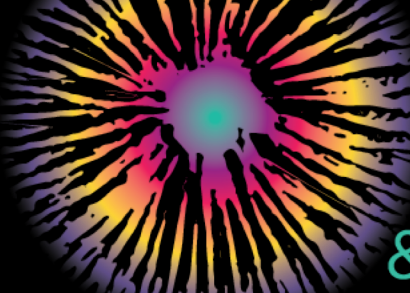


# Consciousness



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## **Psychedelic Harm Reduction**

Taylor Bolinger and Tristan Seikel

# What is harm reduction?

- Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.  
Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs (HRC)
- CW: difficult psychedelic experience

# The Basics

- Set, Setting, & Dose
- Holding Space
- Difficult Situations
- Testing 1-2-3
- SEE A THERAPIST

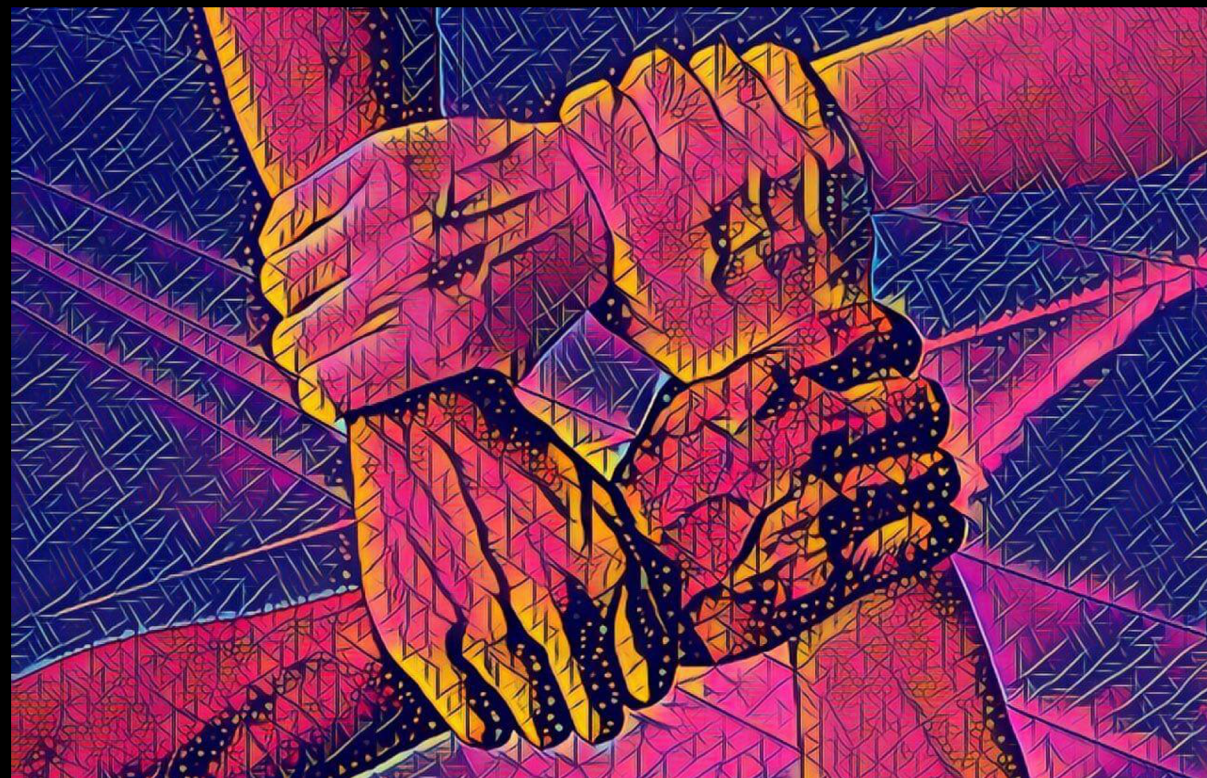


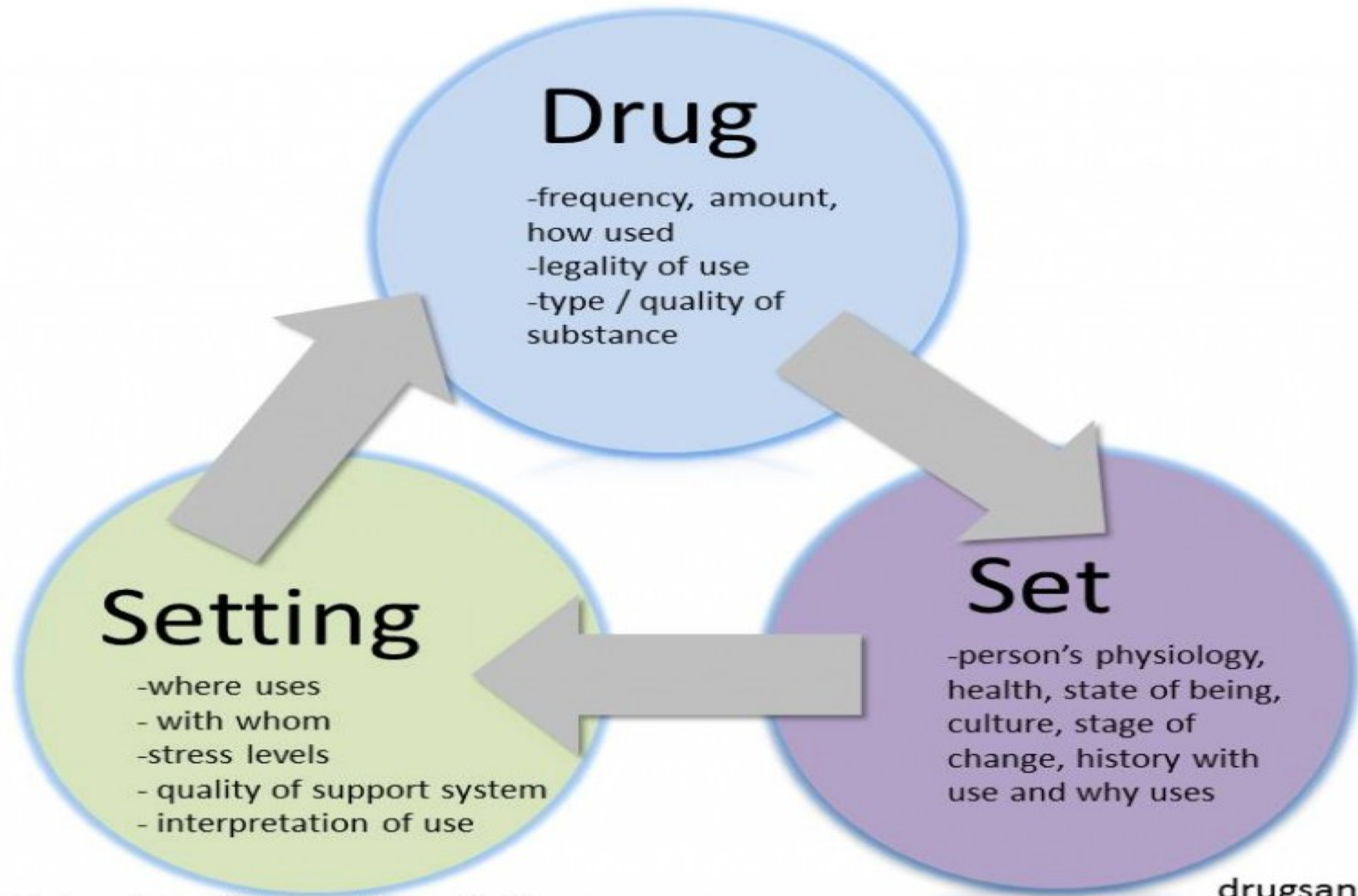
Image source: Beckley Foundation

# Set, Setting, & Dose

- First coined by Timothy Leary in 1961
- **Set** refers to internal factors
- **Setting** covers the external or environment
- Know your *dose*



Johns Hopkins Psilocybin Therapy Room



Adapted from Zinberg's Model of Drug, Set and Setting

[drugsandstuff.co.uk](http://drugsandstuff.co.uk)

# Psychedelic Risk Profile

- Low risk for addiction and toxicity
- Effective to lethal dose index
- Harms from prohibition
- Unsustainable cultivation
- Harm ≠ Intensity



Artist: Chaya Av

# Holding Space

- Find some privacy
- Looping
- Resistances
- Active Passivity
- Care for the body
- Reflective Listening



Artist: Alexander Milov

## 4 Principles of Psychedelic Harm Reduction



### Safe space

If someone is having a challenging experience try to move them into a comfortable, warm, and calm environment.



### Talk through, not down

Without distracting from the experience, help the person connect with what they are feeling.



### Sitting, not guiding

Be a calm meditative presence of acceptance, compassion, and caring. Promote feelings of trust and security. Let the person's unfolding experience be the guide.



### Difficult is not bad

Challenging experiences can wind up being our most valuable, and may lead to learning and growth.

Visit [zendoproject.org](https://zendoproject.org) to learn more and to support psychedelic harm reduction.













© Alina Hokanson





# Testing 1- 2- 3

- Aka “drug checking”
- 8 different reagent tests
- Used to show drug presence
- Legal issues in TX

© Colourbox

# Marquis' Reagent

- 1st reagent ever made
- Tests wide variety of substances
- Used in MDMA test kits



TestKitPlus.com **MARQUIS**  
Color Reactions

SUBSTANCE	Color Reactions	
	0 sec	30 - 60
MDMA/MDA/MDE		
AMPHETAMINE		
METHAMPHETAMINE		
HEROIN		
MORPHINE		
CODEINE		
METHYLONE		
MESCALINE		
OXYCODONE		
DXM		
2C-B		
2C-I		
RITALIN		
ASPIRIN		
SUGAR		

No reaction: Cocaine, Ketamine, PMA, PMMA & others



# Simon's Reagent

- Secondary test tells difference between MDMA and MDA
- Also, distinguishes methamphetamine from amphetamine





# Froehde's Reagent

- Third test in MDMA kit
- Used to identify 5-APB, 6-APB, and new psychoactive substances

# Mandelin's Reagent

- Used to detect ketamine, MDMA, and other psychoactive substances
- Also shows PMA/PMMA

## MANDELIN

SUBSTANCE	Color Reactions	
	0 sec	30 - 60
KETAMINE		
MDMA/MDA/MDE		
PMA/PMMA		
HEROIN		
METHYLONE		
MESCALINE		
OXYCODONE		
CODEINE		
METHOXETAMINE		
AMPHETAMINE		
METHAMPHETAMINE		
RITALIN		
ASPIRIN		

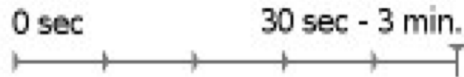
No reaction: Morphine, DOB, DOI, MDPV, 2C-I, sugar & Others



# EHRlich

SUBSTANCE

Color Reaction



LSD & OTHER  
INDOLES



This test reacts with indoles: LSD, DMT, 5-MeO-DMT,  
5-MeO-DIPT, Psilocybin,  
Psilocin, AMT, & others.

# Ehrlich's Reagent

- Used to identify LSD, ruling out 25i-NBOMe and other substances sold as 'acid'



# Naloxone/narcan

- Opioid overdose reversal medication
- Saved 10,000 lives between 1986 and 2010 (CDC)
- Legal and available in most pharmacies





# Safer Consumption Sites

- Hygienic facilities staffed by medical and support staff
- Reduce disease transmission, prevent overdose, and provide access to drug treatment
- Currently unavailable in TX





# Regulated Drug Supply

- Needs to include all drugs
- Costs of prohibition
  - Increases dangerous drug-using behaviors, overdose, and death
  - Enabled rise of mass incarceration
  - Disproportionately affects marginalized communities

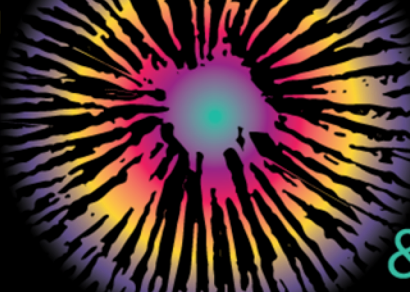
# Organizational Support and Resources

- DanceSafe
- Zendo Project
- Erowid
- Local groups
  - O.D. Aid
  - Dallas Harm Reduction Coalition



**“I got into harm reduction to enable people who use drugs. I enable them to protect themselves and their communities from HIV and hepatitis C and overdose. I enable them to feel like they have someone to talk to, someone who cares, someone who respects them and their humanity. If that makes me an enabler, I’m proud to claim that term”. – *Daniel Raymond, Director of Policy, Harm Reduction Coalition.***

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## **Psychedelic Harm Reduction**

Contact us at [decriminalizenaturedallas.com](http://decriminalizenaturedallas.com)  
or follow Decriminalize Nature Dallas on Facebook