Disclosure: No significant relationships.
Keywords: immigrants; Cultural competence; mental health professionals

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Psychedelic-Assisted Psychotherapy: When Two Traditions Meet

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Introduction: After a long moratorium since the Controlled Substances Act was passed in 1970, there has been a resurgence of research on the potential therapeutic benefits of psychedelic (PE) compounds. It has been widely believed that the PE effect is a result of the interaction between the drug and the mindset of the patient (the "set") with the external physical and social conditions (the "setting"). In order to control non-pharmacological variables and improve therapeutic outcome two types of psychological approaches to PE use have emerged traditionally. One is based on psychoanalytically informed talk therapy with low to moderate doses of a PE agent with the goal of facilitating a discharge of emotionally charged mental contents (psycholytic therapy). The other used one or several high doses of a PE to create an "overwhelming experience," which was then followed up in integrative sessions (psychedelic therapy).
Objectives: Currently, it is unclear which one is better than another, these two methods are frequently mixed, and all-together carry the name of psychedelic-assisted psychotherapy. There has also been some discrepancy about what is the right "set" and "setting".
Methods: To add some anchor points for (and at the same time warn about the limitations of) the reemerging field of psychedelic-assisted psychotherapy the authors refer to anthropological observations in cultures, where PE use has a long practice historically.
Results: As part of healing ceremonials PE has usually been administered in a tight community with shared cosmology ("set") and ritual context ("setting").
Conclusions: These are difficult-to-reach conditions for someone coming from Western tradition.

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Keywords: anthropology; psychedelics; Cultural diversity; Psychotherapy

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Pastoral psychiatry – towards new understanding

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Introduction: Cultural psychiatry is an area of psychiatry that has been growing in importance recently. According to the new definition, mental health requires harmony with the universal values of society (Galderisi et al., 2017). Faith is considered an important factor in culture. Theology can enable a better understanding of psychiatric problems and distinction between spiritual and mental issues. "Pastoral theology aims at constructing models of redeeming activity of the Church which are current in these days, and will be current in the nearest future" (Przygoda, 2013). This discipline must recognize and evaluate the impact of contemporary sciences, including psychiatry, on theology and ecclesiastical activity.
Objectives: This study aims to prepare a modern concept of pastoral psychiatry, which will be used to prepare a textbook, teaching aids and teaching plan for this discipline.
Methods: Textbooks and articles in psychiatry, psychology and related disciplines, and pastoral theology monographs were analyzed. This was followed by the conceptualization of areas of interest and methodological standards.
Results: Textbooks on this problem were published several decades ago (Gabriel, 1933; Bless, 1949; Polish edition issued in 1980, translated with amendments by Kaczmarek). Since then, knowledge has advanced considerably. Textbooks of psychiatry and psychology only selectively consider the Christian perspective.
Conclusions: "Pastoral Psychiatry" should be helpful for priests, theologians, believers, doctors, psychologists. It requires the work of authors with theological and psychiatric competence. It will create ways of agreement, facilitate understanding of different perspectives, increase competence: theologians, priests – to better understand modern psychiatry; psychiatrists, psychologists – to better help religious patients.

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Keywords: religion; culture; pastoral psychiatry

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Study for revision of Hwa-Byung Scale: The Delphi Method

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Introduction: Hwa-Byung is a mental syndrome classified as a "cultural-related syndrome" which reflects the cultural characteristics of Korea in DSM-IV. Hwa-Byung is caused by anger, which is characterized by feelings of anger or resent about unreasonable social violence and trauma. Kwon et al (2008) had developed self-report measure to assess severity of Hwa-Byung but it has several limitations to use in current clinical settings. Therefore, we investigated opinions of experts who have professionality in giving treatment of Hwa-Byung patients in the clinical settings.
Objectives: The present study aimed to reach consent of oriental neuropsychiatrists' opinions about the direction of revision of the Hwa-Byung scale.
Methods: The Delphi method is a survey method that induces people to freely present their opinions without face-to-face processes and reaches consent through continuous feedback of survey results while ensuring anonymity. The Consensus Panel consists of 16 experts who are Oriental neuropsychiatrists and

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