

Psychedelic-Assisted Therapy Clinical Evidence

A Clinical Case for Interventional Psychiatry at Empax Centre

When Standard Treatment Reaches a Plateau

For some individuals living with **PTSD** or **treatment-resistant depression**, standard care can reach a point where weekly therapy and conventional medications no longer produce meaningful improvement.

Empax Centre provides a time-limited, intensive intervention designed to break treatment plateaus and move a patient toward genuine remission and restored functional capacity.

The Empax 90-Hour Intensive Programme

The Empax program is a structured, specialist-led intervention designed to create a window of psychological flexibility that allows patients to re-engage with meaningful daily activity and functional restoration.

1. Preparation

Medical, psychological and psychiatric screening to ensure safety and suitability. Intention-setting with the clinical team.

2. Intervention

Supervised dosing sessions in a specialised clinical environment with two trained mental health professionals and onsite medical oversight.

3. Integration

Comprehensive psychotherapy to translate clinical breakthroughs into sustained behavioural change and functional recovery.

Regulatory Framework and Clinical Governance

TGA Schedule 8 | Since 1 July 2023, MDMA and psilocybin have been approved for therapeutic use under the Authorised Prescriber Scheme for treatment-resistant PTSD and depression respectively.

Authorised Prescribers | Our Medical Director, Dr Jon Laugharne, is a TGA-Authorised Prescriber, supported by a national network of AP psychiatrists.

HREC oversight | All protocols are endorsed by a Human Research Ethics Committee, ensuring the highest standards of safety, ethics, and clinical monitoring.

DVA-funded | As of November 2025, the Australian Department of Veterans' Affairs funds psychedelic-assisted psychotherapy for eligible clients.

Restricted indication | These therapies are strictly for patients who have reached the end of the conventional treatment line. This is not a first-line intervention.

Patient Safety

Every patient undergoes a two-stage specialist psychiatric screening before being accepted into the programme. All dosing sessions take place in a clinical facility with immediate access to medical support and emergency protocols. We track outcomes using standardised clinical measures (PCL-5, ReQoL, MADRS) and provide objective data to the insurer throughout.

Our Goals for Therapy

The primary objective of our programme is to **address the long-tail challenges of complex, treatment-resistant conditions** by targeting meaningful clinical improvement rather than ongoing symptom management. We aim to reduce reliance on continued regular appointments and indefinite treatment. Our protocols are designed to open a window in which the patient can meaningfully re-engage with work, study, relationships and broader rehabilitation and recovery goals.

Our Results: Real-World Evidence

Empax Centre MDMA-Assisted Therapy Programme Outcomes

We have now delivered over 100 MDMA-AT sessions with full patient completion. Among patients followed for at least six months, the results are compelling:

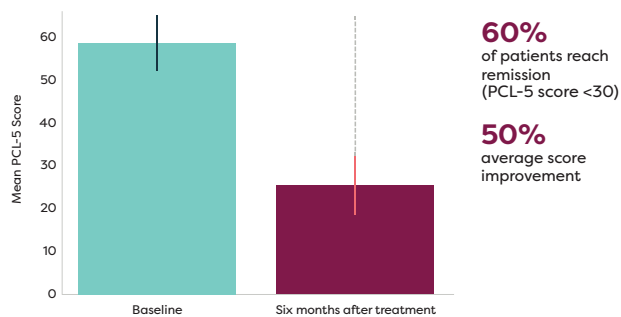
>60%

of PTSD patients no longer meet diagnostic criteria (PCL-5 < 32)

>85%

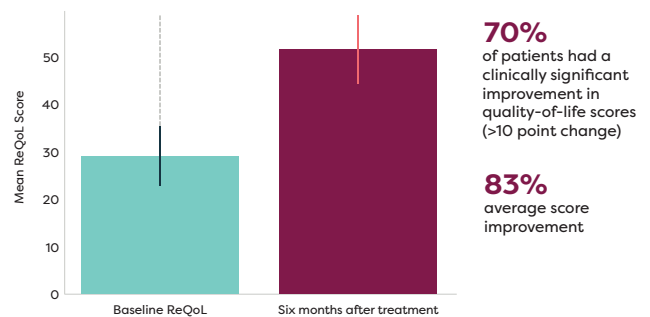
showed clinically significant quality-of-life improvement (ReQoL)

MDMA-AT PROGRAM RESULTS | PCL-5 SCORES | COMPLETED COHORT (n=17)



PCL-5: Post Traumatic Stress Disorder (PTSD) Checklist for DSM-5 (PCL-5) is a 20-item self-report measure of the twenty DSM-5 symptoms of PTSD

MDMA-AT PROGRAM RESULTS | ReQoL SCORES | COMPLETED COHORT (n=17)



ReQoL: Recovering Quality of Life Questionnaire. Patient Reported Outcome to assess the quality of life for people with different mental health conditions

Durable benefit: Of PTSD patients followed up at least six months after treatment, over 60% reached remission (PCL-5 score < 30) and 70% had clinically significant improvements in quality of life. Average symptom scores improved by 50% (PCL-5) and 83% (ReQoL).

Programme Structure and Next Steps

The programme is delivered in two phases to allow clinical assessment before committing to the full intervention:

Phase 1

Specialist Clinical Screening

Two-part assessment (medical practitioner + authorised prescriber psychiatrist) to determine suitability and establish a safe treatment plan.

Phase 2

90-Hour Intensive Programme

Full psychotherapy-led framework (Preparation, Dosing, Integration) including all pharmaceutical costs, clinical monitoring, and specialist reporting.

For further clinical or regulatory information email intake@empaxcentre.com

For detailed clinical trial evidence, see the accompanying *Clinical Evidence Summary*.