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Project: Exploring 2SLGBTQ+ experiences in the context of psychedelic medicines

Background



As legislative barriers are overcome and more research is being done into psychedelic medicine, the questions of how to ensure safe and effective access for 2SLGBTG+ patients, and to ensure equitable health outcomes must be examined. Large gaps in the literature must be addressed to develop queer-affirming models of psychedelic medicines, ensuring patients' safe, equitable, and

effective access. This is dependent on understanding the considerations sexual and gender diverse patients bring to psychedelic medicine.

This project aims to support development of queer-affirming models of psychedelic medicine. This project will (1) use queer and feminist critique to examine existing research, (2) analyze existing practices of psychedelic medicine, and (3) engage in discourse with 2SLGBTQ+ adults regarding the ways their use of psychedelics have

affected their experiences of sex, gender, and sexuality. The integration of sex- and gender based analysis+ (SGBA+) aims to reduce known health outcome barriers for 2SLGBTQ+ patients as identified in current research.

Psychedelic medicines represent novel interventions for a wide variety of mental health conditions including PTSD, anxiety, depression, substance-use disorders, ADD/ADHD and OCD. Initial research shows incredible promise for the use of psychedelics as adjuncts to psychotherapy.

Sexual and gender minority persons experience significant gaps in measures of mental and physical health compared to cisgender and heterosexual populations, linked to structural oppression. This extends to clinical settings where 2SLGBTQ+ folks have difficulty accessing healthcare and receive lower quality care. Interventions which are not collaboratively developed by and for sexual and gender diverse communities risk harm to patients and practitioners through the perpetuation of these structural oppressions, and repetition of historical ethical failures in both traditional and psychedelic medicine settings.

Through collection and sharing of data for and with 2SLGBTQ+ persons, traditional and psychedelic health providers including therapists, and the institutions that train them, this project aims to improve health outcomes for 2SLGBTQ+ individuals using psychedelic medicines.

Stefanie Desrochers (she/her/they/them) is a queer trans woman, educator, activist, advocate MSW thesis student, and a white settler living on Siksikaitapi land in the city of Siksikotoki (Lethbridge), within the colonial state of Canada.

She is currently combining her passions for queer community care, queer and feminist pedagogy, and drug policy advocacy through her proposed thesis research. Her work sits at the intersections of clinical social work, liberatory approaches to 2SLGBTQ+ healthcare, and the emerging field of psychedelic healing and wellness.

Through the qualitative exploration of queer folks' narratives of psychedelic experience and the ways in which queer folks make meaning from those experiences, she aims to use Narrative Inquiry to support sexual and gender diverse

persons to share their voices towards the development of Queer Affirming Models of Psychedelic-Assisted Psychotherapies.

