



# CLINICAL INSIGHTS INTO PSYCHEDELICS, COUNTERFEIT MEDICATIONS, AND INTEGRATIVE SUPPLEMENTS

MONDAY, JUNE 23, 2025, 6:00 TO 7:30 P.M.

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## Learning objectives:

- Understand the benefits and risks of psychedelics for mental health conditions; review the mechanism of action.
- Highlight acute benefits of psychedelic treatments and issues in long-term maintenance.
- Illegally or unethically manufactured (grey market/counterfeit) drugs: List major reasons why people sometimes take these drugs, when they can easily be obtained legally with prescriptions.
- Discuss key issues related to the efficacy and safety of grey market/counterfeit drugs and explain dangers of drug-drug and drug-food interactions.
- Integrative supplements – key considerations with this class of substances: Understand the substance's role, benefits and mechanism of action; know about side effects, risks, contraindications; be aware of dosage issues, comparisons with the prescription medication, caveats for the purchaser, etc.
- Three major integrative supplements: (a) Understand the role of, and evidence for, red yeast rice for treatment of hyperlipidemia (indications and pitfalls); (b) Understand evidence and benefits of magnesium for wellness and disease management; (c) Understand the evidence for, and role of, Coq10 in clinical practice.

## MEET THE MODERATORS



### DR. STEVEN MANDEL

Clinical Professor of Neurology, Zucker School of Medicine at Hofstra/Northwell



### DR. JILL BARON

Clinical Assistant Professor in the Department of Family Medicine, Stony Brook, Visiting Attending, Icahn School of Medicine at Mount Sinai

## MEET THE SPEAKERS



### DENNIS GOODMAN, MD, FACP, FACC, FCCP, ABIHM

Professor of Clinical Medicine,  
NYU Grossman School of  
Medicine Director of Integrative  
Medicine



### ERIC HOLLANDER, MD

Professor of Psychiatry, Albert Einstein  
College of Medicine  
Editor in Chief, Journal of Psychiatric  
Research



### JOSEPH A. HIRSCH, PH.D., PSY.D.

Professor of Psychology at  
Pace University