



PSYCHEDELIC ASSISTED PSYCHOTHERAPY FOR TRAUMA AND CHRONIC PAIN

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ACKNOWLEDGEMENTS

- Dr. Richard Alpert | Ram Dass
- Dr. Gabor Maté | Compassionate Inquiry (CI)
- Dr. Richard Schwartz | Internal Family Systems Therapy (IFS)
- Dr. Peter Levine | Somatic Experiencing (SE)
- Dr. John Douglas
- Dr. Brian Jacob
- Dr. Bruce Ramshaw
- Dr. Rodrigo Calhego

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ABOUT ME

PAYAM

Somatic Psychedelic IFS Practitioner

Bridging Psychedelic, Shamanic and Western
Medicines to heal Mind, Body and Soul.



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The way we apply science is a paradigm we call Reductionist Science.

In this complex biological world that we're in as human beings, we try to pull out a single factor or variable and prove or disprove its cause and effect with an outcome, if three assumptions were met:

01 Nothing Can Change

02 We have to know and control all variables

03 The results they produce have to be generalizable to all patients and all environments

...and clearly this is not true, yet we continue with the same paradigm.

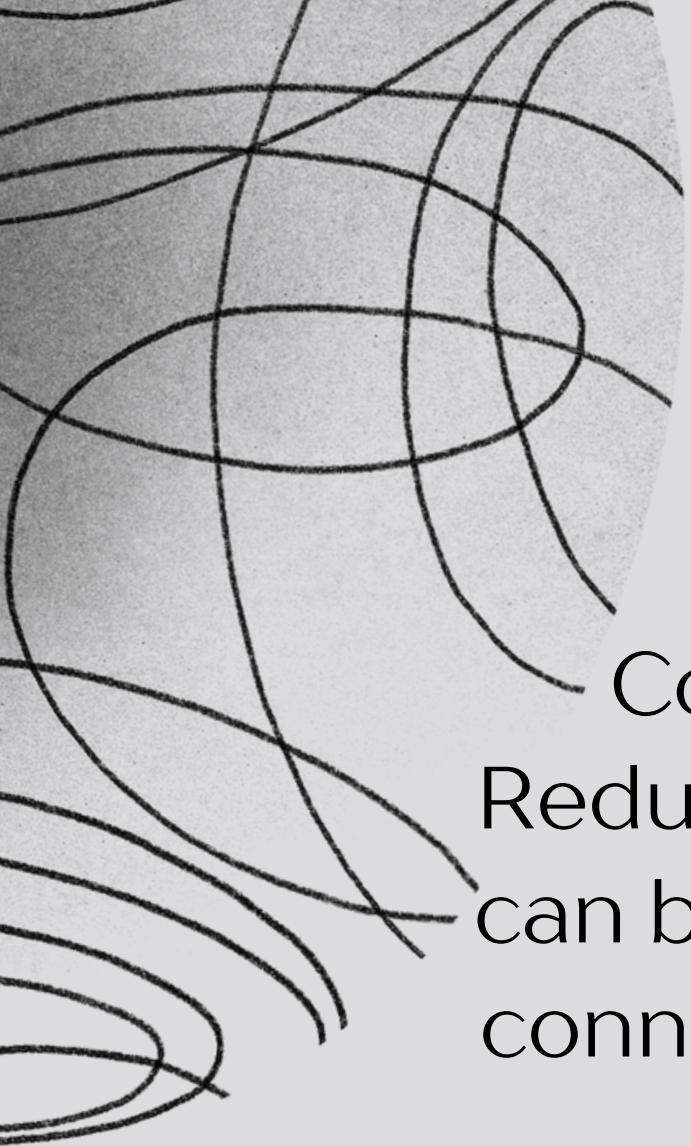
WHY DO PATIENTS SUFFER DESPITE YOUR BEST EFFORT AND ATTENTION?

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There are known and unknown factors in all patients that can result in good or bad outcomes, such as chronic pain post-op. It's my contention, as Dr. Bruce Ramshaw states, that the Bio, Psycho, Social and Spiritual factors that encapsulate a patients experience need to be considered to effect the best outcome in the recovery of all patients.

If you consider patients with high anxiety prior to operation, you know that their level of pain is higher post-op and rehabilitation takes much longer due to their relationship with their pain.

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Cognitive Behavioral Therapy (CBT), Mindfulness Based Stress Reduction Meditation (MBSR) and Neural Plasticity are practices that can be implemented pre, peri and post op to maintain healthy neural connections and rehabilitate neural rewiring to address chronic pain.

This is real Neural Physiology in the Emotional Part of the brain –

Psychedelics can be a great ally to facilitate the healing process.

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WHAT IS A PSYCHEDELIC

It is derived from the Greek words ψυχή (psychḗ, "soul, mind") and δηλεῖν (dēleín, "to manifest"), thus meaning "mind manifesting," the implication being that psychedelics can develop unused potentials of the human mind.

The Psychedelic Experience as much as it is understood and quantified by Western Scientific approach, cannot be understood through the ineffable and mystic experiences that these medicines invoke.

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HOW DO PSYCHEDELICS HELP?

A key brain area for psychedelic drugs' effects appears to be the temporal lobe, the location of much emotional and memory functioning.

An effect shared by different psychedelic substances is that they increase the amount of disorganised activity across the brain – a state that neuroscientists describe as being 'higher in entropy'.

One consequence of this is a reduction in the activation of a group of brain structures known collectively as the 'default mode network', which is associated with self-conscious and self-focused thought.

One theory, then, is that psychedelics provoke a spiritual state of oneness with the world by increasing the brain's entropy and suppressing the ego-sustaining activity of the default mode network.

PSYCHEDELICS BEING USED IN TREATMENT OF CHRONIC PAIN AND TRAUMA

- 01** Psylocybin – Mind Opening, Occasions Spiritual Experience of Oneness
- 02** MDMA – (3,4-Methylene Dioxy Methamphetamine)
- 03** LSD – Lysergic Acid Diethylamide
- 04** Ketamine – Administered IV, IM, Sublingual, Insnuffed
- 05** 5 MEO – DMT (Organic + Synthetic) Vaporized and Inhaled, Insnuffed
- 06** Hapé – Insnuffed
- 07** Sananga – Liquid Applied to the Eye

SOMATIC EXPRESSION OF A PSYCHEDELIC JOURNEY

Unprocessed emotional events such as trauma can be stored as tension and in various parts of the body and suppressed as a coping mechanism.

The stored traumatic energy (manifested in the mind and body) will be stored in the myofascial tissues, the muscles, organs and result in inflammation and pain. The body exists in a constant state of trauma.

Psychedelics such as 5-MEO-DMT, MDMA, Hape and Sananga, can restore the energetic body by safely connecting the patient (as a witness) to their trauma and with the assistance of a skilled facilitator process and release the trauma which results in overall healing.

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CASE STUDY 01

Michael – 35 Years Old

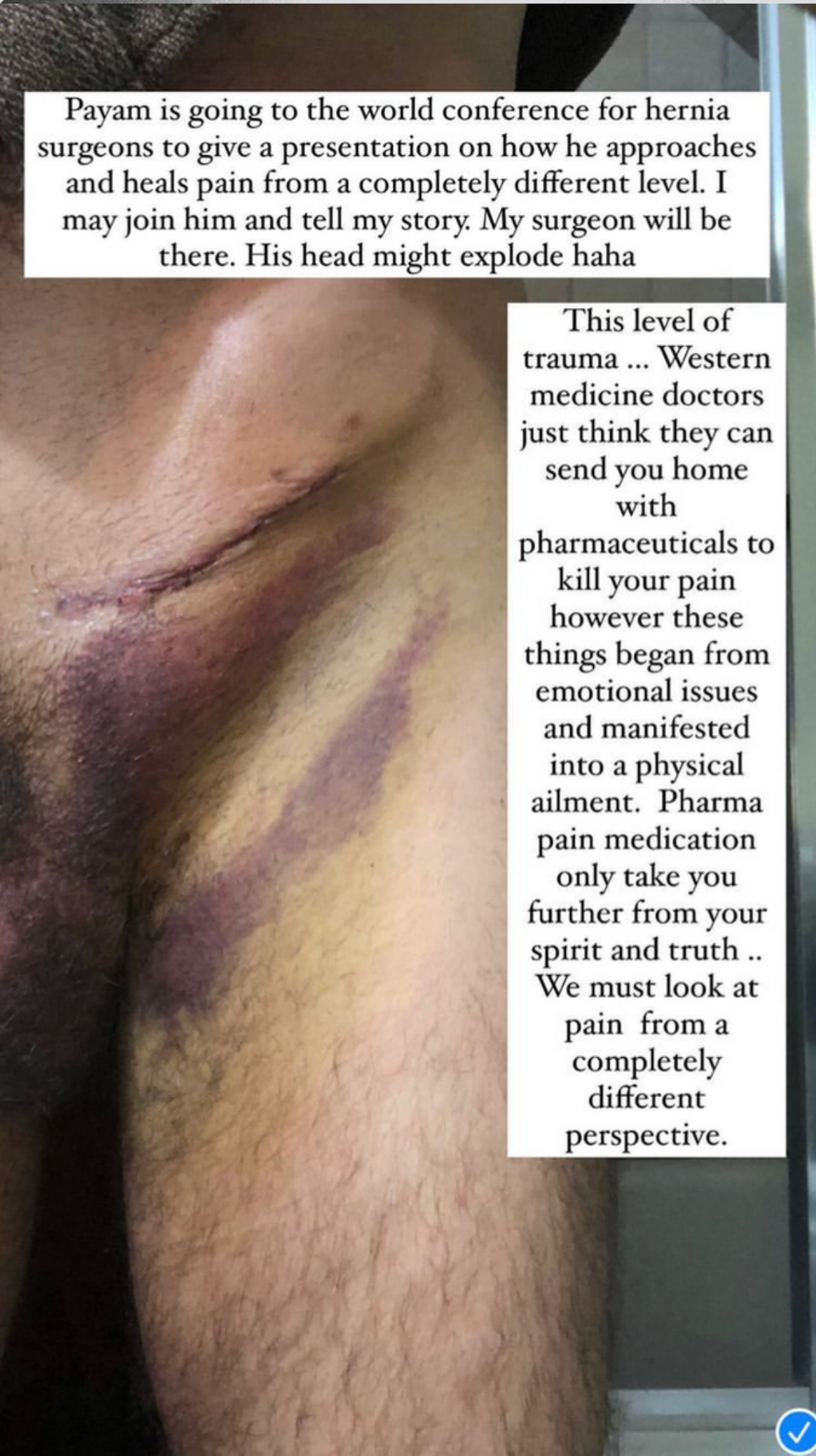
**2 Inguinal Surgeries
2 Mesh Removals**

**Chronic Pain
Anxiety
Suicidality**

Treatment Protocol:

- Hapé
- Sananga
- 5 MEO-DMT 25mgs x 2
- MDMA 150mgs

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A photograph of a person's arm, showing a surgical scar and bruising. The scar is a long, horizontal line across the upper arm, with some discoloration and bruising around it. The bruising is a mix of purple, red, and yellow, extending down the arm. The person is wearing a grey shirt.

Payam is going to the world conference for hernia surgeons to give a presentation on how he approaches and heals pain from a completely different level. I may join him and tell my story. My surgeon will be there. His head might explode haha

This level of trauma ... Western medicine doctors just think they can send you home with pharmaceuticals to kill your pain however these things began from emotional issues and manifested into a physical ailment. Pharma pain medication only take you further from your spirit and truth .. We must look at pain from a completely different perspective.

"I was experiencing a locking and twitching energy of my nervous system, completely locked in a flight or flight patten... all day, every day. Relentless. Losing weight, losing hope. The pain was like my flame if I was a candle just had no wax to support itself. I felt very dim. What was causing the pain was sheer trauma that my core had been through. 4 surgeries , mesh in , mesh in, mesh out, mesh out. Almost ten years.

After working with the medicine I learned that the pain will continue or come back if I do not take care of myself properly have the right diet live correctly slow down my adrenals that my body and muscles relax practice yoga breathing techniques and constant self improvement and exercises to let my body relax."

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Case Study 02

Mike L - 48 Years Old

Spinal Trauma and Fusion, Ulcerative Colitis

Chronic Pain
Anxiety
Suicidality

Treatment Protocol:

- Hapé
- Sananga
- 5 MEO-DMT 25mgs x 2
- MDMA 150mgs
- 5gms Psilocybin

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MIKE L.

I started seeing a pain management doctor soon after spinal injury and fusion and eventually got up to 8 Percocets per day and a 150mcg fentanyl patch. Anything I did would cause intensify my pain, depression and suicidal thoughts.

When I learned I could heal my pain..it was the lesson of a lifetime. I was IN the medicine for 4 straight hours that were filled with pain, suffering and a tidal wave of love all at the same time. And all while staying in the same position on the mat I was on and not moving for the 4 hours.

When I came out of the journey my pain was gone and I learned that I didn't have to live in constant pain and suffering. That my pain didn't define me. And that if I could learn to befriend and send love to my pain..that I could live relatively pain free compared to the pain I was experiencing every day for the last 16 years.

I came to plant medicines pretty much just to get out of the depression I was in and came out with a deep understanding of how mind manifesting medicines can literally link and strengthen the mind/body relationship to the point where just about anything is possible. I never expected in a million years to be pain free and on so much less medication.

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POTENTIAL CONTRAINDICATIONS



Schizophrenia
Hypertension
Seizure Disorder



Dissociative
Identity
Disorder (DID)
Bi-Polar Disorder



Borderline
Personality
Disorder



Untreated HTN
Untreated CAD



Patients
dependent on
MAOIs, Benzos
and SSRIs

CONCLUSION

- Consider the whole person and their system, in their healing process
- Sometimes the Pain is an Ally until it is Relieved of its duty though therapy
- Be-Friend the Body and the Mind and it's history to understand the nature of pain
- Consider alternative healing paths that are just as effective, though they may be slow to be recognized as valid and effective interventions



COMPASSION IS THE HEALING

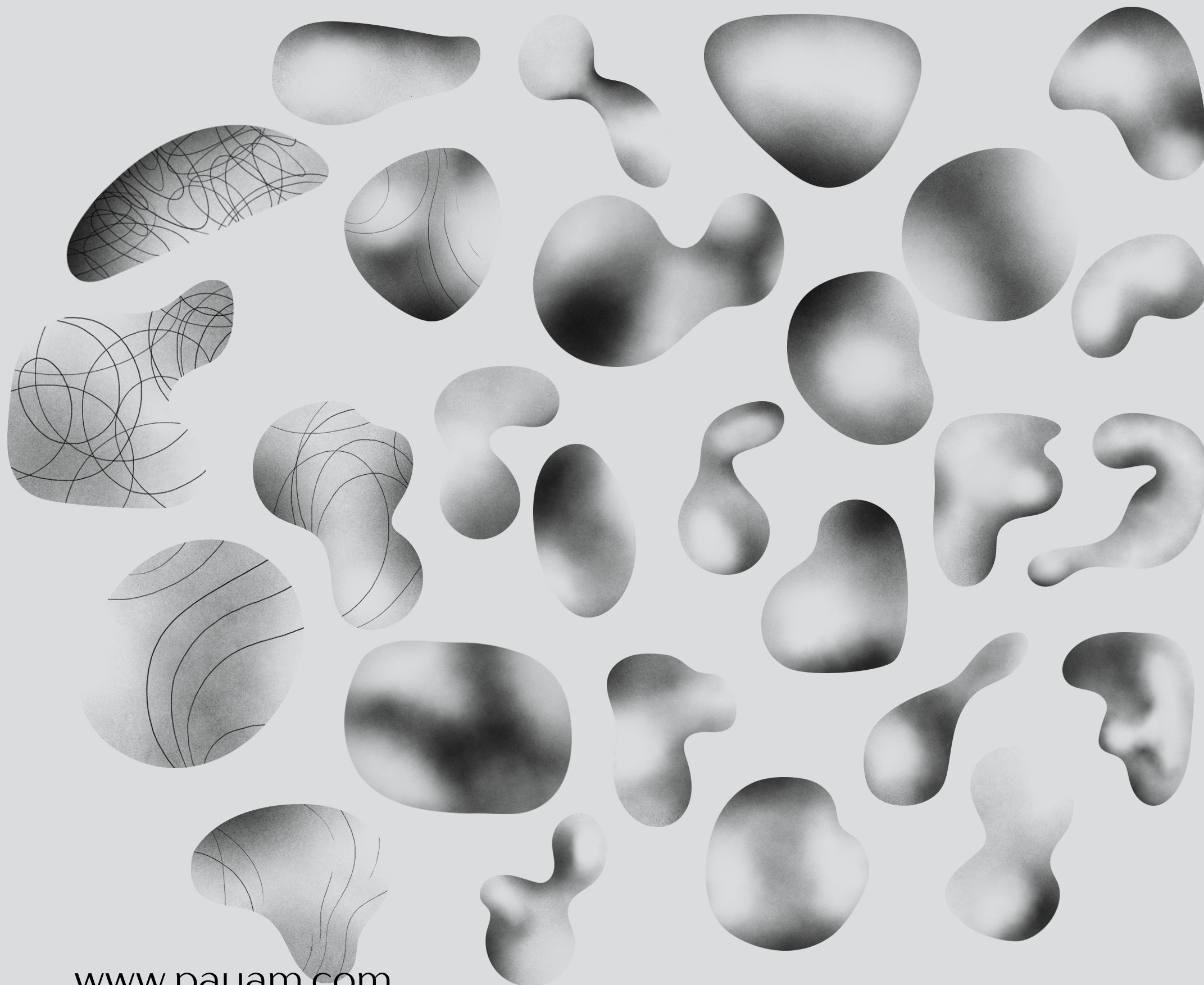
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RESOURCE PAGE

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