

# MAPS Therapy Educational Program in Iceland

MDMA-assisted psychotherapy for PTSD

Dalahotel, Laugar, Iceland

November 4th—10th 2023



Laugar is the backdrop for 13th century Laxdaela Saga on a love triangle. This is one of Iceland's most beloved Sagas of Icelanders, where women play a prominent role.

# MAPS Therapy Educational Program in Iceland

MDMA-assisted psychotherapy for PTSD

**Hugvikkandi (The Icelandic Psychedelic Society), Telous** (Haraldur Erlendsson consultant psychiatrist) in collaboration with **Silfurberg\*** investment company (Friðrik Steinn Kristjánsson) and **MAPS** (The Multidisciplinary Association for Psychedelic Studies) are proud to announce the first MAPS educational program in Iceland in November 2023.

This is held with the support of **Network for Psychedelic Therapy and Medicine** (Denmark), **Norsk Psykedelisk Vitenskap, Psykologvirke, Nordic Psychedelic Science** (Norway), **Nätverket for Psykedelisk Vetenskap** (Sweden) and **Finnish Association for Psychedelic Research** (Finland).

## Investigational MDMA-Assisted Therapy for PTSD

MDMA-assisted therapy for PTSD is an investigational treatment not yet approved for use outside of research. MAPS (the Multidisciplinary Association for Psychedelic Studies) and its public benefit corporation (MAPS PBC) are conducting international clinical trials investigating MDMA assisted therapy for PTSD. After preliminary studies demonstrated the safety and efficacy in the treatment of PTSD, the Food and Drug Administration (FDA) granted Breakthrough Therapy designation for MDMA. One Phase 3 trial has been completed, demonstrating that 67% of participants in the MDMA group no longer qualified for a PTSD diagnosis two months post-treatment, compared to 32% of participants in the placebo group. A second Phase 3 trial has been completed, and study results will be used to support an application for FDA approval for MDMA assisted therapy for PTSD.

## Program Context

As stated previously, one Phase 3 trial for MDMA-Assisted Therapy (MDMA-AT) in the US has been completed and there is interest in learning about this modality of therapy in other countries. Bringing education on MDMA-AT research to the Nordic countries is an important and exciting task and we believe that creating a Nordic community of therapists educated in its concepts will be a big step forward for our region.

We hope to see a community of therapists actively getting involved in educating the public and other professionals about MDMA-AT and work to create possibilities for new research, compassionate use programs and the advancement of the psychedelic-assisted therapy field. Therefore we are offering this unique opportunity to participate in this MAPS education program on MDMA-AT and to join a community of like-minded individuals who are passionate about learning about MDMA-AT clinical research.

With the generous support of **MAPS** and **Silfurberg\*** investment company (Friðrik Steinn Kristjánsson) we are able to offer the educational at a price that is much more affordable than having to go to the States. At the same time, you will become a part of a Nordic community of therapists who have participated in this MAPS education program, where we will be able to support each other in creating opportunities for more research and advocacy in MDMA-AT research in the coming years.

# MAPS Therapy Educational Program in Iceland

## MDMA-assisted psychotherapy for PTSD

### **Education Format**

The education program consists of approximately 70-80 hours of education, including:

Online content (20-30 hours)

Asynchronous, self-paced coursework to be completed by the assigned deadline

In person retreat (50 hours)

This online program consists of eLearning modules that will include a variety of activities to support learning. The curriculum includes video case presentations from real MAPS MDMA-assisted therapy sessions, role play activities, self-reflection activities, group and dyad activities, and other coursework.

Participants will receive proof of participation and completion of this educational course. However, please note this is not a certification course to deliver MDMA-assisted therapy. There are currently no certification standards for any psychedelic-assisted therapy given the investigational status of this modality, which has not been approved by the U.S. Food and Drug Administration (FDA) or any regulatory authority. There are no guarantees about the approval of MAPS PBC's New Drug Application for MDMA-assisted therapy to the FDA or the specific certification requirements for healthcare providers should this be approved. Given the uncertainty of the regulatory process and timeline, there may be a significant delay and no guarantee of opportunities to practice MDMA-assisted therapy in clinical practice.

### **Requirements for Participation**

Applicants must be able to commit to uninterrupted participation in all live education components (online and in person). Participation includes viewing and discussing emotionally intense treatment sessions, and participating in small group breakouts. Participants are asked to clear their calendars. When attending the virtual sessions, participants must identify a quiet and private location from which to join, and keep their cameras on unless otherwise directed (or under agreed upon circumstances).

# MAPS Therapy Educational Program in Iceland

MDMA-assisted psychotherapy for PTSD

## **Accommodation:** Dalahotel, Laugar, Iceland

The MAPS educational program will take place **November 4<sup>th</sup> – 10<sup>th</sup> 2023** in Dalahotel, Laugar, Iceland (<https://www.dalahotel.is/>).

**Dalahotel** is a country hotel, located approximately 2.5 hours' drive north of Reykjavik. It used to be a boarding school before it was converted to a hotel and although the guestrooms are simple, the hotel facilities, including a swimming pool, hot tubs and sauna, and the surrounding nature combine to make it the perfect place for learning and sharing. The hotel is exclusively reserved for this course; all facilities are only for participants of MAPS educational program.

**Bus transfers** will be provided from Reykjavik to Dalahotel and back for a small fee.

*(Approx. 40-50 USD per person. Final price and bus timings depend on number of and schedule of participants and will become clear at a later date).*

### **Price for accommodation at Dalahotel:**

Single room with private bathroom: **820 USD** per person. (Only 2 rooms of this type available)

Double room with private bathroom: **744 USD** per person.

Single room with shared bathroom: **700 USD** per person. (Only 2 rooms of this type available)

Double room with shared bathroom: **670 USD** per person.

**Included in price:** 6 nights in Dalahotel. Full board (breakfast, lunch, dinner, coffee breaks). Access to all facilities and services offered at Dalahotel, including pool (during opening hours), sauna, nature pool, wi-fi.

# MAPS Therapy Educational Program in Iceland

MDMA-assisted psychotherapy for PTSD

## Educational program prices:

**Price for educational program Part 1** – online learning: (20-30 hours): **250 USD**

**Price for educational program Part 2** – on site learning: (50 hours): **945 USD**

If you are a professional with a wish to work with MDMA-AT in the future or if you are part of an organisation that wishes to bring know-how about MDMA-AT into our workplace for future implementation this is a unique opportunity to get started:

Standard price for this part of the MAPS educational program in the US: 3500 USD

Total price for this MAPS educational program in Iceland: 1195 USD

**Saved expense per participant: 2305 USD**

**TOTAL PRICE** for accommodation and parts 1 & 2 of educational program ranges from **1.865 USD – 2.015 USD** depending on accommodation type.

**Please note that prices do NOT include flights to/from Iceland.**

**Thank you:** We thank **Silfurberg** investment company for generously offer a grant for all participants, reducing the total price of educational program and accommodation by approximately 1/3. MAPS has graciously agreed to make no profit from it nor the organizers.

Please note that grant has already been deducted from educational program price announced above.

**Applications open on 12<sup>th</sup> of May 2023 and ends on June 30<sup>th</sup>.**

**Please send a mail to Sigridur Sigurdardottir, Project manager at [Mapsiceland2023@gmail.com](mailto:Mapsiceland2023@gmail.com) to receive an application link.**

**Registration fee is 250 USD.**

### **NOTE:**

**Due to a lot of interest in the educational program, we encourage you to send in your application early!**

### **Application Requirements**

You can apply for the education program if you are authorized to practice psychotherapy according to local regulation. This includes if you are a psychologist, psychotherapist, psychiatrist, or have another relevant background.

We reserve the right to prioritize applications from researchers and professionals that are part of projects relevant to investigational MDMA-AT research in the Nordic countries. But we welcome applications from everyone with a relevant background, who wish to educate themselves about MDMA-AT research.

If you are not eligible for the education program in November 2023, we will notify you of future relevant programs.

