



## The Family Therapy Institute of Santa Barbara

### Course Post-Test

Course Title: **Psychedelics & Cutting-Edge Therapies: The Ethics & Clinical Implications for Treatment and Referrals. Advanced Topics in Law & Ethics**

Date Recorded: **Saturday, November 4, 2023**

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Participant Name & License Number: \_\_\_\_\_

Date Completed: \_\_\_\_\_

Please read below and bubble in the correct answer for each question. To pass and receive 3 CE credits, you may not answer more than 6 incorrect answers.

1. According to the monoamine theory of depression, depression is caused by inadequate levels of neurotransmitters such as serotonin and dopamine.
  - True
  - False
2. The STAR\*D research found that after 12-14 weeks of treatment with SSRI citalopram, what percentage of patients did not achieve remission of depression:
  - 90%
  - 75%
  - 33%
  - 10%
3. The new theories see depression as a systems-level brain disorder involving:
  - Inflammation
  - Genetics
  - Complex neural networks
  - Circadian rhythms
  - All of the above
4. People with early trauma often have poorer responses to anti-depressants.
  - True
  - False

5. The use of genetic testing, imaging techniques like fMRI's and machine learning algorithms are being used:
- Only in research labs
  - Only in VA hospitals right now
  - To treat patients suffering from depression at precision psychiatry clinics around the country
6. Genetic tests are not helpful for determining which antidepressants might be helpful or harmful to a specific person.
- True
  - False
7. Through the use of fMRI's and other brain imaging, we now know that "nurture causes nature".
- True
  - False
8. Eight biotypes have been described by Dr. Leanne Williams and her colleagues at the Stanford Center for Precision Mental Health and Wellness. Which biotype involves the default mode network?
- Inattention
  - Emotional numbness
  - Anhedonia
  - Rumination
9. In the biotype called cognitive fog, the patient's ability to plan and make decisions is negatively impacted. This can be helped by prescribing
- Prozac
  - A healthy diet
  - Guanfacine
  - None of the above
10. In a review of treatments for depression published in 2019 in *Neuron*, the authors challenged traditional psychiatry. Why?
- Psychiatrists are not adequately trained
  - There is a shortage of psychiatrists in the US
  - By narrowly focusing on neurotransmitters, scientists missed opportunities to discover other neurobiological causes and treatments for depression
  - None of the above

11. In the GUIDED 2019 double blind trial of patients with treatment resistant depression, all the subjects were genotyped and then half were assigned to Treatment as Usual (TAU) and the other half had medications selected based on their genetics (guided-care group). What was learned from this study?
- The genetic testing had no significance in treatment
  - Those in the TAU group who received standard antidepressants did better
  - The remission rates in the genetically guided group were significantly better than in the TAU group.
12. The first modern clinical trials of psychedelics began in the early 2000's and because of their usefulness in treating anxiety and depression, the FDA granted "breakthrough therapy" status in 2017-9 to which two psychedelics for treatment resistant depression and PTSD?
- LSD and psilocybin
  - MDMA and psilocybin
  - Ketamine and MDMA
  - LSD and MDMA
13. It is ethical for a therapist practicing in California to refer and /or recommend that a client undergo psychedelic assisted psychotherapy using MDMA, LSD or psilocybin.
- True
  - False
14. The first controlled trial using ketamine to treat depression showed that even a single dose of IV ketamine rapidly reduced depression within 48 hours.
- True
  - False
15. There are two forms of ketamine, racemic and esketamine. Racemic ketamine was FDA approved as an anesthetic in 1970 and esketamine was approved in 2019. Which type of ketamine is the one being used in ketamine assisted psychotherapy?
- Racemic
  - Esketamine
16. Ketamine is a dissociative anesthetic that can produce psychedelic effects.
- True
  - False

17. Which form of ketamine is described as being “a lubricant” in the psychotherapy process since clients are more conscious?
- Intravenous ketamine
  - Intramuscular ketamine
  - Spravata nasal spray
  - Oral ketamine troches
18. Possible good candidates for ketamine therapy are:
- Clients with treatment resistant depression
  - Clients with suicidal ideation or plans
  - Patients with chronic pain conditions and depression
  - All of the above
19. A clinician should not do ketamine assisted psychotherapy (KAP) unless they have received adequate training.
- True
  - False
20. California Senate Bill 619 passed in 2020 so that racemic ketamine could be made more accessible as an off label treatment for mental health disorders.
- True
  - False
21. If a psychotherapist is undertaking KAP, ethical and legal guidelines require:
- They obtain informed consent
  - They discuss safety issues with the client prior to KAP
  - They work in collaboration with an MD who has done medical screening prior to KAP
  - All of the above
22. What psychedelic has been described as the most important breakthrough medication for depression in the last 50 years and the Rosetta Stone to understand depression?
- Psilocybin
  - MDMA
  - Ketamine
  - LSD