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

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3. What are classic psychedelics?

A. Dopamine-receptor agonists
B. Glutamate-receptor agonists
C. Norepinephrine agonists
D. Serotonin-receptor agonists

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

A. Ecstasy
B. Magic mushrooms
C. Lucy
D. Dots

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

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

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6. Mescaline is derived from which of the following?

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

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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. Ecstasy

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8. Ketamine has historically been a legal drug primarily used as _____.

A. a painkiller
B. a stimulant
C. a sleep aid
D. an anesthetic

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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

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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

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11. One way psychedelics work is by increasing the serotonergic signaling, which in turn decreases 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 person's default mode network
B. they are only effective with psychotherapy
C. by stimulating numerous neurotransmitters at once
D. by decreasing overproduction of hormones

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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

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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

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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

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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

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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

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18. All of the following are 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

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

A. microdosing
B. macrodosing
C. mezzodosing
D. mixed dosing

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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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