



## Media Alert: 17 April 2023 – Melbourne, Australia

### British Psychiatrist and Leading Psychedelic Medicine Specialist, Educator and Author - Dr Ben Sessa - to visit Australia, present Public Lectures and Lead the Residential Training for Students in Mind Medicine Australia's Upcoming Certificate in Psychedelic-Assisted Therapies (CPAT) Course

We are delighted to announce that Dr Ben Sessa will be coming to Australia to lead the residential component of Mind Medicine Australia's Certificate in Psychedelic-Assisted Therapies (CPAT) course and to present public lectures on psychedelic therapies. The CPAT course is designed for clinicians seeking to practice in this area following the TGA's recent rescheduling decision and has received outstanding testimonials from students who have already graduated from the course. Dr Sessa has been a valued member of the CPAT faculty since its first intake of students in 2021. However, this marks the first time that he has come to Australia to teach in person.

The next CPAT course starts on July 16<sup>th</sup> 2023, runs for 16 weeks and combines weekly webinars with a 6-day residential and course assignments. The course is delivered by a world class Faculty that includes many of the leading voices in psychedelic medicine from around the World such as Professor David Nutt, Professor William (Bill) Richards, Dr Rick Doblin, Dr Gabor Mate and Dr Bessel van der Kolk. For further details on the world leading Faculty, the content of the CPAT course and how to apply, please visit:

<https://cpat.mindmedicineaustralia.org/>

Mind Medicine Australia's CPAT course is the only course of its kind in Australia and the Asia Pacific Region with a comprehensive coverage of the history and medical application of all three Schedule 8 psychedelic medicines (psilocybin, MDMA and Ketamine). To date over 240 clinicians (psychiatrists, psychologists, psychotherapists, general practitioners and other mental health clinicians) have graduated from the CPAT course.

Receiving training in psilocybin and MDMA assisted therapies is a critical requirement of the Therapeutic Goods Administration's recent rescheduling of Psilocybin and MDMA for use as part of therapy for patients suffering from treatment resistant depression and treatment resistant post-traumatic stress disorder (PTSD). Australia has become the first country in the World to reschedule the use of these substances for medical purposes.

This rescheduling of Psilocybin and MDMA becomes effective on 1 July 2023 and follows detailed applications made by Mind Medicine Australia over an extended period of time and an extensive public consultation process.

For the last 15 years Dr Sessa has been at the forefront of psychedelic research and discourse in the United Kingdom through his affiliations with Bristol University and Imperial College London. Dr Sessa recently led the trial using MDMA assisted therapy for patients



suffering from severe alcohol abuse which achieved outstanding results (see <https://pubmed.ncbi.nlm.nih.gov/33601929/>). Dr Sessa is also a MAPS trained MDMA therapist and a Compass Pathways trained psilocybin therapist. Ben has written extensively on the use of psychedelic assisted therapies as treatments for key classes of mental illness. Until recently Dr Sessa was the Chief Medical Officer of AWAKN Life Sciences and ran the only psychedelic medicine clinic in the United Kingdom, using ketamine-assisted psychotherapy for a range of mental disorders. Dr Sessa is also the co-founder and former president of Europe's largest psychedelic conference, Breaking Convention. For further information on Dr Sessa see [www.drseessa.com](http://www.drseessa.com).

Mind Medicine Australia's Executive Director, Tania de Jong AM, commented: *"We are delighted that **Dr Ben Sessa** from the United Kingdom will be joining International Course Director **Dr Gita Vaid** from New York and the Australian Course Director **Dr Eli Kotler** as part of the CPAT course leadership group. Dr Sessa has been an Ambassador of Mind Medicine Australia since the charity started over 4 years ago. He has been a highly rated teacher on past CPAT courses and is widely recognised as a leading European expert on the use and application of psychedelic-assisted therapies."*

Dr Sessa said that *"I have been working in the academic field of psychedelic research for over 15 years, and have always been keen to develop pioneering approaches, in line with international developments in the field. Having run the UK's first clinical MDMA study and opened the UK's first psychedelic clinic, I can see that right now the focus is on Australia because of the TGA's recent rescheduling decision. The wonderful achievements made by Mind Medicine Australia to bring about the TGA decision for the use of MDMA and psilocybin therapies in Australia is pioneering. This is where the global psychedelic spotlight now shines. I am delighted to have been asked to be part of this teaching programme."*

**Applications are now open for the next CPAT intake starting in July and filling fast – see <https://cpat.mindmedicineaustralia.org/>**

**Dr Sessa is presenting a live online webinar with Dr Eli Kotler- the Australian Course Director of MMA's CPAT – on Thursday April 27<sup>th</sup> at 6pm AEST. In this session Dr Sessa and Dr Kotler will discuss the clinical application of psychedelic medicines in Australia. Attendance for this webinar is restricted to registered healthcare professionals. Register at <https://mindmedicineaustralia.org.au/events/free-webinar-psychedelic-assisted-therapies-for-psychiatrists-and-other-clinicians-from-a-trauma-informed-perspective/>**

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- Dr Ben Sessa is also available for interviews on request.