

Rafaella Lancelotta (they/she)

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Education

**Doctor of Philosophy in Social Work –
Emphasis: Implementation Science in Psychedelic Research
August of 2021 – Present**
The Ohio State University, OH

**Master of Science in Counseling - Emphasis: Mental Health Counseling
Completed in May of 2018**
University of Wyoming, Laramie, WY
*CACREP Accredited Program

**Bachelor of Arts - Honors in English - Creative Writing - Minor in Sociology
Completed in May of 2013**
University of Central Florida, Orlando, FL

Licenses

National Certified Counselor – April 2022-Present
ID Number: 1099497

Licensed Professional Counselor Ohio – August 2021-Present
License number: C.2103795

Licensed Professional Counselor Colorado – August 2020-August 2021

Licensed Professional Counselor Candidate Colorado – June 2018-August 2020

Trainings

**Psilocybin-assisted psychotherapy: Background, Current Research, and Basic Skills –
completed August 12th, 2022**
Center for Psychedelic Drug Research and Education, Columbus, Ohio

Integrative Harm Reduction Psychotherapy – Completed March 2022
Center for Optimal Living, New York City

Innate Path Ketamine-Assisted Somatic Psychotherapy – Completed August 2020
Innate Path, Broomfield, CO

Special Skills

- Bilingual Heritage Speaker (English and Spanish)
- Training and experience in somatic-focused therapy
- Training and experience in trauma-informed therapy
- Extensive training and experience in psychedelic-assisted therapy

Clinical Experience

Therapist at Relationship Is Psychedelic (Owner and Operator), July 2021-present *Columbus, OH*

- Providing trauma-informed somatic and relational mental health counseling
- Providing clinically-informed psychedelic therapy preparation and integration support
- Supporting clinicians in case conceptualization and assessing training needs
- Providing pro bono meetings with students to discuss career trajectories

Therapist at Habituating to Wholeness (Owner and Operator), July 2020-July 2021 *Golden, CO*

- Utilized Cannabis and Ketamine in somatic-focused therapy sessions.
- Supported clients in talk sessions for integration using person-centered, trauma-informed processing and drawing upon IFS models to conceptualize the client's process.
- Worked with clients with C-PTSD, PTSD, depression, anxiety, stress-related disorders, as well as clients with substance abuse disorders (primarily alcohol, cannabis), self-harm, and eating disorders.

Therapist at Innate Path Clinic, May 2018-July 2020 *Lakewood, CO*

- Utilized Cannabis and Ketamine in somatic-focused therapy sessions.
- Facilitated support groups for clients which included psychoeducation, relational modeling, and open space for clients to share and relate with others their process.
- Supported clients in talk sessions for integration using person-centered, trauma-informed processing and drawing upon IFS models to conceptualize the client's process.
- Worked with clients with C-PTSD, PTSD, depression, anxiety, stress-related disorders, as well as clients with substance abuse disorders (primarily alcohol, cannabis), self-harm, and eating disorders.
- Assisted with the Innate Path therapist training program to train new therapists in the Innate Path model (a somatic-focused approach to processing and resolving trauma).

Internship at Behavioral Health Services, September 2017-May 2018 *Iverson Memorial Hospital, Laramie, WY*

- Participated in treatment team meetings to interview patients with a mental health team which included a psychiatrist, a licensed therapist, and nursing staff.
- Facilitated psychoeducation groups regarding emotional regulation, distress tolerance, and conflict resolution to give patients tools they could use when they discharged.
- Worked with a wide range of clinical presentations including patients with borderline personality disorder, schizotypal disorders, various psychoses, substance abuse (primarily alcohol, amphetamines, opiates), bipolar disorder, major depressive disorder, adjustment disorder, and anxiety disorders.

Counselor In Training Practicum, May 2016-May 2017

University of Wyoming Laramie, Wyoming

- Administer unstructured diagnostic interviews to evaluate the presence of psychiatric symptoms and determine whether clients met criteria for any specific disorder as defined by the DSM-5 (e.g., PTSD, depression, anxiety, substance use disorder).
- Following diagnostic evaluation, provide client-centered counseling to address a range of problems associated with relationships, trauma, problematic substance use.
- Provide consultation with peers in structured setting.

Graduate Residence Coordinator, May 2016-May 2017

University of Wyoming, Laramie, Wyoming

- Maintain front desk operations.
- Advise and supervise students of differing backgrounds including LGBTQ, Latino, low SES, ability, first generation, and race/ethnicity.
- Fulfill on-call duties which included responding to Students of Concern who were at risk to self and/or others.
 - Administered suicide risk assessments (thoughts, means, plan)
- Supervise and train Resident Assistants to work effectively with the student population.

Special Education Paraprofessional, Oct 2015-Jun 2016

Jackson Hole High School, Wyoming

- Provided translation services to Spanish-speaking parents in IEP meetings.
- Implemented and enforced behavior treatment plans as developed by the school psychologist to ensure positive developmental growth and socialization.
- Participated in IEP meetings in order to ensure effective treatment plans in helping students socially assimilate into the community.

Wilderness Field Staff Instructor, May 2013-Sep 2014

Second Nature Entrada, Saint George, Utah

- Coordinate client progress with other Field Staff Instructors and client therapist on a weekly basis.
- Develop client interventions under guidance and approval of licensed mental health professional to help clients explore new avenues of growth.
- Provide a peer mentor relationship with all members of the group in order to model healthy relationships.
- Working with a diverse population, including those experiencing PTSD, sexual trauma, eating disorders, substance addiction, bipolar disorder, ADHD, oppositional defiant disorder, anxiety, depression, and mood instability.

Professional Service and Engagement

Board Member of Source Research Foundation, January 2018-Present

- Serve as Secretary

- Record minutes for all board meetings
- Serve as a member of the Student Grants Review Committee
 - Review and rate student grants
 - Vote for final grant awardees
- Serve as a member of the Community Grants Review Committee
 - Review and rate student grants
 - Vote for final grant awardees
- Serve as co-lead for the Travel Grants Program
 - Organize grant application process
 - Vote for final grant awardees

Organizing and Planning Committee Member for Psychedemia Conference, *January 2022-August 2022*

- Presenter Application design
- Application review
- Organizing Academic Advisory Committee
- Volunteer Application design
- Volunteer Administration
- Art and music curation planning

Research Experience

Researcher, Author 2016-Present

- Project: Characterization of Mystical Experiences Occasioned by 5-MeO-DMT-Containing Toad Bufotoxin and Comparison with Prior Psilocybin Studies
 - Supervisor: Joseph Barsuglia, PhD.
 - Duties:
 - Data preparation, coding, and storage
 - Assisted with data analyses
 - Assisted with manuscript editing and presentation development
- Project: International survey of the epidemiology of 5-MeO-DMT use
 - Supervisor: Alan K Davis, PhD.
 - Duties:
 - Assisted with survey development and design
 - Assisted with creation and management of web-based survey
 - Assisted with recruitment, participant contact, and data collection
 - Assisted with data analyses
 - Assisted with manuscript editing and presentation development
- Project: Examination of the phenomenology of 5-MeO-DMT use in a naturalistic setting in the United States
 - Supervisor: Alan K Davis, PhD.
 - Duties:
 - Assisted with survey development and design
 - Assisted with creation and management of web-based survey
 - Assisted with recruitment, participant contact, and data collection

- Assisted with data analyses
 - Assisted with manuscript editing and presentation development
- Project: Examination of biomarkers associated with synthetic 5-MeO-DMT use in a naturalistic setting
 - PI: Malin Uthaug, PhD.
 - Duties:
 - Assisted with data collection
 - Assisted with psychometric battery and survey design
 - Assisted with manuscript writing and editing
- Project: The epidemiology of mescaline use: Pattern of use, motivations for consumption, and perceived consequences, benefits, and acute and enduring subjective effects
 - PI: Malin Uthaug, PhD.
 - Duties:
 - Assisted with data collection
 - Assisted with survey design and translation to Spanish
 - Assisted with manuscript writing and editing
- Project: Translation and validation of acute psychedelic experience measures into Spanish
 - PI: Alan K. Davis, PhD.
 - Duties:
 - Literature review
 - Authoring introduction
 - Assisting in analyses discussions
 - Conducting secondary analysis
- Project: Exploring gender identity and sexual identity among LGBTQIA+ people who use psychedelics in non-clinical settings
 - PI: Alan K. Davis, PhD.
 - Duties:
 - Co-Primary Investigator
 - Literature review
 - Survey design which included:
 - Novel item design
 - Selecting measures to be used and verifying validity
 - Survey structure
 - Building survey in Qualtrics
 - Using community-based participation to improve relevance
 - Coordinating a clinically and culturally diverse research team and integrating feedback on project design
 - Developing and deploying recruitment strategy
 - Methodological conceptualization
 - Data cleaning
 - Data analysis

- Manuscript authorship
- Project: Examining the Safety and Clinical Efficacy of Psilocybin Therapy for Veterans with PTSD: An Open-Label Proof-of-Concept Trial
 - PI: Alan K. Davis, PhD and Stacey Armstrong, PhD.
 - Duties
 - Contributed to protocol development
 - Contributed to measure selection
 - Analytical strategy
 - Designed music playlist
 - Led playlist validation process
 - Contributed to manuscript writing
- Project: Psilocybin and Therapeutic Alliance in Depression
 - PI: Alan K. Davis, PhD and Stacey Armstrong, PhD.
 - Duties
 - Contributed to project conceptualization
 - Contributed to manuscript writing

Published Journal Articles

Davis, A.K., Barsuglia, J. P., **Lancelotta, R.**, Grant, R., & Renn, E. (March 2018) The epidemiology of 5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT) use: Benefits, consequences, patterns of use, subjective effects, and reasons for consumption. *Journal of Psychopharmacology*.

Davis, A.K., So, S., **Lancelotta, R.**, Barsuglia, J., Griffiths, R. (October 2018) 5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT) used in a naturalistic group setting is associated with unintended improvements in depression and anxiety. *The American Journal of Drug and Alcohol Abuse*.

Barsuglia, J., Davis, A. K., Palmer, R., **Lancelotta, R.**, Windham-Herman, A., Peterson, K., Polanco, M., Grant, M., Griffiths, R. (November 2018) Intensity of Mystical Experiences Occasioned by 5-MeO-DMT and Comparison With a Prior Psilocybin Study. *Frontiers in Psychology*.

Uthaug, M., **Lancelotta, R.**, Oorsouw, K., Kuypers, K., Mason, N. L., Rak, J., Sulakova, A., Jurok, R., Maryška, M., Kuchar, M., Páleníček, T., Riba, J., Ramaekers, J. M. (April 2019) A single inhalation of vapor from dried toad secretion containing 5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT) in a naturalistic setting is related to sustained enhancement of satisfaction with life, mindfulness-related capacities, and a decrement of psychopathological symptoms. *Psychopharmacology*.

Sepeda, N. D., Clifton, J. M., Doyle, L. Y., **Lancelotta, R.**, Griffiths, R. R., & Davis, A. K. (2019). Inhaled 5-methoxy-N,N-dimethyltryptamine: Supportive context associated with positive acute and enduring effects. *Journal of Psychedelic Studies*, 1(aop), 1–9.
<https://doi.org/10.1556/2054.2019.033>

Uthaug, M. V., **Lancelotta, R.**, Szabo, A., Davis, A. K., Riba, J., & Ramaekers, J. G. (2020).

Prospective examination of synthetic 5-methoxy-N,N-dimethyltryptamine inhalation: Effects on salivary IL-6, cortisol levels, affect, and non-judgment. *Psychopharmacology*, 237(3), 773–785. <https://doi.org/10.1007/s00213-019-05414-w>

- Lancelotta, R. L.**, & Davis, A. K. (2020). Use of Benefit Enhancement Strategies among 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT) Users: Associations with Mystical, Challenging, and Enduring Effects. *Journal of Psychoactive Drugs*, 0(0), 1–9. <https://doi.org/10.1080/02791072.2020.1737763>
- Uthaug, M. V., **Lancelotta, R.**, Bernal, A. M. O., Davis, A. K., & Ramaekers, J. G. (2020). A comparison of reactivation experiences following vaporization and intramuscular injection (IM) of synthetic 5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT) in a naturalistic setting. *Journal of Psychedelic Studies*, 1(aop), 1–10. <https://doi.org/10.1556/2054.2020.00123>
- Luoma, J. B., Chwyl, C., Bathje, G. J., Davis, A. K., & **Lancelotta, R.** (2020). A Meta-Analysis of Placebo-Controlled Trials of Psychedelic-Assisted Therapy. *Journal of Psychoactive Drugs*, 0(0), 1–11. <https://doi.org/10.1080/02791072.2020.1769878>
- Agin-Liebes, G., Haas, T. F., **Lancelotta, R.**, Uthaug, M. V., Ramaekers, J. G., & Davis, A. K. (2021). Naturalistic Use of Mescaline Is Associated with Self-Reported Psychiatric Improvements and Enduring Positive Life Changes. *ACS Pharmacology & Translational Science*. <https://doi.org/10.1021/acsptsci.1c00018>
- Uthaug, M. V., Davis, A. K., Haas, T. F., Davis, D., Dolan, S. B., **Lancelotta, R.**, Timmermann, C., & Ramaekers, J. G. (2021). The epidemiology of mescaline use: Pattern of use, motivations for consumption, and perceived consequences, benefits, and acute and enduring subjective effects. *Journal of Psychopharmacology*, 02698811211013583. <https://doi.org/10.1177/02698811211013583>
- Lancelotta, R.** (2022). 5-MeO-DMT has not been found in traditional ayahuasca preparations and the combination of 5-MeO-DMT with MAOIs is dangerous. *Human Psychopharmacology: Clinical and Experimental*, 37(3), e2839. <https://doi.org/10.1002/hup.2839>
- Reckweg, J. T., Uthaug, M. V., Szabo, A., Davis, A. K., **Lancelotta, R.**, Mason, N. L., & Ramaekers, J. G. (2022). The clinical pharmacology and potential therapeutic applications of 5-methoxy-N,N-dimethyltryptamine (5-MeO-DMT). *Journal of Neurochemistry*, n/a(n/a). <https://doi.org/10.1111/jnc.15587>
- Ortiz Bernal, A. M., Raison, C. L., **Lancelotta, R. L.**, & Davis, A. K. (2022). Reactivations after 5-methoxy-N,N-dimethyltryptamine use in naturalistic settings: An initial exploratory analysis of the phenomenon's predictors and its emotional valence. *Frontiers in Psychiatry*, 13. <https://www.frontiersin.org/articles/10.3389/fpsy.2022.1049643>
- Nikolaidis, A., **Lancelotta, R.**, Gukasyan, N., Griffiths, R. R., Barrett, F. S., & Davis, A. K. (2023). Subtypes of the psychedelic experience have reproducible and predictable effects on depression and anxiety symptoms. *Journal of Affective Disorders*, 324, 239–249. <https://doi.org/10.1016/j.jad.2022.12.042>
- Davis, A. K., Levin, A. W., Nagib, P. B., Armstrong, S. B., & **Lancelotta, R. L.** (2023). Study protocol

of an open-label proof-of-concept trial examining the safety and clinical efficacy of psilocybin-assisted therapy for veterans with PTSD. *BMJ Open*, 13(5), e068884.
<https://doi.org/10.1136/bmjopen-2022-068884>

Conference Posters

Barsuglia, J.P., Davis, A.K., Palmer, R.S., **Lancelotta, R.**, Windham-Harman, M., Peterson, K., Polanco, M., Grant, R.M., Griffiths, R. (April, 2017). Characterization of Mystical Experiences Occasioned by 5-MeO-DMT-Containing Toad Venom and Comparison with Prior Psilocybin Studies. Poster presented at Psychedelic Science 2017, Oakland, CA.

Davis, A.K., Barsuglia, J. P., **Lancelotta, R.**, Grant, R., & Renn, E. (December, 2017). 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT): Patterns of use, motives for consumption, and acute subjective effects. The 12th Annual Bayview Research Symposium, Johns Hopkins University School of Medicine, Baltimore, MD.

Sepeda, N. D., Doyle, L. Y., Clifton, J. M., Barsuglia, J. P., **Lancelotta, R.**, Griffiths, R. R., & Davis, A. K. (July, 2018). The influence of set and setting on the acute subjective effects of 5-MeO-DMT. Poster presentation at the 2018 Behavioral Pharmacology Research Unit's Poster Symposium. Baltimore, MD.

Cox, K. E., Moshman, S. A., Barsuglia, J. P., **Lancelotta, R.**, & Davis, A. K. (July, 2018). Subjective improvements in substance use problems following 5-MeO-DMT use in an international sample. Poster presentation at the 2018 Behavioral Pharmacology Research Unit's Poster Symposium. Baltimore, MD.

Lancelotta, R., Barsuglia, J., Davis, A. K. (November 2018) Using cognitive, social, and environmental benefit enhancement strategies is associated with increased positive effects of 5-MeO-DMT in recreational users. Poster presentation at the 2018 Association of Behavioral and Cognitive Therapies Conference. Washington, DC.

Conference Presentations

Lancelotta, R. (2017) Characterization Of Mystical Experiences Occasioned By 5-MeO-DMT-Containing Toad Bufotoxin And Comparison With Prior Psilocybin Studies. Oral. Breaking Convention. Eisner's Entrance Hall, University of Greenwich, London. Available at: <https://www.youtube.com/watch?v=xtOiBiAL-K8>.

Lancelotta, R., Davis, A.K. (April 2018) Integration of Psychedelic Experiences in Psychotherapy: A Primer for Clinicians. Oral. Midwest Psychedelic Therapy Symposium.

Davis, A.K., **Lancelotta, R.**, (April 2018) A Presentation of Epidemiological 5-MeO-DMT Studies. Oral. Midwest Psychedelic Therapy Symposium.

Lancelotta, R. (November 2018) Psychedelic Psychotherapy as Career: A discussion for students. Oral. Naropa Alliance for Psychedelic Studies.

- Lancelotta, R.** (April 2019) Somatic-Based Psychotherapy at Innate Path: A presentation for the community. Oral. Psychedelic Club of Denver.
- Lancelotta, R.** (August 2019) 5-MeO-DMT Use in the Global Population: Insights and Perspectives for Further Clinical Development. Oral. Breaking Convention. Eisner's Entrance Hall, University of Greenwich, London. Available at:
<https://www.youtube.com/watch?v=7GSsqoKj0Vs>
- Lancelotta, R.** (August 2019) Somatic-Focused Ketamine & Cannabis-Assisted Therapy for PTSD. Oral. Entheogenation – MAPS and Zendo Symposium. Available at:
https://youtu.be/zQoXt_Rtx1E
- Lancelotta, R.** (September 2020) Therapeutic Potential of Fast-Acting Synthetic Tryptamines, Oral. Interdisciplinary Conference on Psychedelic Research. Available at:
https://youtu.be/8GqH_OCQFFk
- Lancelotta, R.** (February 2021) Returning From All: Integrating 5-MeO-DMT Experiences in Psychotherapy, Oral. Therapy and Research in Psychedelic Science Seminar Series. Video of presentation available upon request.
- Lancelotta, R.** (September 2021) What's Old is New Again: The Possibility of Psychedelics in Mental Health Treatment, Virtual. The Ohio State University. Available at:
<https://www.youtube.com/watch?v=1BK9bcDZWzM>
- Lancelotta, R.** (January 2022) Understanding patterns of psilocybin use among native Spanish-speakers: A hidden population, Oral. Society for Social Work and Research Conference. Washington, DC.
- Lancelotta, R.** (June 2022) Passing the Torch: The Importance of Student Education and Involvement for the Future of Psychedelic Studies, Webinar. PsychedelX Conference. Available at:
<https://youtu.be/OIYABcOEqCM>
- Lancelotta, R.** (July 2022) Addressing Access and Abuse in Psychedelic Therapy, Oral. Cannadelic FIU Conference.
- Lancelotta, R.,** Becerra, J., Ohonba, L., Roman, K., Acosta, J. (July 2022) The Return Trip: What is Psychedelic Integration and Why is it Important? Panel Discussion. Cannadelic FIU Conference.
- Lancelotta, R.,** Hendricks, P., Garcia-Romeu, A., Morales, R. (July 2022) The Direction Forward in Cannabis and Psychedelics. Panel Discussion. Cannadelic FIU Conference.
- Lancelotta, R.,** (August 2022) Considerations for Ethical Integration of Psychedelics in Healthcare, Oral. Psychedemia. The Ohio State University.
- Lancelotta, R.,** (April 2023) Support Systems in Fringe Spaces: Resources in the Psychedelic Field, Oral. Intercollegiate Psychedelics Network.

Guest Lecturer Engagements

- Lancelotta, R.** (February 2021) Entrance Into Psychedelic Science Careers. Oral lecture with Q&A. The Psychedelic Renaissance IDH3035. Florida International University. Dr. Joseph Lichter.
- Lancelotta, R.** (May 2021) Utilization of Cannabis in Therapy – Considerations, Mechanisms, Theory in Practice. Oral lecture with Q&A. Course title TBA. Adler University. Dr. Geoff Bathje.
- Lancelotta, R.** (October 2021) 5-MeO-DMT: The known, the unknown, and the hype of this potent fast-acting psychedelic. Oral lecture with Q&A. PltPath 3920. The Ohio State University. Dr. Brian Pace.
- Lancelotta, R.** (February 2022) 5-MeO-DMT: The known, the unknown, and the hype of this potent fast-acting psychedelic. Oral lecture with Q&A. PltPath 3920. The Ohio State University. Dr. Brian Pace.
- Lancelotta, R.** (March 2022) Considerations for Students Interested in Psychedelic Studies. Oral lecture with Q&A. The Psychedelic Renaissance IDH3035. Florida International University. Dr. Joseph Lichter.
- Lancelotta, R.** (September 2022) How the world’s most powerful psychedelic became a popular catalyst for healing, pharmaceutical investments, and an ecological disaster. Oral lecture with Q&A. PltPath 3920. The Ohio State University. Dr. Brian Pace.
- Lancelotta, R.** (September 2022) Working with Gender and Sexual Minority Clients in Psychedelic Therapy. Oral lecture with case examples. Psychedelic-Assisted Therapies Certificate Program. Naropa University.
- Lancelotta, R.** (October 2022) Ethical Considerations and Power Dynamics in Psychedelic Therapy. Oral lecture with Q&A. Psychedelic Studies Forum. University of Alabama.

Other Publications

- Lancelotta, R.**, and Alan K Davis. “Therapeutic Potential of Fast-Acting Synthetic Tryptamines.” *Handbook of Medical Hallucinogens*, by Charles S. Grob and Jim Grigsby, The Guilford Press, 2021.