

## Abstract

**Background:** Current research suggests that psychedelics might have a significant therapeutic potential for the treatment of addictions, as well as the treatment of depression, anxiety, post-traumatic stress disorder and other mental illnesses. The current renaissance of psychedelic research, as well as changes in the approach towards these substances we see in some countries, suggest that it is only a matter of time until psychedelics are officially used as a therapeutic tool in treatment. The progressive field of addictology in the Czech Republic could be one of the pioneers of psychedelic research in the treatment of addictions.

**Aim:** The theoretical part of this work provides insights into the current events in the field of psychedelic research in the Czech Republic and in the world. The research part maps the perspectives and attitudes of Czech experts and representatives of leading institutions (areas of addictology, research on psychedelics and mental health and state administration) on the use of psychedelics in the treatment of addictions. The aim of this work was to find out how these experts approach this issue and what possibilities and limits of implementation of research on psychedelics in the treatment of addictions they perceive.

**Methods:** Twelve respondents took part in a qualitative survey in which data were collected through semi-structured interviews. The sample was selected by purposeful selection (based on predetermined criteria) and the snowball method. The research used the Rapid Assessment Response methodological approach. For the purposes of the analysis grids were created, which made it possible to look at the resulting attitudes and common topics with regard to the professional scope of the respondents, adding their own value to the statements.

**Results:** The study showed that all respondents are open to the possibilities of research and the use of psychedelic experience in the treatment of addictions, if the "*lege artis*" procedures are followed. The research revealed possibilities and limits or rather pitfalls that need to be considered from the point of view of the interviewed experts, and areas in which a special emphasis should be placed. Such areas include a holistic grasp of the psychedelic experience framework, adequate prehension of the therapeutic context with emphasis on safety, necessary professional qualifications and training, the need to map options for adapting existing addictology services, addressing funding, and finally the need for the will and enthusiasm of the individual or addictology team that would dare to take appropriate steps in this research. An experience with the use of holotropic breathing techniques has proved to be valuable in the context of the consideration of the ability to grasp the work with altered states of consciousness for the treatment of addiction.

**Conclusion:** The presented work follows the attitudes of experts (many of them are in the leading positions of important institutions) and the perceived "possibilities and limits" related to the implementation of psychedelic experience in addictology. This topic definitely deserves the attention of

the academic community and a deeper examination of what psychedelic experience can offer for the context of addiction treatment in our country.

Key words: psychedelics, addiction, alternative treatment, recovery, mind alteration