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DE L'AUTO-EXPÉRIMENTATION À LA PRESCRIPTION

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APPROCHE HISTORIQUE DE LA NOTION DE « PSYCHOTHÉRAPIE » DANS LES THÉRAPIES PSYCHÉDÉLIQUES

Références :

On parlait alors essentiellement de « **LSD therapy** », mais avant tout de « **LSD psychotherapy** ». Ainsi on peut citer un certain nombre d'articles « historiques », aux États Unis, en Angleterre, en Allemagne, et en France :

- LSD 25 as an aid in psychotherapy: preliminary report of a new drug », de Anthony K. Bush et Warren Johnson, exerçant dans le Missouri, dans le journal *Diseases of the Nervous System*, en **1950**. (3)
- « Über die Verwendung von Rauschdrogen (Meskalin und Lysergic säurediethylamid) in der Psychotherapie », de Walter Frederking, dans *Psyche-Zeitschrift für Psychoanalyse*, en **1953**. (4)
- « Psychotherapy with lysergic acid diethylamid », de Betty G. Eisner et Sidney Cohen, dans *The Journal of Nervous and Mental Diseases*, en **1958**. (5)

On peut également citer, en **1959** :

- « The use of Hallucinogenic Agent in Psychiatry » d'Oscar Janiger, un des pionniers américains, dans le *Californian Clinician* (6),
- l'ouvrage de D.B. Blewett et N. Chwelos, « Handbook for the Therapeutic Use of Lysergic Acid Diethylamine-25 » (7),
- et l'article de Ronald Sandison : « The role of Psychotropic Drug in Individual Therapy », dans le *Bulletin de l'Organisation Mondiale de la Santé*. (8).

Et, en France :

- « A propos de l'utilisation des substances dysléptiques en psychothérapie. Résultats favorables de substances répétées », de Laurent Stevenin et Jean Claude Benoit, dans la revue *L'Encéphale*, en 1960.

BENOIT J.-C. : Les substances hallucinogènes. Leur rôle dans la recherche et la thérapeutique psychiatrique actuelle, *Semaine des Hôpitaux de Paris*, **1963**, 39-46, 2184-2190. (9)

Avec l'article suivant, c'est l'apparition du terme « psychedelic », qui avait donc été l'adjectif proposé en 1956 par un correspondant de l'écrivain Aldous Huxley, le psychiatre canadien Humphry Osmond, et qui fut popularisé par la suite par le psychologue américain Timothy Leary, lorsqu'il répandit l'usage du L.S.D., notamment à partir de 1963, dans « *The Psychedelic review* » :

- « The psychedelic experience . A new concept in psychotherapy », de J.N. Sherwood, M.J. Stolaroff et W.W. Harman, dans le *Journal of Neuropsychiatry* en **1962**. (10)

Durant les années 60-70, la plupart des travaux restent également indicés sur la notion de **psychothérapie** :

- « Hallucinogenic Drugs and Their Psychotherapeutic Use », l'ouvrage de l'équipe anglaise de Ronald Sandison, paru en **1963**. (11)
- « The Use of Lysergic Acid Diethylamide (LSD) in Psychotherapy », de E.F.W. Baker, de l'Université de Toronto, en **1964**. (12)
- « Three years experience with the use of LSD as an aid in psychotherapy », du suédois Gordon Johnsen, en **1964**. (13)
- « Analytic and Integrative Therapy with the Help of LSD 25 » et « LSD-25, a tool in Psychotherapy » du californien Rudolf Holzinger en **1964**. (14)
- « Modifications in the technique of LSD therapy », de Anthony M.Spencer en **1964**. (15)

- « A Controlled Comparison of Five Brief Treatment Techniques Employing LSD, Hypnosis, and Psychotherapy », de A.M. Ludwig et J. Levine, en **1965**. (16)
- « LSD in Psychotherapy and Alcoholism », l'article d'Harold Abramson en 1966, et « The Use of LSD in Psychotherapy and Alcoholism », le livre édité par H.A. Abramson à Indianapolis en **1967**. (17)
- « LSD-25 as an Adjunct to Long-Term Psychotherapy » du canadien Robert Pos en **1966** (18).
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- « Basic functions involved in the psychotherapeutic effect of psychotomimetics », de Hanscarl Leuner, in J.M. Shlien (ED.), « *Research in Psychotherapy* », en **1968**. (20)
- « Psychotherapy for the Dying : Principles and Illustrative Cases with Special Reference to the Use of LSD », de Gary Fisher, OMEGA, en **1970** (21).
- « The experimental use of psychedelic (LSD) psychotherapy », de Walter Pahnke, Stanislas Grof et coll., en **1970**. (22)
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- « LSD psychotherapy : a review of the literature and some proposals for future research », de R.C. Clyman, paru dans le *Rhode Island Medical Journal* en **1972**.(24)
- « LSD-assisted Psychotherapy in Patients with Terminal Cancer », de Stanislas Grof, L.E. Goodman, William A. Richards et coll., dans la revue *International Pharmacopsychiatry*, en **1973**. (25)
- « The use of LSD as an adjunct to psychotherapy : fact and fiction », d'Abramson, en **1973**. (26)
- « MDA-Assisted Psychotherapy with Neurotic Outpatients », co-rédigé par Yensen, Kurland et coll., un des premiers travaux de psychothérapie assistée par une phényléthylamine (MDA, méthylendioxyamphétamine). (27)
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mine. (28)

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Revue de littérature

Mode d'action neurophysiologique et pharmacologique des substances psychédéliques

Un ouvrage de référence : HALBERSTADT A.L., VOLLENWEIDER F.X., NICHOLS D.E. (Eds) : Behavioral Neurobiology of Psychedelic Drugs, Current Topics in Behavioral Neurosciences 36, Springer-Verlag GmbH, Germany, 2018, 431 p.

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Federico Seràgnoli

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La première expérimentation du LSD dans les « névroses » date de 1947 (1) ; elle est publiée par un jeune psychiatre, A.W. Stoll, fils du directeur des laboratoires Sandoz, en Suisse, où Albert Hofmann avait découvert le LSD (1938-1943).

Par la suite, Bush & Johnson (1950) sont les premiers à reporter l'utilisation du LSD dans les psychothérapies; puis les expérimentations se succèdent : Chandler et Hartmann (1950) aux USA, R. Sandison en Angleterre, H.C. Leuner en Allemagne...

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Parallèlement, dès le début des années 1950, le LSD a été utilisé pour “accompagner les psychothérapies”, selon deux méthodes :

- *thérapies « psycholytiques »* : administration de doses relativement “faibles” de LSD (50 à 100 microgr), lors des séances psychothérapeutiques, sur des durées de plusieurs mois, essentiellement en Angleterre, Sandison et al., et en Allemagne, Leuner et al. PASSIE T. : “A Short History of Psycholytic Therapy”, in C.S. Grob & J. Grigsby (Eds) “*Handbook of Medical Hallucinogens*”, The Guilford Press, New York, London, 2021, page 99.
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Christian Sueur

L'HISTOIRE DE L'UTILISATION THÉRAPEUTIQUES DES PHÉNYLÉTHYLAMINES (MDMA, AMPHÉTA- MINES, Mescaline) (92)

Références

Ces dernières années, parallèlement à la mise en place d'essai cliniques dans des Centre de Soins et de Recherche Cliniques avec la psilocybine et le LSD, les thérapeutiques avec la MDMA se sont multipliées :

- en Angleterre, avec le Dr Ben Sessa, et l'équipe de l'Imperial College of Medicine londonien (Dr David Nutt, Robin Carhart Harris et collègues)
- aux USA, (les équipes de C.S. Grob en Californie, de R. Metzner, dans une approche transpersonnelle, et de Mithoefer en..., avec le soutien de la MAPS
- ainsi que d'autres équipes au Canada, en Allemagne (Torsten Pas-sie), aux Pays Bas (K.P.C. Kuypers)

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L'USAGE DE LA MDMA EN PSYCHOTHÉRAPIE

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L'UTILISATION THÉRAPEUTIQUE DE LA PSILOCYBINE

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Les indications cliniques, aujourd’hui, sont multiples et documentées par des essais cliniques :

On aborde en premier lieu les dépressions majeures, et « résistantes » aux traitements antidépresseurs classiques :

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LA KÉTAMINE

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On observe donc avec la kétamine un processus de neuroplasticité et de neurogénèse tout à fait intéressant, comme dans le cas du LSD, ou de la psi-

locybine, et il est probable qu'un certain nombre de processus neurophysiologiques soient communs, entre les substances psychédéliques "pures" (LSD, Mescaline, Tryptamines, dont la Psilocybine), et ces substances comportant des effets sur différents systèmes de neuromédiateurs, dont certains impliquant les récepteurs 5-HT (PCP, kétamine, CBD....). Les récents travaux de neurophysiologie et d'imagerie cérébrales vont dans ce sens. En particulier les travaux de Franz Vollenweider et coll. de l'Université de Bale :

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La kétamine en anesthésie

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La littérature sur la kétamine

En 2001, a été publié l'ouvrage "princeps" du docteur Karl L.R. JANSEN : "*Kétamine : Dreams and Realities*" (Editions du MAPS). Karl Jansen est un psychiatre anglais, et il a été le premier à réunir dans ce livre des articles sur les effets psychoactifs de la kétamine, sur la similarité de certaines expériences psychédéliques induites par la kétamine, avec les Near-Death-Experiences, sur l'intérêt de la kétamine comme adjuvant dans les psychothérapies, mais aussi sur le risque de K-hole, et sur ses dimensions addictives, vis-à-vis desquelles il a développé des méthodes thérapeutiques.

En dehors des publications scientifiques dans le champ de l'anesthésie -réanimation, les références sur la kétamine sont rares en librairie, et particulièrement en langue française. Au siècle dernier, nous avons réalisé une première synthèse de la littérature à partir de documents rares et épars, dans le cadre de notre recherche-action sur l'utilisation des drogues de synthèse dans les raves parties (Missions Rave de MDM).

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LE GAMMA-HYDROXYBUTYRATE (GHB, GAMMA OH, OU « LIQUID ECSTASY »)

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