now honestly say that I did what I could as a child... there was nothing I should have done to begin with, so I didn't fail to do anything. Or neglect to do anything. That I'm less hard on myself, in that sense. I am less critical of myself."</i>
Changing Beliefs about Trauma: A Qualitative Study of Cognitive Processing Therapy ²⁰	<i>"Although my feelings about my [combat experience] remain largely unchanged, I am now at least willing to consider other ideas. These would be: one, I was not a complete failure. Two, certain events were beyond my control. Three, I do not need forgiveness. Four, I did the best I could in most cases"</i>
Veterans' perspectives on discussing moral injury in the context of evidence-based psychotherapies for PTSD and other VA treatment ¹³	<i>"I gotta say breaking down and crying...as much as I hated doing that I think that was helpful. It made me realize that I'm not this evil asshole that goes around killing people."</i>
Clients' Experiences of Returning to the Trauma Site during PTSD Treatment: An Exploratory Study ¹⁶	<i>"It was the final piece of the puzzle, and delivered so much reassurance, closure and release from the trauma."</i>
Asylum-Seekers' Experiences of Trauma-Focused Cognitive Behaviour Therapy for Post-Traumatic Stress Disorder: A Qualitative Study ⁸	<i>"I think with all of those problems and experiences you always have two way either to lose everything and to lose yourself or to improve and develop skills and you brain and yourself first of all and I think I was put by [therapist] in the second way, so that I can really you know create a better person, not the same, even, but a better person."</i>
Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"[He] left a lot of decisions up to me. I felt like he was taking my experience into consideration and not just his diagnosis [of me]... I felt like he allowed me to take part in what I felt was going to work for me."</i>
"I wish people could come together like we have," patient and provider perspectives on VA residential PTSD treatment ²¹	<i>"...I think the brotherhood, I mean we were all in the military and we're all, it's amazing how 15, 17 whatever people are here don't know each other, never met each other, but put them in a group and it's like a big family. It's amazing how it works and I wish things out in the world would, people could come together like we have."</i>

Theme 4: Psychological Safety and Trust

Sub-theme (if any identified): **4a. Experience of Therapist**

	Study & Author	Patient Quote
Positive Experiences Quotes	A participatory study of patient views on psychotherapy for complex post-traumatic stress disorder, CPTSD ⁷	<i>"If someone come for therapy, the therapist have to help people because we face problem to trust in people... When someone trusts you, he can open his mind and start to tell you the things he's facing."</i>
	Experiences with basic body awareness therapy as an add-on to cognitive behavioural therapy among Danish military veterans with PTSD: An interview study ⁴	<i>"The trust in her and the fact that she understands me and can keep up with me and actually get to know me. This is very, very important."</i>
	Perceived treatment processes and effects of interactive motion-assisted exposure therapy for veterans with treatment-resistant posttraumatic stress disorder: a mixed methods study ¹⁷	<i>"Sometimes it was almost as if she [therapist] was, like, walking with me... Well, that she was close to me, a kind of support and calmness."</i>
	"I'm not alone, my story matters": Incarcerated women's perspectives on the impact and acceptability of group psychotherapy involving imaginal exposure to sexual assault memories ¹⁴	<i>"I just had a trusting easy feeling after I talked to [the group leaders]."</i>
	Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"[Therapist was] someone in my corner rooting for me [saying] 'You're going to get better, this is going to help and I'm here to help you.'"</i>
	Clients' Experiences of Returning to the Trauma Site during PTSD Treatment: An Exploratory Study ¹⁶	<i>"Having someone with me helped me to focus and manage the difficulties."</i>
	"It's Worth It in the End": Veterans' Experiences in Prolonged Exposure and Cognitive Processing Therapy ¹²	<i>"I loved (therapist name); she was great and she was patient and she helped keep me focused... that made it a little bit easier to show up."</i>
	"I wish people could come together like we have," patient and provider perspectives on VA residential PTSD treatment ²¹	<i>"My individual therapist was great. In the beginning, I didn't like her because she called me on my crap, you know but like I said that's exactly what I needed. She remembered everything, everything that I talked about, even things that I thought she wouldn't remember, she would bring them back up and help me, not force me to talk about it, but help me along the way in talking about it. So she really helped me in my progression in the program."</i>
	Intensive outpatient treatment for post-traumatic stress disorder: a thematic analysis of patient experience ¹⁵⁵	<i>"You know that there are people here who know what to do, they deal with this sort of thing every day. They have a thousand experiences like this, right...and that's when I felt like, 'ah...this is a place where I can share"</i>
		<i>"It was taken at my pace. You know, my therapist suggested things what sort of like ... Instead of saying</i>

	Adult Service-Users' Experiences of Trauma-Focused Cognitive Behavioural Therapy ¹¹	<i>do this do that, she made suggestions and I sort of come out with suggestions and then she said, "Oh yeah, try that."</i>
		<i>"I had the facilitation to examine my own beliefs and ideas with help and support. Rather than directing me, he facilitated me."</i>
Adverse Experiences Quotes	Veterans' reasons for dropping out of prolonged exposure therapy across three delivery modalities: A qualitative examination ¹⁰	<i>"I just did not like their (the therapist) style about doing things. I just felt they were impersonal and I did not think that they really understood the way I needed to be talked to about it and kept pushing their way on it. They could tell I was getting frustrated but just kept doing it, did not really give any consoling or anything like that."</i>
	Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"The entire time she read from a sheet. It was extremely impersonal and forced. Like she was there for a pay check instead of what she was there to do."</i>
	Making sense of poor adherence in PTSD treatment from the perspectives of veterans and their therapists. ²	<i>"I would say the person [therapist] was not sympathetic to my issues... She's looking at another computer and writing things down. No eye contact... You're [therapist] not interested in what I have to say, and you are already preoccupied."</i>
	Veterans' perspectives on discussing moral injury in the context of evidence-based psychotherapies for PTSD and other VA treatment ¹³	<i>"I don't trust authority. For my PTSD I lost trust in people...so I lost trust in my therapist. So that's why that therapy didn't work."</i>

Theme 4: Psychological Safety and Trust

Sub-theme (if any identified): **4b. Experience of Group and Wider Psychosocial Setting**

	Study & Author	Patient Quote
Positive Experiences Quotes	A participatory study of patient views on psychotherapy for complex post-traumatic stress disorder, CPTSD ⁷	<i>"Once I felt more comfortable & confident within the group, the group was definitely far better than. talking to a single person..."</i>
	Perceived benefits and drawbacks of massed prolonged exposure: A qualitative thematic analysis of reactions from treatment completers. ⁴	<i>"I truly think the group format gives us a sense of security and with that format we are reconnecting with our brothers again."</i>
	"I wish people could come together like we have," patient and provider perspectives on VA residential PTSD treatment ²¹	<i>"...I think the brotherhood, I mean we were all in the military and we're all, it's amazing how 15, 17 whatever people are here don't know each other, never met each other, but put them in a group and it's like a big family. It's amazing how it works and I wish things out in the world would, people could come together like we have."</i>
	Perspectives on a Stage-Based Treatment for Posttraumatic Stress Disorder Among Dialectical Behaviour Therapy Consumers in Public Mental Health Settings ⁹	<i>"Peer support... it can be almost critical for some people to have somebody who's been through it that they can relate to and talk to on that level."</i>

	Divergent experiences of U.S. veterans who did and did not complete trauma-focused therapies for PTSD: A national qualitative study of treatment dropout ³	<i>"After every session I would talk to [my wife]. I would discuss with her what happened and tell her my homework assignments so she could hold me accountable."</i>
Adverse Experiences Quotes	Veterans' reasons for dropping out of prolonged exposure therapy across three delivery modalities: A qualitative examination ¹⁰	<i>"I did not really have anyone in-person to talk to... I did not really have a lot of support in terms of like family or friends, or relationships around me that were good."</i>
	"I'm not alone, my story matters": Incarcerated women's perspectives on the impact and acceptability of group psychotherapy involving imaginal exposure to sexual assault memories ¹⁴	<i>"They were not respectful of other people"</i>
		<i>"I was overwhelmed with knowing that I would soon have to tell my story. The fear of exposure was almost too much."</i>
		<i>"Because they felt uncomfortable in our group"</i>
Veterans' perspectives on discussing moral injury in the context of evidence-based psychotherapies for PTSD and other VA treatment ¹³	<i>"It's hard to have a relationship with like a girlfriend or something because it's just they don't understand the whole."</i>	
Acceptability and mechanisms of change associated with group cognitive behavioural therapy using the Recovering from Childhood Abuse Programme among women with CPTSD: a qualitative analysis ¹⁹	<i>"I found some parts a bit triggering when people recounted their personal experiences. I felt quite frozen and couldn't speak. I found it harder to concentrate and felt myself go into a darker place when discussing suicide."</i>	

Theme 4: Psychological Safety and Trust

Sub-theme (if any identified): **4c. Experience of Self**

	Study & Author	Patient Quote
Positive Experiences Quotes	Asylum-Seekers' Experiences of Trauma-Focused Cognitive Behaviour Therapy for Post-Traumatic Stress Disorder: A Qualitative Study ⁸	<i>"I started maybe feeling a bit of a difference. That's when I used to force myself 'You have to go. No, be strong, go and they are helping you', so I end up going."</i>
	Perceived treatment processes and effects of interactive motion-assisted exposure therapy for veterans with treatment-resistant posttraumatic stress disorder: a mixed methods study ¹⁷	<i>"I had lost faith in everyone, and I regained a little bit of that, but also that bit of confidence in myself. I rediscovered that here."</i>
	"It's Worth It in the End": Veterans' Experiences in Prolonged Exposure and Cognitive Processing Therapy ¹²	<i>"I did begin to feel better after about the third or fourth time of being there. I started to feel a little bit of relief and I could see where I was looking at some things different."</i>
	Trauma survivors' perceptions and experiences of prolonged exposure for PTSD at a psychology clinic ¹³	<i>"I noticed changes, I noticed differences. I thought, it is helping. So, let me just come back."</i>

	Changing Beliefs about Trauma: A Qualitative Study of Cognitive Processing Therapy ²⁰	<i>"My self-worth has increased during therapy. I no longer look on myself as fundamentally flawed. I no longer see myself as bad or evil or worthless. It was my misperceptions of events which sent me into a spiral of shame, guilt, and depression."</i>
Adverse Experiences Quotes	Veterans' reasons for dropping out of prolonged exposure therapy across three delivery modalities: A qualitative examination ¹⁰	<i>"I became depressed, withdrawn, I started to have some nightmares again, and I tried it for about a week, and it kept getting worse and worse and I said this is not worth it. I did not feel physically and mentally able to continue because of those reasons."</i>

Psychedelic Therapy Research

Theme 1: Indirect Trauma Processing
Sub-theme (if any identified): **None**

Study & Author	Patient Quotes and Clinicians' Testimonials
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	Clinician Testimonial: <i>"Patients were particularly focused on battling with trauma memories. Most could pinpoint particular events in childhood which they felt played a causal role in the development of depression, and they had usually tried to avoid talking about these memories, because the emotions they could trigger were so powerful: overwhelming fear, shame, guilt, disgust."</i>
	Clinician Testimonial: <i>"It seemed that some of the most powerful experiences during dosing days were moments when past traumas were apparently revisited. Some reported seeing their abusers abusing them, or reliving traumas in infancy."</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	Clinician Testimonial: <i>"A theme of traumatic histories emerged in their backgrounds. Consistent with contemporary research showing that adverse childhood experiences significantly increase the likelihood of substances use disorders, 90% of the participants in this study reported using substances to cope with traumatic experiences in their histories"</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	Clinician Testimonial: <i>It appears that LSD-assisted psychotherapy involves a combination of mechanisms operating in conventional psychotherapy, such as a facilitated access to emotions, relieving of traumatic memories, abreaction and catharsis, facilitation of emotional and intellectual insights</i>
Treating drug dependence with the aid of ibogaine: A qualitative study ²⁵	Patient Quote: <i>"Mostly from my childhood, related to my parents quarrelling. I saw a lot of bad things. I saw my father bribing my mother with jewelry, flattering her with leisure activities, with superfluous things. I saw him drinking, falling down where he stored his drinks."</i>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	Patient Quote: <i>"The truck struck the car and the car ran over my daughter and I was watching my daughter dying, or I tried to save her and the car would crash, and the truck would hit the car and the car would run over us both, I could never save her. (Jair, 34)"</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	Clinician Testimonial: <i>"All 13 participants described debilitating fear related to cancer progression or recurrence, the imminence of death, and/or physical and emotional traumas experienced from their medical diagnosis and cancer treatment."</i>

	Clinician Testimonial: <i>“Another participant (Mike, aged 57 years, diagnosis: prostate cancer) indicated that at the time of his diagnosis, he felt the “bottom dropping out” from under him and felt that “death was going to be very close . . . I wasn’t ready for that.”</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretative Phenomenological Analysis ²⁸	Clinician Testimonial: <i>“Five participants reported having access to long-held strong or repressed emotions such as grief, sadness, and traumatic pain.”</i>
	Clinician Testimonial: <i>“For the first time since he was 6 years old, Adam cried, weeping tears of grief and sadness, which he had held in abeyance for nearly two decades. This catharsis provided him with a profound sense of relief.”</i>
	Clinician Testimonial: <i>“Another participant reported having had, unexpectedly and for the first time in her life, access to emotions related to childhood sexual trauma. She came to realize the emotional “weight” and “baggage” she was carrying and “had not dealt with” because “it was too painful, and it was too awful... I feel like what happened was that in a very short period of intense time I dealt with some really powerful things and put it behind me.”</i>
	Patient Quote: <i>“It really hit me very strong. And um, it was terrifying. It was just terrifying. It was, um, I was completely disoriented”</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	Clinician Testimonial: <i>“Moreover, the specific content of significant or meaningful experiences – for instance, the releasing of personal ‘demons’ (Participant 406), re-emergence of traumatic memories (Participant 416), or more general distress and discomfort throughout a session (Participant 427)”</i>
“This Is Something That Changed My Life”: A Qualitative Study of Patients’ Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	Patient Quote: <i>“So, if trauma was like a ball so like you've got something about the size of a tennis ball that has a trauma experience. It's attached to your body. You can move it around in the body, but it's still attached to you. It's unpicking that fabric and weaving the fabric into your being. So, it doesn't cease to exist, but its power is gone” (P09).</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	Clinician Testimonial: <i>“Nearly all participants (n = 8) characterized their previous attempts at coping with cognitions and emotions associated with their traumatic histories as ineffective, leading to prolonged distress and complicated grief reactions.”</i>
	Clinician Testimonial: <i>“Participants also experienced psilocybin as a catalyst for reconstructing their identities from rigidly centered on their past traumas to more flexible and growth-oriented life narratives (“trauma-dominant” to “growth-dominant”).”</i>
	Patient Quote: <i>“Carrying the weight of [my trauma] throughout my whole life” (P7).</i>
	Patient Quote: <i>“It [traumatic event] changed me from being, like, a very happy kid. I was a very outgoing kid. But then I got very shy, and it just changed my personality . . . it colored so much of my life” (P3).</i>
Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	Clinician Testimonial: <i>“These four participants’ personal narratives extended beyond the cancer diagnosis itself, frequently revolving around themes of self-compassion and love, acceptance of death, and memories of past trauma, though the specific details or narrative content differ substantially.”</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use	Patient Quote: <i>“The drinking was more of a symptom of a set of issues that the drinking was around, like childhood trauma and neglect”</i>

disorder: An interpretive phenomenological analysis. ³³	
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Theme 12: Reorganization of self-narratives via processes of relatedness and identification
Sub-theme (if any identified): **1a. With psychedelic compound**

Study & Author	Patient Quote
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"Before, I had stomach problems, food sensitivities. [During the dosing session] I had stomach pains, it (psilocybin) was going where it needed to go"</i>
	<i>"It's almost as if when you take the capsules it's like taking onboard your own psychotherapist"</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"I'm not understanding everything that [ibogaine] had to show me... it was a wild experience"</i>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<i>"I think what pushed me away from the alcohol was that the MDMA proved to me that if you want something to help you, it helps you continuously"</i>
	<i>"I think that the MDMA gave me the ability to feel as though I was capable and safe of tackling the issues. Whereas before I feared those thoughts and I tried to avoid them at all times, and avoid things that reminded me of those thoughts, I think it allowed me to feel safe in my space."</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>"During the session the thoughts were ... 'Do I travel the right path'? That was my question. Not dealing with death during the session but if I am on the right path. LSD gave me the feeling intensively that I am on the right path. That was nice."</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³³	<i>"The psilocybin freed up the things that were going on inside of me that made me want to drink, that made me not want to confront my life, what was going on in my life. The psilocybin opened the door so I could get into spaces and see what was going on and do something about it. The fear, anxiety, and other negative emotions that were bound up with my drinking were dissolved by the psilocybin."</i>

Theme 1: Reorganization of self-narratives via processes of relatedness and identification
Sub-theme (if any identified): **1b. With condition**

Study & Author	Patient Quote
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"Depression is like when you have a dead leg and the psilocybin made the blood flow start to come back."</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"[Ibogaine] made me proud to be who I am... it literally put deep depression away really quickly."</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted	<i>"[The psilocybin] just opens you up and it connects you . . . it's not just people, it's animals, it's trees—everything is interwoven, and that's a big relief . . . I think it does help you accept death because"</i>

Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>you don't feel alone, you don't feel like you're going to, I don't know, go off into nothingness"</i>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<i>"It (Ibogaine) re-edits your brain, actually it is like if it was a computer right? I mean, the feelings go the feelings folder, because everything was shuffled, and this is more or less what it seems like."</i>
Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	<i>"I would say [I have] less anxiety about my body and my sickness coming back, my cancer coming back...I saw this body for what it's worth, I picked it, it's mine... I think that acceptance has been liberating"</i>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<i>"I had the series of, 'you did this, you did this, look at this, this, this and this with the liquor,' then I saw this long tunnel and I was expecting to see a light but it didn't quite happen. I didn't see the light at the end of the tunnel, but I did see like chains; and the significance to me was that I was in bondage by the alcohol."</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³³	<i>"[Alcohol] was a friend that helped me, but then I got to see that it's not really the friend that I thought. It provides like an hour of relief and then there's 23 hours of recovery, and that's not worth it. So, this friend is, really, it's not a friend anymore."</i>

Theme 1: Reorganization of self-narratives via processes of relatedness and identification
Sub-theme (if any identified): **1c. With the known biographical self, including body**

Study & Author	Patient Quote
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<i>"I had something very bad inside me that I could understand and free with ibogaine. It was a sad little girl that I had inside me."</i>
	<i>"Then I had many memories, it seems like... almost all possible memories came, you know? It was like I relived my life."</i>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<i>"I feel like I understand a little differently now.... It's like my inner self is asking me, "How many times have you actually done something so horrific that it just... that it would turn people away from you?" I can't think of a single thing."</i>
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"[I] became myself at age 7, after my [grandparent] had died. I totally was back there, so vivid, so real, I had the emotions that I would have felt at the time: fearful, why did this happen, the naivety, the shock and confusion. I was getting overly upset and my parents were saying 'boys don't cry.'"</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>"I don't know if I really learned – it was more like letting back in stuff that I had blocked out?... I don't think I changed my values, just remembered more of them. Or just remembered to honour them more, or...allow them more."</i>
"This Is Something That Changed My Life": A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	<i>"If I had just gone to education sessions and gone: 'oh well I work around alcohol all day, I am pretty sure I know all the stuff I need to know about it,' I probably wouldn't have listened so deeply. But the ketamine sort of made me more willing to engage with it"</i>
	<i>"My body was still starting to disappear, but not as quick so. It's almost like your body gets used to it"</i>

Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	Clinician Testimonial: <i>He witnessed his own conception, birth, and death, and described a vision in which he watched his family at his own funeral while feeling a “tremendously painful” helplessness</i>
Treating drug dependence with the aid of ibogaine: A qualitative study ²⁵	<i>“I saw myself in a Psychology university, I saw myself restarting from the beginning, I really saw myself slowly creating a solid foundation. Whenever I thought about working, I saw myself at the university. I realized I need to study, if I want to do this, this ibogaine showed to me, showed me in between lots of books, showed me in the corridor of a university”</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<i>“The child that survived all that is really strong, right? The person that I was then, that endured that, who became what I am today. So, if I can take some strength from that child and bring it into the adult that it’s become, I think that’s the useful thing”</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³³	<i>“I have compassion for the dense person who thinks alcohol is going to help her. I gained compassion for the whole process really, and that’s something that’s really carried over ... Even if I feel like, “Oh, I shouldn’t have drunk that much,” it’s, like, “It’s okay.” I trust the process more.”</i>

Theme 1: Reorganization of self-narratives via processes of relatedness and identification

Sub-theme (if any identified): **1d. With others**

Study & Author	Patient Quote
Relationship with Significant Others:	
Patients’ Accounts of Increased “Connectedness” and “Acceptance” After Psilocybin for Treatment-Resistant Depression ²²	<i>“I was thinking about relationships I had with other people and thinking I could see them clearly almost as if for the first time. I had fresh insight into things. It was almost as if suddenly the scales dropped from my eyes, I could see things as they really are.”</i>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<i>“I was having a hard time, and I was crying. That’s when my grandma was calling me, and rocking me, and singing to me. So that brought up a lot of emotions.”</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretive Phenomenological Analysis ²⁸	<i>“I felt like my family was doing their best and that people tried as hard as they could. And that even people that weren’t there for me did their best, and certain things from the past were in the past. [pause] And that was okay.”</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<i>“It was just the sadness of the loss. And there were some feelings of joy as I thought about him and about our friendship. It was a combination”</i>
	<i>“A lot of things I haven’t thought about or talked about for a long time just started coming out, both good and bad. You know, memories of my family and my parents were really positive. Memories of being bullied and hurt and ridiculed or losing partners were hard”</i>
	<i>“There are people that have really hurt me, but it’s resolved with the forgiveness that was presented to me [during the psilocybin session] . . . I had thoughts of “We’re all doing the best we can,” kind of, to a place of forgiveness and patience and just openness.”</i>

<p>“This Is Something That Changed My Life”: A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰</p>	<p><i>"It was showing that essentially, we are all connected. And there's this connection between all beings, people, and things to again bring us out of this kind of prison of addiction"</i></p>
<p>Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷</p>	<p><i>"Just overcome with love and all the love that I have for my family and my friends. I felt that it was coming from them; also I felt that I was bathed in it."</i></p>
<p>LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴</p>	<p><i>"Something changed in the relationship to my biological daughter. More like, it helped me to draw boundaries. ... That is my big worry, that is my big topic. 'Do I behave correctly? Do I do it right? Am I a good mother?' In the session I realized if I do it like this or like that, it won't change, but it burdens me less"</i></p>
<p>Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³</p>	<p><i>"I had this vision of my father as a little boy, as a child. His whole progression of his life, and his abuse and suffering. [He] started to get this web wrapped around him, and as he walked through life the web wrapped him more and more until he was an old man ... I knew that the web was alcohol. The alcohol locked in his problems and suffering, and he lost himself, some of his humanity as a result. And then I had a vision of myself at around 40 walking through the different phases of my life and starting to get the web [of alcohol] wrapping around me. Then I saw myself over the period of the study shaking the web off and sort of reshaping into myself again. When I saw my father, I felt so much compassion. I felt so deeply for him, and I was so touched. And then to see myself in that context-I have a lot of compassion for where I was and the struggles I was dealing with."</i></p>
<p>Perceptions of 'Guides':</p>	
<p>Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²</p>	<p><i>"I would experience a different emotion in each part of the experience, and when that emotion became overwhelming... This spiritual guide came in through the music... whenever the affect would become overwhelming... the spirit guide would blast me out of that experience into a new setting"</i></p>
<p>Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretive Phenomenological Analysis ²⁸</p>	<p><i>"I was flying through space with the spirit guide, and I encountered three people who are dead who were very close to me. My dad's dad, my mom's mom, and my best friend in college who died. And they all gave me reassuring messages in space"</i></p>

Theme 1: Reorganization of self-narratives via processes of relatedness and identification

Sub-theme (if any identified): **1e. With spiritual or transcendental states**

Study & Author	Patient Quote
<p>LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴</p>	<p><i>"I had the opportunity to relax. I rather connected to my inner world. Closed eyes. It was less about my illness. I was able to put it into perspective. ... Not to see oneself with one's sickness as centre. There are more important things in life. ... The evolution of humankind for example. ... Your Inner Ego gets diminished, I believe, and you are looking at the whole ... you are indeed starting to build relations with plants or with the entire living world around. You think less about yourself, you are thinking – across borders"</i></p>
<p>Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²</p>	<p><i>"Like google earth, I had zoomed out. [For weeks afterwards], I was absolutely connected to myself, to every living thing, to the universe."</i></p>

Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	<i>"There is nothing to fear after you stop being in your body ...it's absolutely no hell or heaven, it's just nothing to be afraid of... I felt the urge to let people know to stop silly things and that nothing matters but love."</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"I saw things that I can't even explain. Lots of lights, and all kinds of Gods... I felt kind of scared, Some fear, but also, you know, acceptance of things... just being accepting of who my dad is instead of trying to get acceptance from him."</i>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<i>"I felt like if a hand of God, a protecting hand so to speak, like this in my head protecting me"</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>"Just overcome with love and all the love that I have for my family and my friends. I felt that it was coming from them; also I felt that I was bathed in it. And if I were religious it definitely would have been a religious experience, I would have said bathed in God's love."</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretative Phenomenological Analysis ²⁸	<i>"An overarching theme of this psychedelic spiritual realm is just like the interconnectedness of things."</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>"I approached the border where existence began, and on the other side of this border was nothing... there was no beginning, no end, no nothing...I think that's really rare and it would be healing to humanity for us to open to those roots, and to our connectedness with everything, and each other in a brotherly, sister kinda way"</i>
"This Is Something That Changed My Life": A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	<i>"It was almost like the universe was surrounding me and I was just the most tiny you know, small, small and fundamental particle [...] it was almost like all the things that made me no longer existed"</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<i>"I see myself as part of something bigger. I felt myself connected into what had to be the collective mind yesterday, realizing it's like 'Oh, this exists, and we're all just facets of this. . . . It's me connected to a wider sense of life or consciousness.' And it's, like, I know that rationally, but it was a time to feel it in a very real sense and experience it as real."</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³	<i>"I experienced a tremendous elevation of being connected to some source of beauty, love ... it was just being filled with a sense of everything all right, a liberation from normal consciousness where you feel like you're in contact with something certainly beyond your personality. A feeling of being liberated into the space that was so loving ... I was perfectly at peace."</i>

Theme 1: Reorganization of self-narratives via processes of relatedness and identification

Sub-theme (if any identified): **1f. With clinical team**

Study & Author	Patient Quote
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<i>"A lot of things I haven't thought about or talked about for a long time just started coming out, both good and bad."</i>

“This Is Something That Changed My Life”: A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	<i>"I thought it was amazing how clinical it was and how organised it was and how safe I felt with it."</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>"It's not just the psilocybin sessions [but] it's that human connection, and the support that comes with that human connection, that ultimately leads to success at the end of the day."</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretative Phenomenological Analysis ²⁸	<i>"It really hit me very strong. And um, it was terrifying. It was just terrifying. It was, um, I was completely disoriented . . . I was really, maybe, in the hold of a ship at sea. Rocking. Absolutely nothing, nothing to anchor myself to, nothing, no point of reference, nothing, just lost in space, just crazy, and I was so scared. And then I remembered that Tony and Michelle were right there and suddenly realized why it was so important that I get to know them and they to get to know me. And reached out my hand and just said "I'm so scared." And I think it was Tony who took my hand . . . and said "It's all right. Just go with it. Go with it." And um, and I did."</i>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<i>"And this type of environment, with [the therapists], the catalyst drug, and everything else, it felt as though I had backup. Now it was safe and I had my tools and weapons to be able to tackle the obstacles that I never had before."</i>
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"The guides were so sweet. I talked about stuff I don't usually say to people."</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³	<i>"[My therapists] made it possible for me to just always keep moving through the experience. It was just so much security"</i>

Theme 3: Key Treatment Characteristics

Sub-theme (if any identified): **3a. Ineffability and Awe**

Study & Author	Patient Quote
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"I can't recall too many specific things I saw. I know I saw a lot of them... You see one thing, then another thing, and another thing, and another thing, and you see so many different things that you can only remember a handful of them. There was probably 200-300 different visions that I saw that night, it was insane. I know I saw a lot of them. I remember thinking 'I can't wrap my head around what's happening.'"</i>
	<i>"One night changed like a four year long period in my life in 36 hours. I couldn't tell you how it works, but it's something else."</i>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<i>"A painting's going to explain it better than words can"</i>
	<i>"It was like infinity almost. Everything was kind of a sense of infinity...."</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An	<i>"You cannot express what is happening. You have a complete blockage, because there is no vocab, there is no word."</i>

Interpretative Phenomenological Analysis ²⁸	
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"Ok it could be just symbolic, but it was cruel. It feels like there is something there that wasn't there before, and I'm still finding it hard to come to terms with. But it explained why I've felt the way I've felt as an adult and that is something talking therapy has never done."</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>"It is really difficult to explain, but it was something that I had not experienced before and that really opened certain doors, which might have opened as well if I would have gone 20 times [to usual psychotherapy], but it was very fast and easy. It helped a lot."</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>"It was a feeling beyond an intellectual feeling—it was a feeling to the bottom of my core . . . that's one reason that it's hard to talk about . . . it's beyond words."</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>"There is no comparison. One is an addiction. The other is, um, psilocybin...I don't know how to describe it. But it's almost a therapeutic journey. An inner journey."</i>
"This Is Something That Changed My Life": A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	<i>"It was almost like the universe was surrounding me and I was just the most tiny you know, small, small and fundamental particle, you know. From this feeling of like this huge vastness and me being absolutely nothing or very, very, extremely small. And because of that tininess of me, it was almost like all the things that made me no longer existed."</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<i>"I see myself as part of something bigger. I felt myself connected into what had to be the collective mind yesterday, realizing it's like "Oh, this exists, and we're all just facets of this. . . . It's me connected to a wider sense of life or consciousness. And it's, like, I know that rationally, but it was a time to feel it in a very real sense and experience it as real."</i>

Theme 3: Key Treatment Characteristics

Sub-theme (if any identified): **3b. Immersive Experiential Immediacy & Intensity**

Study & Author	Patient Quote
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"The blissful feeling got more intense, really overwhelming, the glow grew until I was just that feeling, I had become bliss."</i>
	<i>"The hardest thing is to give in to what you're experiencing, it's as if you're in a car heading for the edge of the cliff, and you have to try not to turn the steering wheel."</i>
Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	<i>"Brenda's psilocybin experience was a "roller-coaster kind" of train ride"</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"[The ibogaine experience] kind of takes a toll on your body. It feels like you survived cancer or something. It feels like you're just beat to death."</i>
	<i>"I remember specifically seeing a blackish face, it had horns on it, it had this tongue out, and it was bright red, but its eyes were just staring at me... it scared the shit out of me... I came to the realization that this is out of my control, I'm terrified, there's nothing I can do about it, and once that happened, it was a much smoother</i>

	<i>ride. One of the faces came over and was like, 'everything's fine, just lay down, you're gonna be okay.'</i> "
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>"Emotionally it was a roller coaster ride. ... The first time it was very brutal, painful, at least emotionally very painful. I could not even say in which direction – it just hurt, like heartache, like being disappointed, like everything you once had experienced as a negative feeling. ... It was pure pain"</i>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<i>"That whole experience just felt for me like, a fever nightmare."</i>
Treating drug dependence with the aid of ibogaine: A qualitative study ²⁵	<i>"Ibogaine brought back to me the desire to live. It brought back many sensations that were dead, so to speak. And, indirectly, with an intense emotional balance"</i>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<i>"It's a very strong experience that stirs a lot with us, very intense, very strong [...] it's not an hallucinogen, it doesn't cause hallucinations. It could give and I would prefer it because I would have a little pleasure you know?"</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>"My fear just coalesced, and I mentally saw it, it was right here, and it was a big black thing right there under my ribcage . . . I was overcome with anger, with rage, with rage that this thing was fucking me up, and I screamed, 'Get the fuck out! Just get out!' I evicted, I ejected the fear, and it was gone."</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretative Phenomenological Analysis ²⁸	<i>"I feel like what happened was that in a very short period of intense time I dealt with some really powerful things and put it behind me."</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>"I was so confused about where my withdrawals left off and how much of this is just excitement from the aftermath of this intense psychedelic experience. Nothing was perceived as bad, it was all interesting as hell!"</i>
"This Is Something That Changed My Life": A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	<i>"So, I think that as a package, I hit the golden button, didn't I? Not only did I get a life changing and mind-altering experience, but then the therapist did plug some new thoughts to me that made me think differently. I feel that it is really important that when you are split open, you know, in such an intense and life changing way that you are given new thoughts and you know that someone gives you something to refill that, so you do change stuff"</i>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<i>"When I did the MDMA study it was exactly what they were trying to get me to do (in other therapies)... but I guess in such a slow pace... and then I got on the rocket ship (of) the MDMA. I'm not a very patient person... I want to get better now. I want to push the button and get better now. I mean it doesn't always happen; now I still got a ways to go, but I definitely accelerated from where I was, no doubt."</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³	<i>"I sort of saw all of my behaviour in life and all my past experiences and all the people, the players, the characters—I saw it all, sort of as a classical musical piece"</i>

Theme 3: Key Treatment Characteristics

Sub-theme (if any identified): **3c. Arc of struggle and significant distress towards resolution**

Study & Author	Patient Quote
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"Excursions into grief, loneliness and rage, abandonment. Once I went into the anger it went 'pouf' and evaporated. I got the lesson that you need to go into the scary basement, once you get into it, there is no scary basement to go into [anymore]."</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"I remember specifically seeing a blackish face, it had horns on it, it had this tongue out, and it was bright red, but its eyes were just staring at me... it scared the shit out of me... I came to the realization that this is out of my control, I'm terrified, there's nothing I can do about it, and once that happened, it was a much smoother ride. One of the faces came over and was like, 'everything's fine, just lay down, you're gonna be okay.'"</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>"I was very very sad, I cried, never desperate, but a lot of sad things came up. And that resolved later on and became lightness. But at the beginning, at first I did not go 'in' for long, but then I dove away. ... I was very sad. ... What was very, very important to me was that I got access to my emotions, I went relatively deep inside. I went through heaviness and sadness. But I felt all emotions very intensely"</i>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<p><i>"There was some darkness involved in some of it, but I could understand through the darkness that I wasn't alone."</i></p> <p><i>"Yesterday was devastating, but it was the kind of devastating that I could wake up from knowing and feeling everything as though it had happened, but I still have everything. It happened like it was supposed to happen. ... I was super hot, I was rolling into the crack of that couch. I could have used a fan, but all that torture I felt was just part of the ... If I was uncomfortable, I deserved it. That's how I looked at it. ... I was always aware of what was going on, and I knew that this was completely not what I had planned or expected but it was happening, and I needed to take full advantage of it as gut-wrenching as it was."</i></p>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<i>"Like colics, it came, in a wave, strong waves, became strong and decreased, strong and decreasing."</i>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<i>"I had a lot of defenses going up into the therapies that I had previous to the MDMA, and it made accomplishing any substantial breakthroughs in what I was going through pretty impossible. So with the MDMA, it broke this hard, outer shell that was up that kept me from being able to connect with the therapies I was going through."</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>"It was an intense, intense struggle, and that's where it became medicinal because it allowed that struggle to happen. It didn't coat it, it wasn't an antidepressant . . . it brought it all out."</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An Interpretative Phenomenological Analysis ²⁸	<i>"When I was at my funeral there was this tremendous sadness, just like mourning, collective mourning. When I went through this hellish place, emotion of despair. When I landed in the garden, I felt relief. At this ball, this profound joy. When I was shot down to the sewer, I was confused. When I got shot up to the empire state building, I felt empowered. And then—I don't know if it's an emotion—but once I accepted my body and started climbing this mountain to try to find this entity, I would say I experienced yearning, yearning for something higher, something greater, something beyond me. And then at the very end . . . there was a lot of comfort and relief and reassurance."</i>

Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>"There was an increasing opening at each experience...[in] the very first one, I remember feeling turbulence as it started and holding hands with one of the guides. You know cos I was feeling nauseous and ungrounded. And it didn't last long, maybe two, three minutes...The third one, I just went!...I do think that whatever happens, at least from a consciousness standpoint, for me did expand and become deeper, in this progression."</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<i>"I discovered that there's darkness in [my mind], and there's beauty in there, and they both just exist, and that's okay. You know, they both exist, and I don't think there's any, I don't think there's any getting rid of it. It's just part of me."</i>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³	<i>"It was really unpleasant, but I needed to process [difficult emotions] in order to help me live without drinking"</i>

Theme 3: Key Treatment Characteristics

Sub-theme (if any identified): **3d. Change beyond symptom reduction**

Study & Author	Patient Quote
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"I lost a lot of weight just purely because I didn't want to eat badly and that went on for some months. I couldn't eat what I knew wasn't good for me. And I couldn't watch pornography after the second dose. I started feeling it was sullyng and not wholesome. I just didn't want to do that."</i>
	<i>"Friends that have been giving me a hard time, I've let go of, I've just backed away. I've made good new friends, that share my values."</i>
Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	<i>"[The psilocybin experience] brought my beliefs to life, made them real, something tangible and true – it made my beliefs more than something to think about, really something to lean on and look forward to."</i>
	<i>"I got into meditating afterward because it was like, 'I just don't want to lose this,'...I have a house up by a mountain monastery and I went up there, and that was very comforting to connect that way... I really felt like there was a real connection with Buddhism and meditation and the psilocybin experience for me. And I've been doing that everyday."</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"I'm reading a book on Krishna consciousness, I'm going to start meditating a lot, I'm practicing yoga to get in tune with my body and myself."</i>
	<i>"If 70% of people did this, oh my gosh, the world would be so different... Open, and understanding, and working through their issues that are deep-rooted, instead of just holding it down and satisfying themselves with instant gratification, technology, media, just really being centred and going within to find that peace."</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>"I had the opportunity to relax. I rather connected to my inner world. Closed eyes. It was less about my illness. I was able to put it into perspective. ... Not to see oneself with one's sickness as centre. There are more important things in life. ... The evolution of humankind for example ... you are indeed starting to build relations</i>

	<p><i>with plants or with the entire living world around. You think less about yourself, you are thinking – across borders”</i></p> <p><i>“A shift in values. . . . to listen to music consciously. Maybe that material values were not that important anymore. That other values have priority. Health and family, such things... When you have a job and the job has priority and the family comes last. You don't even notice it anymore. To realize there, stop, what is actually important? That the family is fine, that the kids are doing well...”</i></p>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<p><i>“If I really felt like if I really wanted to drink I would... reach out to some people. I know that much, you know.”</i></p>
Treating drug dependence with the aid of ibogaine: A qualitative study ²⁵	<p><i>“On a professional level, I started to dedicate myself much more, I started making changes, wishing to... to evolve, to learn. Now I am studying restaurant management, I have other aims, you know? I want someday to have my own business, my place, to have my own restaurant, to have a goal”</i></p> <p><i>“I couldn't study anymore, I couldn't have pleasure anymore, couldn't understand things. I read an article but it took me three, four times to get into something. And after ibogaine, this was very clear to me, I could understand things much easier, I could understand the text, I could read it faster and with more clarity, with better discernment.”</i></p>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<p><i>“It flourishes in a very big feeling, of guilt, upheaval, regret, forgiveness, caress, love, to value life. These are feelings that, with [drug] use, were stagnant, were stuck!”</i></p>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<p><i>“[I feel] love, compassion, and it's not just for family, it's for everyone... [my parents and I] have a much better relationship now, no doubt... the study helped me really get there.”</i></p> <p><i>“I've done some really weird and amazing stuff since I've come out of this study. I had this drive before, but I had this thing holding me back. And it's like the gates were opened and I just... ran. So I do end up butting up against triggers and stuff like that occasionally. But it's because I'm doing way more.”</i></p>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<p><i>“I think it's from [the psilocybin] experience . . . you know, bringing me more in touch with these joyous, happy, positive aspects of being alive—just being alive! That's what I really feel I mean: if I went tomorrow, I've had a really good run. But I think I have a little more time. I'm just so grateful . . . I've actually experienced these things in my life.”</i></p> <p><i>“The percentage of my life that I am able to be present in just a moment has increased dramatically . . . just to lose yourself in the moment . . . it is unique and monumental in a way.”</i></p> <p><i>“I cannot just live for material stuff and success . . . I have to satisfy my emotional side as well, which now I am trying to slowly, slowly do. I am trying to do things and live experiences that would make me happy internally. I am not stopping . . . following my goals, but I realized that being so intense about getting what I want does not have a point.”</i></p> <p><i>“It's not like all of a sudden I'm cool with death . . . but I'm just not as obsessed with it.”</i></p>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An	<p><i>“Bit by bit, my daughters were turning into these radiant beings, cleansed of all these fears. It was incredibly emotional, because it</i></p>

Interpretative Phenomenological Analysis ²⁸	<i>was something I have, as their father, long known, but it's a very great pain when you see your children being victimized by fears . . . to see these beautiful beings not realizing their essence."</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<p><i>"I am so much more able to do things that I wanted to do, and didn't feel I could, something always holding me back . . . I really want to enjoy every minute. I want to enjoy being alive, and I knew that before the study, but afterwards I became able to do it much more often. I have found ways to make that happen."</i></p> <p><i>"I was in love with everything. In love with the couch, in love with the whole room, the people in it ... Love is a pretty big distraction from addiction and ... my attention kept going back to it, that great feeling of love and acceptance."</i></p> <p><i>" ... asking questions like, 'Why is there something rather than nothing?' And, 'What happened before the Big Bang?' ... All those things that had nothing, absolutely nothing – at least in the conscious thinking of it – with stopping smoking....every time I think of a cigarette, it brings me back to the three sessions of the psilocybin trip, where you're trying to ask questions that there may not be answers to. So, that's more fun than smoking!"</i></p> <p><i>"[After the dose] When I went outside, everything was very bright and colourful and it felt different. I noticed things I didn't notice usually, the leaves on the trees and the birds, small details."</i></p> <p><i>"Things look different even now. I would look over at the park and it would be so green, a type of green I'd never experienced before. Being among the trees was incredible, like experiencing them for the first time, so vibrant, so alive."</i></p> <p><i>"I've been involved with the local literacy council all the time now ... And then the other thing is I've become very involved with this environmental group as well ... instead of sitting around and just watching television and smoking and doing nothing"</i></p>
"This Is Something That Changed My Life": A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰	<i>"Whilst I was drinking, drink was the most important thing and drink was the dangerous thing. It was you know, my love and my hate, drink was and now I've got swimming"</i>
Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹	<p><i>"I want to be more social. Enjoy life, basically. I can enjoy life and I can enjoy people. And things that I used to do years and years ago that I no longer do, I can do those things again."</i></p> <p><i>"I discovered that there's darkness in [my mind], and there's beauty in there, and they both just exist, and that's okay. You know, they both exist, and I don't think there's any, I don't think there's any getting rid of it. It's just part of me."</i></p>
Reports of self-compassion and affect regulation in psilocybin-assisted therapy for alcohol use disorder: An interpretive phenomenological analysis. ³	<i>"I have strategies to deal with the stress now that I didn't have before. I have, almost like, a slowness in looking at situations, like, what's the real issue here? Whereas before I might not have had the perception to be like, what's actually happening versus what's my emotional reaction to what's happening here? So, I can actually respond to the situation to get me to where I need to go."</i>

Theme 3: Key Treatment Characteristics

Sub-theme (if any identified): **3e. Difference from other treatments**

Study & Author	Patient Quote
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Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>"No comparison. It works, whereas the other stuff doesn't."</i>
	<i>"There is no comparison. There is the Nissan Micra and the Range Rover."</i>
	<i>"My previous treatments, talking therapy and meds, were next to useless, utterly useless. My experience of psilocybin has been very positive. I believe there is an unknown physiological and neurochemical change in me, I am absolutely convinced of that."</i>
A phenomenological investigation into the lived experience of ibogaine and its potential to treat opioid use disorders ²³	<i>"It was something else man, I can still remember the feeling of it just like, I'm not sick, how am I not sick? ... I was like, dude, I haven't had morphine in apparently 36 hours, haven't had anything in 36 hours and I feel fine? This is crazy, this is what I was hoping would happen ... nothing I've ever done before has worked like this. I've been to treatment four other times I think, and I was like, this is not the way this goes ... but I did not have any withdrawal symptoms other than lack of sleep."</i>
	<i>"The ibogaine experience was difficult, but after that it's been easy...I haven't had struggles, I haven't had cravings...or drug dreams, or really no obsessive thoughts. It's just been extremely easy, and only thing I can attribute that to is ibogaine, for sure, because I've done this countless other times. On my own or with suboxone, cold turkey, or going to rehab or outpatient, I tried everything. The only thing that I can attribute that to is ibogaine for sure."</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>"It is really difficult to explain, but it was something that I had not experienced before and that really opened certain doors, which might have opened as well if I would have gone 20 times [to usual psychotherapy], but it was very fast and easy. It helped a lot"</i>
	<i>"In usual psychotherapy it is mainly about talking, about words. In LSD-assisted psychotherapy it is mainly about inner processes, inner change, inner experience, it gets enriched by it"</i>
Treating drug dependence with the aid of ibogaine: A qualitative study ²⁵	<i>"Ibogaine speeds up the process of acceptance and [personal] growth that sometimes with conversation and knowledge it will take years, [and] ibogaine does it within hours"</i>
	<i>"I have never had any benefit from any treatment. The only one to which I truly commit myself, that I felt a big change with it, was this treatment I did with ibogaine"</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>"There was never counselling or anything after chemo. It was just, "Here are your antidepressants," and "Have a good life" kind of thing. There was nothing to help you go back and deal with this trauma that's affected your life . . . I thought doing the psilocybin sessions would give me a chance to learn more about myself and what I was dealing with."</i>

Theme 3: Key Treatment Characteristics

Sub-theme (if any identified): **3f. Importance of non-pharmacological factors**

Study & Author	Patient Quote
Patients' Accounts of Increased "Connectedness" and "Acceptance" After Psilocybin for Treatment-Resistant Depression ²²	<i>A hypersensitivity to textures that meant "everything felt like sandpaper," but during the dose "all that went out the window [and] everything felt like it did when I was a kid, the blanket felt brilliant."</i>
	<i>"The guides were so sweet. I talked about stuff I don't usually say to people."</i>
	<i>"There was this point in the music, Gorecki, it was as though suddenly everything went quiet and there was just this bell, like a</i>

	<i>church bell ringing, chiming, and suddenly the atmosphere got very spooky.”</i>
Individual Experiences in Four Cancer Patients Following Psilocybin-Assisted Psychotherapy ³²	<i>“I started not just hearing, but playing the music. My entire body was the musical instrument for every sound which was coming through my head.”</i>
LSD-assisted psychotherapy for anxiety associated with a life-threatening disease: A qualitative study of acute and sustained subjective effects ²⁴	<i>“Almost a little like floating, clear, being carried and together with the music... It was really gorgeous. The key experience is when you get from dark to light, from tensed to total relaxation”</i>
The Psychedelic Debriefing in Alcohol Dependence Treatment: Illustrating Key Change Phenomena through Qualitative Content Analysis of Clinical Sessions ³⁵	<i>“It was actually the music and I guess the effect of the drug that was bringing out the, the negative... and I was kind of wondering, “hmm, I guess that’s the intent, maybe,” in the bizarre music...”</i>
	<i>“It’s not just the psilocybin sessions [but] it’s that human connection, and the support that comes with that human connection, that ultimately leads to success at the end of the day.”</i>
	<i>“The bonding is significant...I wouldn’t smoke cos I wouldn’t wanna hurt their feelings. It actually got that deep.”</i>
Psychedelic therapy for smoking cessation: Qualitative analysis of participant accounts ²⁹	<i>“When I did have [my first] cigarette, the first thing that came in my mind was how I was letting Mary and Matt down. So yeah absolutely, there’s definitely a connection there.”</i>
	<i>“The only reason I didn’t [smoke after my first session] was because I had a second session – I had to hold on for 2 weeks, otherwise they were like, ‘if you smoke, you can’t come back for the second session’. So if I didn’t have the sessions, I think I would have been like, well this counselling has been great, but... I don’t know if it really would have lasted, you know?”</i>
	<i>“There was an increasing opening at each experience...[in] the very first one, I remember feeling turbulence as it started (...) The third one, I just went! (...) I do think familiarity somehow...once you’ve had it, you’re just more comfortable with it.”</i>
A phenomenological analysis of the subjective experience elicited by ibogaine in the context of a drug dependence treatment ²⁶	<i>“Then you stay with that wizz in the ear, that silence there, where we take it it’s a clinic, so birds outside are heard. It relieves you, like oh well, no, it’s over.”</i>
	<i>“The rustle, any small noise seems at your side, you get more sensitive, intensifies, intensifies [...] then noises very strong, birds, all birds singing, nature.”</i>
Perceived Benefits of MDMA-Assisted Psychotherapy beyond Symptom Reduction: Qualitative Follow-Up Study of a Clinical Trial for Individuals with Treatment-Resistant PTSD ³⁴	<i>“I felt like I had the ability and tools, whereas before I was unarmed, unarmoured, and had no support. And this type of environment, with [the therapists], the catalyst drug, and everything else, it felt as though I had backup. Now it was safe and I had my tools and weapons to be able to tackle the obstacles that I never had before.”</i>
Cancer at the Dinner Table: Experiences of Psilocybin-Assisted Psychotherapy for the Treatment of Cancer-Related Distress ²⁷	<i>“Absolutely nothing, nothing to anchor myself to, nothing, no point of reference, nothing, just lost in space, just crazy, and I was so scared. And then I remembered that Tony and Michelle were right there and suddenly realized why it was so important that I get to know them and they to get to know me . . . I think it was Tony who took my hand and said “It’s all right. Just go with it. Go with it.” And I did.”</i>
Patient Experiences of Psilocybin-Assisted Psychotherapy: An	<i>“I was thinking I gotta remember what this looks like because it’s so beautiful, and the music was wonderful because it anchors you and yet it propels you.”</i>

<p>Interpretative Phenomenological Analysis ²⁸</p>	<p><i>“The music was the single thing that really transformed this from a hospital room or whatever it is into an experience that was rich for this kind of exploration.”</i></p>
<p>“This Is Something That Changed My Life”: A Qualitative Study of Patients' Experiences in a Clinical Trial of Ketamine Treatment for Alcohol Use Disorders ³⁰</p>	<p><i>“The music was fantastic, actually—the music that they had. I remember at one point, I thought, ‘It’s not the drug doing this—it’s the music.’ The music felt like it was what was making things happen.”</i></p>
<p>Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹</p>	<p><i>“And he advised me just to relax, he said, just chill out. Just have the confidence that you’re gonna you’re going to get out of this. And the whole situation will be more, will be better for you. And basically, yeah that’s it. I was prepared for it”</i></p>
<p>Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹</p>	<p><i>“I just thought, right ‘How extreme is this experience going to be? Is it going to be a ride from hell or something like that?’ And it absolutely wasn’t and that’s down to the laboratory type conditions, the controlled environment”</i></p>
<p>Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹</p>	<p><i>“So, when the music tempo picked up, it’s sort of moved into a different place within the journey that you were on essentially”</i></p>
<p>Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹</p>	<p><i>“So, everybody turned into Alice in the Wonderland for me. ... And then the other one I can’t remember her name, she is wonderful, but she was the Cheshire cat. So, when she walked in, she had this massive grin”</i></p>
<p>Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹</p>	<p><i>(Patient) described experiencing a vision of his cohort group members together on a “wondrous journey.”</i></p>
<p>Participant Reports of Mindfulness, Posttraumatic Growth, and Social Connectedness in Psilocybin-Assisted Group Therapy: An Interpretive Phenomenological Analysis ³¹</p>	<p><i>“I realized that all of these feelings . . . how everyone in the group had losses like I did and dealt with a lot of these same things. I realized, ‘Oh, we’re all going to go through this, and we’re going to come back together.’ We’re going be together in a certain sense during the trips, and then we’re going be together again next week.”</i></p>

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