



Required and Recommended Textbooks for 2022



CALIFORNIA INSTITUTE
OF INTEGRAL STUDIES

Certificate Program in Psychedelic-Assisted Therapies and Research

Dr. Janis Phelps, Director
Center for Psychedelic Therapies and Research
1453 Mission Street, San Francisco, CA
www.ciis.edu/psychedeliccenter

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 article are assigned for all trainees as broad-based, foundational readings for the entire certificate program in 2022. 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 journal article *Developing Guidelines and Competencies for the Training of 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 May: *Managing Microaggressions: Addressing Everyday Racism in Therapeutic Spaces* by Monnica Williams. By June, please read Bia Labate and Clancy Cavnar (Eds.): *Psychedelic Justice: Toward a Diverse and Equitable Psychedelic Culture*. By the end of August, trainees will read *Allies for Awakening: Guidelines for Productive and Safe Experiences with Entheogens* by Ralph Metzner. By the end of September, trainees will complete the second half of Bill Richards's *Sacred Knowledge*. By the end of October, please read the edited volume by Charles Grob and James Grigsby, *Handbook of Medical Hallucinogens*.

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. (2017). Developing Guidelines and Competencies for the Training of Psychedelic Therapists. *Journal of Humanistic Psychology*, 57(5), 450-487.

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.

25 Recommended Books for the CIIS Certificate Program in 2022

These recommended books 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 books during or after their training in the 2022 certificate program.

Caveat: Several of the recommended books were written 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 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.

Badiner, A. and Grey, A. (Eds.). (2015). *Zig Zag Zen: Buddhism and Psychedelics*. 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.

Frankl, V. E. (1946/2000). *Man's Search for Meaning* (I. Lasch, Trans.). Beacon Press.

Grof, S. (2019). *The Way of the Psychonaut: Encyclopedia for Inner Journeys* (Vols. 1 and 2). MAPS.

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.

Labate, B. and Cavnar, C. (Eds.). (2018). *Plant Medicines, Healing and Psychedelic Science: Cultural Perspectives*. Springer Books.

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

Menakem, Resmaa (2017). *My Grandmother's Hands*. Central Recovery Press.

Metzner, R. (2017). *The Ecology of Consciousness: The Alchemy of Personal, Collective and Planetary Transformation*. New Harbinger Publications.

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- Narby, Jeremy. (1998). *The Cosmic Serpent: DNA and the Origins of Knowledge*. Jeremy Tarcher/Putnam.
- Muraresku, B. (2020) *The Immortality Key*. St. Martin's Press.
- Naranjo, C. (1974). *The Healing Journey: New Approaches to Consciousness*. Pantheon.
- 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.
- 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.
- Smith, H. (2000). *Cleansing the Doors of Perception: The Religious Significance of Entheogenic Plants and Chemicals*. Jeremy Tarcher Press.
- Stolaroff, M. J. (1997). *The Secret Chief Revealed*. MAPS.
- Sue, D. and Spanierman, L. (2020, 2nd ed.). *Microaggressions in Everyday Life*. John Wiley and Sons.
- 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.