



**Tania Re**, psicologa e antropologa: *La coscienza ed i suoi diversi stati*

**Abstract: Research on Psychotropic Substances: new perspectives in Psychotherapeutic setting**

The debate on the therapeutic use of psychoactive substances has increased in recent years with the progressive growth of research, conferences and training courses.

Archaeological traces on the therapeutic, religious and ritual use of substances such as coca and psilocybin in South America, are millenary. The cannabis, similarly, coming from the East, did not have a different fate: the first evidence on the use of this plant for therapeutic purposes are dated from the third millennium BC in China as described in the text *Nei-Ching*, written between 2700 and 2600. The plant was prescribed to treat diarrhea, bronchitis, migraine, insomnia, inappetence and nervous disorders. In India the use of cannabis indica in the second millennium BC is evidenced in the sacred texts of the Vedas.

Nowadays psychiatrists, neuroscientists, psychologists, anthropologists in Europe, USA and South America, following the regulations of each State, are progressively recovering the legacy of the above mentioned researchers with the aim of strengthening research on psychedelics, negotiating a regulation for therapeutic and scientific uses and to provide serious and legitimate information to the public concerned.

The substances currently undergoing both basic and clinical trials are mainly: cannabis, psilocybin, dimethyltryptamine (DMT), ayahuasca, MDMA and LSD.

The diseases mainly studied concern mental health: the Post Traumatic Stress Disorder (PTSD), the patient's anxiety in oncology, depression but also cachexia, pharmacological pain, multiple sclerosis and other organic diseases.

The research developed in the United States, Switzerland, England and Spain follows rigorous research protocols in which the Set (the clinical and biographical history of the patient), the Setting (the environment in which the experience takes place) plays a fundamental role and the substance (type, dosage, quality and quantity).

The target includes choices of inclusion or exclusion for participation in the research, pre and post session assessments through the administration of tests and psychotherapy sessions to prepare first and then integrate the experiences experienced during the session.

Some patients report experiences of dissolution of the Ego which, thanks to neuroimaging techniques, we know to be connected with a net decrease of activity of a zone of the brain called DMN, Default Mode Network; this area seems to be overactive during episodes of rumination and rumination, typical in depressive states, and plays an important role also in the capacity of introspection and in the development of the mind theory, ie the ability to "read" and interpret the emotions of others.

In addition substances such as MDMA or Ayahuasca have empathogenic properties and are able to develop a state of trust and compassion, also allowing the emergence of ancient memories or removed, facilitating the processing of traumas and the possible treatment of addictions to which basis is precisely the traumatic component to be the trigger of the compulsion.

During the presentation we will present the state of art of psychoactive substances in medical setting with a focus on cannabis, psilocybin and DMT.

CV Tania RE è laureata in Psicologia Clinica e di Comunità, si è specializzata in Psicoterapia della Gestalt presso il CSTG di Milano e come terapeuta complementare in Svizzera approfondendo lo

studio e la pratica delle discipline bio-naturali.

È stata allieva del professor Benson del “Mind-Body Institute” a Boston dove ha appreso le tecniche mente-corpo, l’ipnosi e le tecniche di visualizzazione per l’accompagnamento di persone affette da traumi, patologie croniche e oncologiche.

Nel corso degli anni si è specializzata in Antropologia della Salute ed Etnomedicina. È tra i fondatori delle Cattedre Unesco “Salute, Antropologia, Biosfera e sistemi di cura” presso l’Università di Genova e "Plantae medicinales mediterraneae - Plants for Health in the Mediterranean Tradition" presso l’Università di Salerno.

Collabora attualmente con il Centro regionale Toscana per la Fitoterapia (CERFIT), con il Centro Studi di Terapie della Gestalt (CSTG) e con il Laboratorio LIMMIT in Portogallo.

Insegna Etnomedicina e Antropologia medica presso Corsi e Master Universitari in ambito sanitario e opera come terapeuta in Italia e in Svizzera.

La sua ricerca sul campo si realizza in Sud America nelle comunità indigene studiando le medicine tradizionali, le piante e i riti di cura.

Da sempre è interessata a comprendere i sistemi provenienti da antiche tradizioni che connettono mente e corpo con una prospettiva transdisciplinare, per questo partecipa ad una rete di ricerca internazionale che coinvolge fisici, medici, biologi e antropologi.

Negli ultimi anni ha focalizzato i suoi interessi di ricerca sull’utilizzo delle “piante maestre” in ambito terapeutico in collaborazione con Università e Centri di Ricerca in Europa, Stati Uniti e Sud America. In Italia promuove l’utilizzo terapeutico delle sostanze psicotrope in collaborazione con l’Associazione Luca Coscioni di cui è Consigliera.