



Required and Recommended Textbooks for 2021



**California Institute
of Integral Studies**

**Certificate Program in Psychedelic-Assisted
Therapies and Research**

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Note: Program instructors will require additional articles and/or book chapters for their particular classes. Those class readings will all be available on the CIIS online course platform several weeks before each presentation.

Required Readings for Entire Course

These seven textbooks and one article are assigned for all trainees as broad-based, foundational readings for the entire certificate program in 2021. The book by William Richards (*Sacred Knowledge: Psychedelics and Religious Experience*, the first half: Ch. 1-9) is required reading prior to the opening weekend in April of 2021, as is the journal article *Developing Guidelines and Competencies for the Training of Psychedelic Therapists* (2017) by Janis Phelps.

Students should read two books by the end of the spring semester: *Foundational Concepts in Neuroscience* (Chapters 1-10) by David Presti and the entire textbook edited by Michael Winkelman and Ben Sessa, *Advances in Psychedelic Medicine*. Then *Ecstasy: The Complete Guide* by Julie Holland should be read before the June weekend trainings. Students are required to read *Allies for Awakening: Guidelines for Productive and Safe Experiences with Entheogens* by Ralph Metzner and *The Cosmic Serpent* by Jeremy Narby before the end of summer. Then students will complete the second half of Bill Richards' *Sacred Knowledge* textbook before the middle of the fall semester.

Holland, Julie (2001). *Ecstasy: The Complete Guide*. Rochester, VT: Park Street Press.

Metzner, Ralph (2015). *Allies for Awakening: Guidelines for Productive and Safe Experiences with Entheogens*. Berkeley, CA: Regent Press.

Narby, Jeremy (1998). *The Cosmic Serpent*. NY, NY: Jeremy Tarcher/Putnam.

Phelps, J. (2017). Developing Guidelines and Competencies for the Training of Psychedelic Therapists. *Journal of Humanistic Psychology*, 57(5), 450-487.
[doi:http://dx.doi.org.ciis.idm.oclc.org/10.1177/0022167817711304](http://dx.doi.org.ciis.idm.oclc.org/10.1177/0022167817711304)

Presti, David (2015). *Foundational Concepts in Neuroscience: A Brain-Mind Odyssey*. NY, NY: W.W. Norton and Company. (Ch. 1 - 10)

Richards, William A. (2016). *Sacred Knowledge: Psychedelics and Religious Experience*. NY, NY: Columbia University Press.

Winkelman, M. and Sessa, B. (2019). (Eds.). *Advances in Psychedelic Medicine*. Santa Barbara, CA: Praeger

20 Recommended Books for the CIIS Certificate Program in 2021

These recommended books are influential texts in the discourse over the past several decades on psychedelic research; psychedelic-assisted, narrative and existential psychotherapies; shamanism; and consciousness exploration. We recommend that trainees read these books during or after their training in the 2021 certificate program.

Caveat: a couple of the recommended books were written in the era of the 1950's and 1960's when the consciousness of internalized racism and sexism was more limited. Please read those books with patience when you come upon such sentiments. Despite these obvious flaws, we recommend those several books due to the unique and singular wisdom to be gained in each of them.

Bache, Chris (2000). *LSD and the Mind of the Universe: Diamonds from Heaven*. Rochester, VT: Park Street Press.

Badiner, Allan and Grey, Alex (Eds.). (2015). *Zig Zag Zen: Buddhism and Psychedelics*. Santa Fe, NM: Synergetic Press.

Bugental, James (1978). *Psychotherapy and Process: The Fundamentals of an Existential-Humanistic Approach*. Menlo Park, CA: Addison-Wesley.

Campos, Don Jose (2011). *The Shaman and Ayahuasca*. Studio City, CA: Divine Arts Press.

Doblin, Rick and Burge, Brad (Eds.). (2014). *Manifesting Minds*. Berkeley, CA: Evolver Editions.

Fadiman, James (2011). *The Psychedelic Explorer's Guide: Safe, Therapeutic and Sacred Journeys*. Rochester, VT: Park Street Press.

Frankl, Viktor (1959/2000). *Man's Search for Meaning*. NY, NY: Beacon Press.

Grob, Charles (Ed.). (2002). *Hallucinogens: A Reader*. NY, NY: Jeremy Tarcher.

Grof, Stanislav (2019). *The Way of the Psychonaut, Volumes 1 and 2*. Sarasota, FL: MAPS.

Huxley, Aldous (1958/1999). *Moksha: Classic Writings on Psychedelics and the Visionary Experience*. Rochester, VT: Park Street Press.

Labate, Bia and Cavnar, Clancy. (Eds.). (2018). *Plant Medicines, Healing and Psychedelic Science: Cultural Perspectives*. New York, NY: Springer Books.

Leary, T., Metzner, R. and Alpert, R. (1964). *The Psychedelic Experience: A Manual Based on the Tibetan Book of the Dead*. New Hyde Park, NY: University Book

Mate, Gabor (2010). *In the Realm of the Hungry Ghosts*. Berkeley, CA.: North Atlantic Books.

Required and Recommended Textbooks for 2021

- Metzner, Ralph (2017). *The Ecology of Consciousness*. Oakland, CA.: New Harbinger Publications.
- Naranjo, Claudio (1974). *The Healing Journey*. London: Pantheon Books. Passie, Torsten (2012). *Healing with Entactogens*. Santa Cruz, CA: MAPS.
- Schultes, Richard, Hofmann, Albert and Rättsch, Christian (2001). *Plants of the Gods: Their Sacred, Healing, and Hallucinogenic Powers*. Rochester, VT: Healing Arts Press.
- Smith, Huston (2000). *Cleansing the Doors of Perception*. NY, NY: Jeremy Tarcher Press.
- Stolaroff, Myron (1997). *The Secret Chief Revealed*. Sarasota, FL: MAPS.
- Walsh, Roger and Grob, Charles (Eds.). (2005). *Higher Wisdom: Eminent Elders Explore the Continuing Impact of Psychedelics*. Albany, N.Y: SUNY Press.