



# Required and Recommended Textbooks for 2023-2024



CALIFORNIA INSTITUTE  
OF INTEGRAL STUDIES

## Certificate Program in Psychedelic-Assisted Therapies and Research

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## Required and Recommended Textbooks for 2023-2024

**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 at least one month prior to each presentation.

### Required Readings for Entire Course

These six textbooks and one chapter are assigned for all trainees as broad-based, foundational readings for the entire certificate program in 2023-2024. Before the first class weekend, trainees will read the first half of the book by William Richards (*Sacred Knowledge: Psychedelics and Religious Experience*: Ch. 1-9); the book chapter “Training Psychedelic Therapists” by Janis Phelps; and *Foundational Concepts in Neuroscience* (Ch. 1-10) by David Presti.

Trainees are expected to read by the end of October: *Managing Microaggressions: Addressing Everyday Racism in Therapeutic Spaces* by Monnica Williams. By November, everyone will read Bia Labate and Clancy Cavnar (Eds.): *Psychedelic Justice: Toward a Diverse and Equitable Psychedelic Culture*. By the end of December, trainees will read *Allies for Awakening: Guidelines for Productive and Safe Experiences with Entheogens* by Ralph Metzner. By the end of January, trainees read the edited volume by Charles Grob and James Grigsby, *Handbook of Medical Hallucinogens*. By the end of February, everyone will complete the second half of Bill Richards’s *Sacred Knowledge*.

Grob, C. S. & Grigsby, J. (Eds.). (2021). *Handbook of Medical Hallucinogens*. Guilford Press.

Labate, B. and Cavnar, C. (Eds.). (2021). *Psychedelic Justice: Toward a Diverse and Equitable Psychedelic Culture*. Synergetic Press and Chacruna.

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

Phelps, J. (2019). Training Psychedelic Therapists. In Winkelman, W. J. & Sessa, B. (Eds.), *Advances in Psychedelic Medicine: State-of-the-Art Therapeutic Applications* (pp. 274-294). Praeger (remaining chapters are recommended).

Presti, D. (2015). *Foundational Concepts in Neuroscience: A Brain-Mind Odyssey*. W.W. Norton & Co. (Ch. 1-10 required; remaining chapters recommended).

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

Williams, Monnica T. (2020) *Managing Microaggressions: Addressing Everyday Racism in Therapeutic Spaces*. Oxford University Press.

### 35 Recommended Readings for the CIIS Certificate Program in 2023-2024

These recommended readings are influential texts in the discourse over the past several decades on psychedelic research, psychedelic-assisted and existential psychotherapies, shamanism, culture and diversity, transformational practices, and consciousness exploration. We recommend that trainees read these sources during or after their training in the 2023-2024 certificate program.

*Caveat:* Several of the recommended older books were written when the consciousness of systemic racism and sexism was more limited. Please read those books with patience when you come upon such sentiments. Despite these serious flaws, we recommend such older books due to the unique and singular wisdom to be gained from the rest of the book.

- Bache, C. (2019). *LSD and the Mind of the Universe: Diamonds from Heaven*. Park Street Press.
- Barrett, F. S., & Preller, K. H. (2022). *Disruptive Psychopharmacology*. Springer.
- Belser, A., Cavnar, C., & Labate, B. C. (2022). *Queering Psychedelics: From Oppression to Liberation in Psychedelic Medicine*. Synergetic Press.
- Campos, J. (2011). *The Shaman and Ayahuasca: Journeys to Sacred Realms* (A. Roman, Trans.). Divine Arts Press.
- Fadiman, J. (2011). *The Psychedelic Explorer's Guide: Safe, Therapeutic and Sacred Journeys*. Park Street Press.
- Grof, S. (2019). *The Way of the Psychonaut: Encyclopedia for Inner Journeys* (Vols. 1 and 2). MAPS.
- Gutiérrez, N. (2022). *The Pain We Carry: Healing from Complex PTSD for People of Color*. New Harbinger Publications.
- Hart, C. L. (2022). *Drug Use for Grown-ups: Chasing Liberty in the Land of Fear*. Penguin Books, imprint of Penguin Random House LLC.
- Holland, J. (2001). *Ecstasy: The Complete Guide*. Park Street Press.
- Huxley, A. (1958/1999). *Moksha: Classic Writings on Psychedelics and the Visionary Experience*. Park Street Press.
- Kimmerer, R. W. (2020). *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*. Milkweed Editions.
- Leary, T., Metzner, R. and Alpert, R. (1964). *The Psychedelic Experience: A Manual Based on the Tibetan Book of the Dead*. University Books.
- McQueen, D. I. (2021). *Psychedelic Cannabis: Therapeutic Methods and Unique Blends to Treat Trauma and Transform Consciousness*. Park Street Press.
- Menakem, R. (2017). *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Central Recovery Press.

## Required and Recommended Textbooks for 2023-2024

- Metzner, R. (2022). *The Unfolding Self: Varieties of Transformative Experience*. Synergetic Press.
- Metzner, R., & Darling, D. (2006). *Sacred Mushroom of Visions: Teonanácatl: A Sourcebook on the Psilocybin Mushroom*. Park Street Press.
- Mischke-Reeds, M. (2018). *Somatic Psychotherapy Toolbox: 125 Worksheets and Exercises to Treat Trauma & Stress*. PESI Publishing.
- Muraresku, B. (2020) *The Immortality Key: The Secret History of the Religion with No Name*. St. Martin's Press.
- Narby, J. (1998). *The Cosmic Serpent: DNA and the Origins of Knowledge*. Jeremy Tarcher/Putnam.
- Phelps, J. (2017). Developing Guidelines and Competencies for the Training of Psychedelic Therapists. *Journal of Humanistic Psychology*, 57(5), 450-487.
- Ortigo, K. (2021). *Beyond the Narrow Life: A Guide for Psychedelic Integration and Existential Exploration*. Synergetic Press.
- Owens, D. (2017). *Medical Bondage: Race, Gender, and the Origins of American Gynecology*. University of Georgia Press.
- Papaspyrou, M., Baldini, C., and Luke, D. (2019). (Eds.) *Psychedelic Mysteries of the Feminine: Creativity, Ecstasy, and Healing*. Park Street Press.
- Passie, T. (2009/2012). *Healing with Entactogens: Therapist and Patient Perspectives on MDMA-Assisted Group Psychotherapy*. MAPS.
- Roísín F. (2022). *Who is Wellness For?: An Examination of Wellness Culture and Who it Leaves Behind*. Harper Wave.
- Schroeder, S. and Theophano, T. (2019). (Eds.). *Headcase: LGBTQ Writers & Artists on Mental Health and Wellness*. Oxford University Press.
- Schultes, R., Hofmann, A. and Rätsch, C. (2001). *Plants of the Gods: Their Sacred, Healing, and Hallucinogenic Powers*. Healing Arts Press.
- Sessa, B. (2017). *The Psychedelic Renaissance: Reassessing the Role of Psychedelic Drugs in 21st Century Psychiatry and Society* (2<sup>nd</sup> ed.). Muswell Hill Press.
- Smith, H. (2000). *Cleansing the Doors of Perception: The Religious Significance of Entheogenic Plants and Chemicals*. Jeremy Tarcher Press.
- Stolaroff, M. (1997). *The Secret Chief Revealed*. MAPS.
- Sue, D. and Spanierman, L. (2020, 2<sup>nd</sup> ed.). *Microaggressions in Everyday Life: Race Gender and Sexual Orientation*. John Wiley and Sons.
- Taylor, K. (2017). *The Ethics of Caring: Finding Right Relationship with Clients: For Profound, Transformative Work in Professional Healing Relationships*. Hanford Mead Publishers, Inc.

Vander Kolk, B. (2015). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin.

Watts, A. (1962). *The Joyous Cosmology: Adventures in the Chemistry of Consciousness*. Random House.

Winkelman, M. & Sessa, B. (Eds.). (2019). *Advances in Psychedelic Medicine: State-of-the-Art Therapeutic Applications*. Praeger.