

IAAN Conference - Workshop Presentation September 7-9 2023

ABSTRACT SUBMISSION FOR 90 MINUTE WORKSHOP

INTRODUCTION –

LOUISE MACKENZIE

BCouns MIAAN(Cert) MNZAC MANZASW

Louise has been working in the care professions for about 20 years, she holds a Bachelor of Counselling and completed the Clinical Neuropsychotherapy Practitioner Training in Brisbane in 2017, which she subsequently had an essay published in.

Louise has a varied history of working in both counselling and social work fields in Aotearoa (NZ) and Australia specialising in working with children, young people, adults (and their families) who've experienced complex trauma. She brings this experience to her Private Practice in Christchurch, New Zealand where she works from a pluralistic counselling approach using creative therapies including Play Therapy, Interactive Drawing Therapy, Sand Tray Therapy whilst using the basis of Neuropsychotherapy in all interventions.

Louise uses a holistic view and respectful client-centred approach, which holds people's dignity and wellbeing at the forefront of the interventions, whilst advocating strongly against social justice issues that are present in the world of her clients.

Louise has also volunteered working with street children in Africa and projects in New Zealand.



Email Address: wavesofchangenzen@gmail.com

ABSTRACT –

Alternative Treatments in the Mental Health Context from a Neuroscience Lens: Psychedelics, Cannabis and Essential Oils

There is much evidence to show the re-emergence of alternative treatments in the mental health field. For some time now, pharmaceuticals have been considered the highest standard of treatment for mental health conditions, however this is quickly changing as new research comes to light and alternative treatments are engaged in.

When we look at the evidence base of this research along with the neuroplasticity that these treatments can effectively create, it's astounding to think we've been so set on one main treatment method for so many years.

The re-emergence of understanding around the depth of healing that such treatments as psychedelics, cannabis and essential oils can create is exciting to say the very least. And when we incorporate the neuroscientific basis of these treatments and the response our neural pathways can create, it becomes even more exciting!

This workshop has been designed using Neuroscience evidence-based information on brain changes that occur through the use of these treatments and this will be presented during the workshop. This information will give the participants an understanding of psychedelics, cannabis, and essential oils as treatment methods for mental health conditions and how the brain responds to this using Neuroscience evidential data. It will also include how the application of Neuroscience, alternative treatments and therapeutic support can assist a person's healing after they have experienced life circumstances that have led to the onset of mental health conditions.

This interactive workshop will use discussion groups to deepen participants' understanding of these Neuroscience concepts and how these strengthen the use of alternative treatments as an intervention.

A number of Case Studies will be presented, and small group discussions will take place to explore possible interventions that could be used with clients who experience adverse life circumstances that lead to mental health conditions. This will involve facilitated discussion on the foundational considerations that will enable a successful intervention. Participants will be invited to create and present their own intervention using the information learnt within this workshop.

OUTCOMES –

Learning Goals, Objectives and Outcomes

The goal of this interactive workshop is to allow participants to gain further information on alternative treatments in the mental health field and how Neuroscience evidence, psychedelics, cannabis and essential oils can be used effectively. Many clinicians are unaware of the depth of healing that these treatments can bring clients who have experienced negative impacts to their mental health. The objective of this workshop is to increase the understanding of these approaches with sharing the knowledge of how useful alternative treatment interventions can be, to support a person's healing after experiencing adverse life events.

PROPOSED FORMAT –

Presentation of evidence-based information on Psychedelic treatments and the neural effects of these treatments. (20 minutes – presenter Louise MacKenzie)

Discussion – participants will be invited to discuss with the person sitting beside them what their understanding of psychedelic treatments is, and what impact that information had on them (5 minutes – participant interaction)

Presentation of evidence-based information on Cannabis treatments and the endocannabinoid system (15 minutes – presenter Louise MacKenzie)

Discussion – participants will be invited to discuss with the person sitting beside them what their understanding of Cannabis treatments is and the understanding of the endocannabinoid system is (5 minutes – participant interaction)

Presentation of evidence-based information on essential oils and how these can support a person's healing who has experienced adverse life effects (5 minutes – presenter Louise MacKenzie)

Case Study interventions and outcomes will be presented by the author of the workshop. This will include presentation of a Case Study for participants to use as the basis for their own interventions. (15 minutes – presenter Louise MacKenzie)

Small group discussions of up to 5 people will take place to explore possible interventions that could be used with the client in the case study. These interventions will be recorded by the group and a spokesperson nominated to share the intervention. (10 minutes – participant interaction).

Presentation of intervention ideas from groups (10 minutes – participant interaction)

Closure of Workshop (5 minutes – presenter Louise MacKenzie)

* **Note 1** – Within the workshop where evidence and information will be presented, it will be presented using a PowerPoint presentation. This will include a variety of mediums to engage participants with varying learning styles. Mediums will include presenter's spoken information, videos, music, diagrams/visuals including a model of the brain to illustrate the different parts of the brain.

* **Note 2** – All requests for participant discussion are there to support participants' retention of information within their hippocampus.

* **Note 3** - Hand outs will be given to participants including, but not limited to; Psychedelic Treatment information, Cannabis Treatments and Endocannabinoid System information, Essential Oils information, Outline for Case Study where the participants are asked to create an intervention and a Reference List for further research to be done by participants on the topics covered in the workshop.