

# Psych CE

## Evaluating the Therapeutic Value of Psychedelics

**1. The prohibition of psychedelic drugs in the United States was influenced by all of the following factors except:**

- A. The rise of the counterculture
  - B. Vietnam War Protests
  - C. Lack of standards in clinical trials
  - D. Recreational drug use
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**2. Most psychedelic substances are classified as Schedule I drugs. What does this classification indicate?**

- A. They have a high risk of abuse and no accepted medical use
  - B. They have a high risk of abuse but have medical use
  - C. They have a low risk of abuse and no accepted medical use
  - D. They have a low risk of abuse and have medical use
- 

**3. What are classic psychedelics?**

- A. Dopamine-receptor agonists
  - B. Glutamat-receptor agonists
  - C. Norepinephrine agonist
  - D. Serotonin-receptor agonists
- 

**4. Psilocybin is commonly referred to by which of the following names?**

- A. Ecstacy
  - B. Magic mushrooms
  - C. Lucy
  - D. Dots
- 

**5. LSD is synthesized by combining diethylamide with which naturally occurring fungus?**

- A. Morning glory seeds
  - B. Ergot
  - C. Peyote
  - D. Ibogaine
-

**6. Mescaline is derived from which of the following?**

- A. A flowering plant
  - B. A shrub
  - C. A cactus
  - D. A fungus
- 

**7. DMT is often referred to as the \_\_\_\_\_ due to the profound, life-changing experiences reported by users.**

- A. Spirit molecule
  - B. Special K
  - C. Magic mushroom
  - D. Ecstacy
- 

**8. Ketamine has historically been a legal drug primarily used as \_\_\_\_\_.**

- A. a pain killer
  - B. a stimulant
  - C. a sleep aid
  - D. an anesthetic
- 

**9. What is MDMA classified as due to its ability to create feelings of euphoria and social connectedness?**

- A. A vasopressin
  - B. An entactogen
  - C. A depressant
  - D. A stimulant
- 

**10. This psychedelic has shown a reduction in withdrawal symptoms, reductions in drug cravings and use, and even a complete cessation of drug use.**

- A. Ibogaine
  - B. MDMA
  - C. Ketamine
  - D. LSD
- 

**11. One way psychedelics work is by increasing the serotonergic signaling which in turn decreases the threat sensitivity, this helps treat anxiety and depression by**

- A. increasing hyper-connectivity
- B. increasing amygdala reactivity
- C. reducing modulation of glutamate

D. reducing the negative cognitive bias

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**12. One theory on how psychedelics work is**

- A. by resetting a persons default mode network
  - B. they are only effective with psychotherapy
  - C. by stimulating numerous neurotransmitters at once
  - D. by decreasing overproduction of hormones
- 

**13. Researchers are still trying to understand the correlation of how \_\_\_\_\_ improves therapeutic outcomes.**

- A. classic psychedelics
  - B. non-classic psychedelics
  - C. mystical-type experiences
  - D. psychedelic tourism
- 

**14. \_\_\_\_\_ is experienced whenever humans encounter stimuli so vast and novel that they must alter their understanding of reality.**

- A. Reality
  - B. Awe
  - C. Rumination
  - D. Empathy
- 

**15. In most clinical trials and treatment models the \_\_\_\_\_ consists of rapport building, history gathering, and psychoeducation.**

- A. preparation session
  - B. dosing session
  - C. integration session
  - D. follow-up session
- 

**16. In most clinical trials and treatment models the \_\_\_\_\_ consists of experience and insights being explored and reinforcing the desired changes.**

- A. preparation session
  - B. dosing session
  - C. integration session
  - D. follow-up session
- 

**17. The \_\_\_\_\_ is to protect the safety and welfare of participants and outline principles governing treatment decisions made by providers.**

- A. confidentiality
  - B. therapeutic alliance
  - C. safety protocol
  - D. code of ethics
- 

**18. These are the three main risks associated with psychedelic therapy except**

- A. potential for a bad trip
  - B. serotonin agonist
  - C. potential to trigger an underlying psychotic disorder
  - D. short-term physiological reactions
- 

**19. \_\_\_\_\_ is the practice of taking a small amount of psychedelic every few days to experience the benefits without the high.**

- A. micro-dosing
  - B. macrodosing
  - C. mezzodosing
  - D. mixed dosing
- 

**20. The FDA approved \_\_\_\_\_ on a limited basis to treat major depressive disorder and treatment resistant depression.**

- A. Ketamine
  - B. Esketamine
  - C. MDMA
  - D. DMT
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