

Contents

1	Introduction.....	1
1.1	Why be interested as mental health professional.....	2
2	Traditional Settings.....	7
2.1	Church Settings	9
2.2	Healer settings	10
3	Ayahuasca tourism.....	11
3.1	Touristic settings	11
3.2	Relation between tourism and ayahuasca.....	13
3.3	“Western” ayahuasca users	17
3.4	Explicit research on “western” ayahuasca tourists	19
4	Spirituality.....	23
5	Neo-shamanism	25
6	Historical approaches on DMT.....	29
6.1	Interest in psychoactive substances and research	32
7	Phenomenology of psychedelic experiences	39
7.1	Psychotoxic base-syndrome	39
7.2	Stages of the inebriation syndrome of H. Leuner	40
7.3	Progressive phases of the inebriation syndrome.....	41
7.4	Depth stages of the psychedelic inebriation of Masters & Houston..	42
7.5	Basic Perinatal Matrices and depth stages after Stanislav Grof	45
7.6	Transphenomenal dynamic control systems.....	46
7.7	Systems of condensed experience	47
8	Ritual elements that influence psychedelic experiences.....	49
8.1	Set, setting and substance.....	49
8.2	Elements of ayahuasca rituals	58

9	Research about DMT and ayahuasca	63
9.1	Pharmacological and botanical research on ayahuasca	64
9.2	Interaction theory	67
9.3	Physiological effects	68
9.4	Psychological effects.....	69
9.5	Psychological scales	80
10	Health and health theories	83
10.1	Loads, demands and consequences	84
10.2	Stress	85
10.3	Salutogenesis und SOC.....	98
10.4	Subjective health and disease theories	101
11	The empirical research	111
11.1	The research field of the healing centre Garden of Peace	111
12	Main questions and general research ideas	127
12.1	Why qualitative methods?	128
13	General design	131
13.1	Ethics and confidentiality	132
13.2	Quality criteria for qualitative research	133
14	Motivational structure for the ingestion of ayahuasca in the Internet	137
14.1	Research questions of the first study	137
14.2	Location and associated institutions of the first study	137
14.3	Ethics and confidentiality regarding the first study	138
14.4	Data collection of the first study	138
14.5	Analysis methods	140
14.6	Demographic summary	140
15	Phenomenological analysis of experiences of ayahuasca	141
15.1	Research question and methodical considerations	141
15.2	Case Selection	142
15.3	Reliability	143
15.4	Data collection.....	145
15.5	Methodological considerations about narrative interviews	147
15.6	Preparation of the narrative interviews.....	148
15.7	Constructing the coding frame	148
15.8	Analysis of the data	149

15.9 Participants and demographics 149

15.10 Answering the research question about ayahuasca
phenomenology 152

**16 Expectations, motivation, experiences, meaning and subjective
effects 157**

16.1 Research questions 157

16.2 Location and associated institutions 157

16.3 Design 157

16.4 Methods of the quantitative data collection..... 158

16.5 Methods of qualitative data collection 159

16.6 Data collection..... 164

16.7 Demographic summary 165

16.8 Psychometric Questionnaires 166

16.9 SOC-29: Sense of coherence questionnaire..... 167

16.10 Methods of data collection and analysis..... 169

17 Results, conclusions and discussion 177

17.1 Motivational structure 177

17.2 Phenomenological analysis of subjective experiences 179

17.3 Hypothetic psychological working model during flooding and
plateau 189

17.4 Process model of ayahuasca-tourism experiences..... 192

17.5 Summary and conclusions about demographics..... 202

17.6 Discussion of quantitative results..... 204

17.7 Discussion of qualitative results..... 210

17.8 Stress-theoretical considerations 232

17.9 Model of supply and demand interaction in ayahuasca tourism..... 234

18 Limitations..... 237

19 Closing words 241

References..... 247