



# Crown Heights Therapist Shares His Thoughts on Psychedelic Use

## Description

Rabbi Daniel Schonbuch, a therapist and author, has a complex stance on the increasingly popular uses of psychedelics for treatment. In a world where interest for such treatments is **flourishing**, particularly among his younger clients, his opinion is more nuanced than a simple endorsement or critique.

Schonbuch has seen the **transformative** effects of Ketamine firsthand. Seven years prior, he recommended it to two clients dealing with severe mental health conditions, including long-term **resistant** depression, following a colleague's advice. Narrating their journey, he mentioned their improvements in moods, with one engaging successfully in a romantic relationship, suggesting potentials for **therapeutic** breakthroughs.

His experience exposed him to the use of **unconventional** medicines like Ketamine for treating mental health issues, departing from traditional practices of prescribing solely antidepressants. Despite this, he cautions about the **indiscriminate** use of these substances. He voices his concerns about the trend of prescribing psychedelics like Ketamine, mushrooms, LSD, and Ayahuasca for people dealing with less severe mental health problems.

The growing pressure for therapists like him to administer Ketamine therapy **indiscriminately** is also a worrying trend, according to Schonbuch. He criticizes companies who try to tempt him to prescribe more Ketamine without regard for its **inappropriate** uses and potential hazards.

Schonbuch highlights numerous **alternatives** that should be sought before resorting to psychedelics: well-trained therapists, properly selected psychiatric medications, spiritual therapies, and other treatments. Furthermore, he warns about the potential serious effects of using these substances, such as terrifying experiences, unexpected flashbacks, and even psychotic episodes.

Ultimately, Schonbuch stresses the importance of cautious progression when it comes to treatment. He places therapy as a crucial first step, followed by more "serious" medication, and finally, the use of psychedelics as a last resort. Demystifying a trending topic, Schonbuch's perspective adds **nuance** and depth to the ongoing conversation.

## Vocabulary Insights:

- **Flourishing** /ˈflʊrɪʃɪŋ/ (adj.): Developing rapidly and successfully; thriving.
- **Transformative** /trɒnsˈfɔːrmətɪv/ (adj.): Causing a marked change in someone or something.
- **Resistant** /rɪˈzɪstənt/ (adj.): Not affected by something; capable of withstanding the action or effect of a particular thing.
- **Therapeutic** /ˌθerəˈpijuːtɪk/ (adj.): Relating to the healing of disease.
- **Unconventional** /ˌʌnkənˈvənʃənəl/ (adj.): Not based on or conforming to what is generally done or believed.
- **Indiscriminate** /ˌɪndɪˈskrɪmɪnət/ (adj.): Done at random or without careful judgment.
- **Inappropriate** /ˌɪnəˈpriːpriət/ (adj.): Not suitable or proper in the circumstances.
- **Alternatives** /ˌɹnɪˈtɜːrntɪvz/ (noun): One of two or more available possibilities.



- **Nuance** /ˈnjuː??ns/ (noun): A subtle difference in or shade of meaning, expression, or sound.

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## Vocabulary List:

1. **Flourishing** // (adjective): Developing rapidly and successfully; thriving.
2. **Transformative** // (adjective): Causing a marked change in someone or something.
3. **Resistant** // (adjective): Not affected by something; capable of withstanding the action or effect of a particular thing.
4. **Therapeutic** // (adjective): Relating to the healing of disease.
5. **Unconventional** // (adjective): Not based on or conforming to what is generally done or believed.
6. **Indiscriminate** // (adjective): Done at random or without careful judgment.

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**



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1. Which type of cancer mainly affects the prostate gland in men?  
Option: Breast Cancer  
Option: Lung Cancer  
Option: Prostate Cancer  
Option: Skin Cancer
  2. What is the plural form of the word "Diagnosis"?  
Option: Diagnoses  
Option: Diagnosiss  
Option: Diagnosies  
Option: Diagnoeses
  3. Which term refers to a heavy load or responsibility?  
Option: Gift  
Option: Burden  
Option: Joy  
Option: Freedom
  4. What is the term used to describe the act of getting involved in a situation to alter an outcome?  
Option: Intervention  
Option: Abstention  
Option: Detraction  
Option: Indifference
  5. Which term is used to describe a characteristic or quality of a person or thing?  
Option: Defect  
Option: Attribute  
Option: Shortcoming  
Option: Fault
  6. What term means thriving or developing in a healthy or vigorous way?  
Option: Declining  
Option: Stagnant  
Option: Flourishing  
Option: Withering
  7. Which term describes something related to the healing of disease?  
Option: Harmful  
Option: Therapeutic  
Option: Toxic  
Option: Dangerous



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8. What term means done at random without careful judgment?
- Option: Selective
  - Option: Indiscriminate
  - Option: Specific
  - Option: Targeted
9. What do we call additional medical problems that arise during a disease or condition?
- Option: Solutions
  - Option: Simplicities
  - Option: Complications
  - Option: Resolutions
10. Who is a medical doctor specializing in the diagnosis and treatment of cancer?
- Option: Cardiologist
  - Option: Pediatrician
  - Option: Oncologist
  - Option: Endocrinologist

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. An \_\_\_\_\_ in COVID-19 cases was recorded after the public gatherings.
12. As a photography \_\_\_\_\_ she owned multiple cameras and lenses.
13. The \_\_\_\_\_ of the drums could be heard from afar during the festival.
14. The doctor explained the \_\_\_\_\_ of the patient's condition to the family.
15. The new educational policy aims to bring about \_\_\_\_\_ changes in the system.
16. The bacteria became \_\_\_\_\_ to the antibiotic after prolonged exposure.
17. He always had \_\_\_\_\_ ideas for solving complex problems.
18. \_\_\_\_\_ is a genetic disorder that causes tumors to grow on nerve tissue.
19. The doctor assured the patient that the tumor was \_\_\_\_\_ and not cancerous.
20. The accident left him with temporary \_\_\_\_\_ in his lower limbs.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. of certain conditions can lead to delayed treatment and worsened outcomes.
22. She felt after eating the spoiled food from the picnic.
23. His speech had a impact on the audience leaving them introspective.
24. The small business showed signs of after implementing new marketing strategies.
25. The detective spent hours the mystery to uncover the truth.
26. The study aimed to find between diet and heart disease.
27. The evidence strongly him in the crime leading to his arrest.
28. It is upon all citizens to vote in the upcoming election.
29. She was well- about the potential risks before signing the contract.
30. The surgery went well without any arising during the procedure.

**Answer**

**Multiple Choice:** 1. Prostate Cancer 2. Diagnoses 3. Burden 4. Intervention 5. Attribute 6. Flourishing  
7. Therapeutic 8. Indiscriminate 9. Complications 10. Oncologist

**Gap-Fill:** 11. upsurge 12. enthusiast 13. pounding 14. severity 15. transformative 16. resistant  
17. unconventional 18. Neurofibromatosis 19. benign 20. paralysis

**Matching sentence:** 1. Underdiagnosis 2. Nauseated 3. Profound 4. Flourishing 5. Unravelling 6. Correlations  
7. Implicated 8. Incumbent 9. Informed 10. Complications

**CATEGORY**

1. Health - LEVEL6

**POST TAG**

1. Ketamine treatment
2. mental health alternatives
3. mental health caution
4. psychedelic medication
5. psychedelics in therapy
6. Rabbi Daniel Schonbuch



7. therapeutic breakthroughs

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