

Healing Psychedelics: Innovative Therapies for Trauma and Transformation

Micah Stover

Hampton Roads Publishing (Nov 1, 2024)

Softcover \$21.95 (240pp)

978-1-64297-064-7

In *Healing Psychedelics*, therapist Micah Stover presents a self-help guide to the benefits and encouraging results of psychedelic-assisted therapy, even with treatment-resistant anxiety, depression, and PTSD.

Covering the history of mind-altering substances from their use by ancient cultures through the rebellious 1960s and 1970s, the subsequent US “war on drugs” that criminalized their use, and today’s “psychedelic renaissance,” the book relates why people come to psychedelics for healing when nothing else has worked. Citing “jaw-dropping” clinical and personal evidence, it reveals that when used in safe doses by trained practitioners, psychedelics can facilitate the necessary transference relationship between client and therapist, bring a quicker response than talk therapy alone, unlock repressed memories, and open hearts to new possibilities for transformation. Alternating between clinical and personal elements to bolster its assertions, the book shares patients’ enthusiasm over how one session of psychedelic-assisted therapy brought progress that felt “like years of talk therapy” alongside Stover’s story of finding relief from childbirth trauma.

Citing dismal statistics on the state of mental health in the United States, the book underlines the need for quicker, lasting relief. Stories about the potential harm of psychedelic use combine with instructions on finding an experienced and trustworthy guide to provide a safe, healing environment for the experience. Journal prompts give guidance on going within to explore the root of trauma, and the need for support throughout the process is emphasized. The book envisions a hopeful future in which science and spirit unite to build a healing environment around each patient, supporting the integration of what psychedelics have enabled the subconscious to release.

Healing Psychedelics is a compelling self-help book that argues that psychedelics can be powerful allies in healing psychological, emotional, and spiritual wounds.

KRISTINE MORRIS (November / December 2024)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.