

INSIGHT 2019

Integrating Science and Practice
of Psychedelic States

Conference Report

Langenbeck-Virchow Haus | Berlin, Sept 5-7, 2019



INTRODUCTION

INSIGHT, organized by the MIND Foundation, is an international conference focused on the science and practice of psychedelic states. The conference is a dynamic high-quality platform that brings together psychedelic researchers and clinicians, medical and psychotherapy professionals, neuroscientists and pharmacologists, professionals from the financial and health market industries, the international press and the public.

We promote scientific efforts across medicine, psychotherapy and other fields in mental health, building up friendly cooperation amongst a variety of stakeholders and safeguarding the interests of the scientific approach. Participants are invited to engage in a rational debate with the goal of improving treatment options and human development. This year, INSIGHT welcomed more than 600 visitors at the Langenback-Virchow Haus, Berlin-Mitte, close to the Charité Universitätsmedizin Tower, Berlin from the 5-7th of September 2019.



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MIND FOUNDATION

The Host of INSIGHT

The MIND Foundation is a non-profit science organization founded on November 26th, 2016 in Berlin. It started off as a small group of experts and interested people focused on developing psychedelic research. After three years, we now have hundreds of members supporting our work in clinical development, public health, and *Bewusstseinskultur* (culture of consciousness) throughout Europe and the world. In 2017, we organized the psychedelic track at the “#DrugScience2017” conference. We decided to create INSIGHT because we wanted to expand this track into an entire conference focused only on psychedelic science.

When it comes to the psychedelic field, the challenges in addressing politicians, researchers, therapists, journalists and financiers are considerable. Our hope is that INSIGHT can help bridge the gaps in evidence-based knowledge and cultural openness in Europe and worldwide. Together, we can educate people on the potential of the psychedelic experience to facilitate health, well-being, and human development.

INSIGHT 2019 Scientific Board



PROF DR. MED. GERHARD GRÜNDER
CENTRAL INSTITUTE OF MENTAL HEALTH, MANNHEIM,
HEIDELBERG UNIVERSITY



DR. SC. HUM. HENRIK JUNGABERLE
EXECUTIVE DIRECTOR OF THE MIND FOUNDATION

EDUCATIONAL MISSION

Scientific Debate and *Bewusstseinskultur**

The MIND Foundation and INSIGHT conference seek to establish new mental health treatments in the framework of *Bewusstseinskultur* by fostering a scientific public discourse that evaluates which mind-related neurobiological processes and states of consciousness are valuable for individuals and society.

Both individuals and society need to develop positive norms for dealing with such altered states of consciousness. Our goal is to help create a responsible and evidence-based *Bewusstseinskultur* – integrating the complexity and usefulness of altered states, induced both pharmacologically and non-pharmacologically.

An ethics of individual choice, social consent and mindfulness-based practice guides us. Defining aspects of such ethics of consciousness are:

- **Raising awareness of beneficial states**
- **Striving for increased mental autonomy**
- **Reducing suffering**

* Neurophilosopher and MIND Foundation Scientific Advisory Board member Prof. Dr. Thomas Metzinger has elaborated on the concept of *Bewusstseinskultur* since the 1990s.

Community Building

The INSIGHT conference series brings together a variety of stakeholders in the psychedelic science field that are interested in cultivating a rational and evidence-based *Bewusstseinskultur*. The purpose of this conference format is to organize this stakeholder community in a friendly atmosphere with the intention of safeguarding the framework of the scientific approach.

We do so by both creating spaces for high-quality academic discourse and taking this discourse to a broader public scrutiny and debate that involves industry leaders, policy makers and civil society.

Conference Partnerships

INSIGHT conference collaborates with universities, mental health organizations, publishers, press, sponsors, investors and other stakeholders in the psychedelic research, clinical and financing field.

Prime Partner of INSIGHT 2019



Promotional Partners within the Psychedelic Field



BECKLEY
FOUNDATION



MAPS
MULTIDISCIPLINARY ASSOCIATION FOR PSYCHEDELIC STUDIES



MIND Foundation Board



DR. SC. HUM.
HENRIK JUNGABERLE
FOUNDER, MIND BOARD
EXECUTIVE DIRECTOR



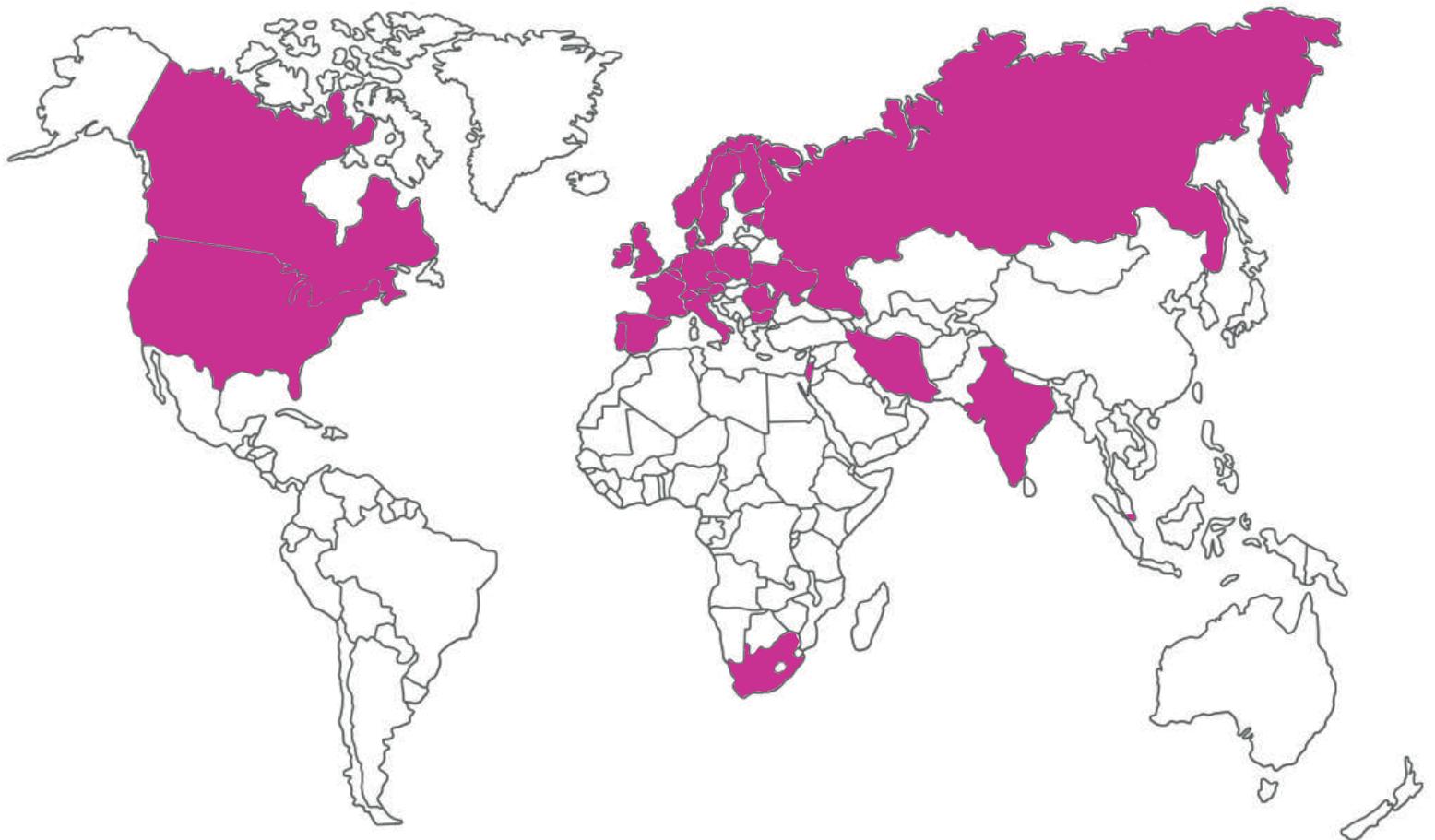
DR. MED.
ANDREA JUNGABERLE
FOUNDER, MIND BOARD
MEDICAL DIRECTOR



MAXIMILIAN
VON HEYDEN,
FOUNDER
MIND BOARD

AUDIENCES

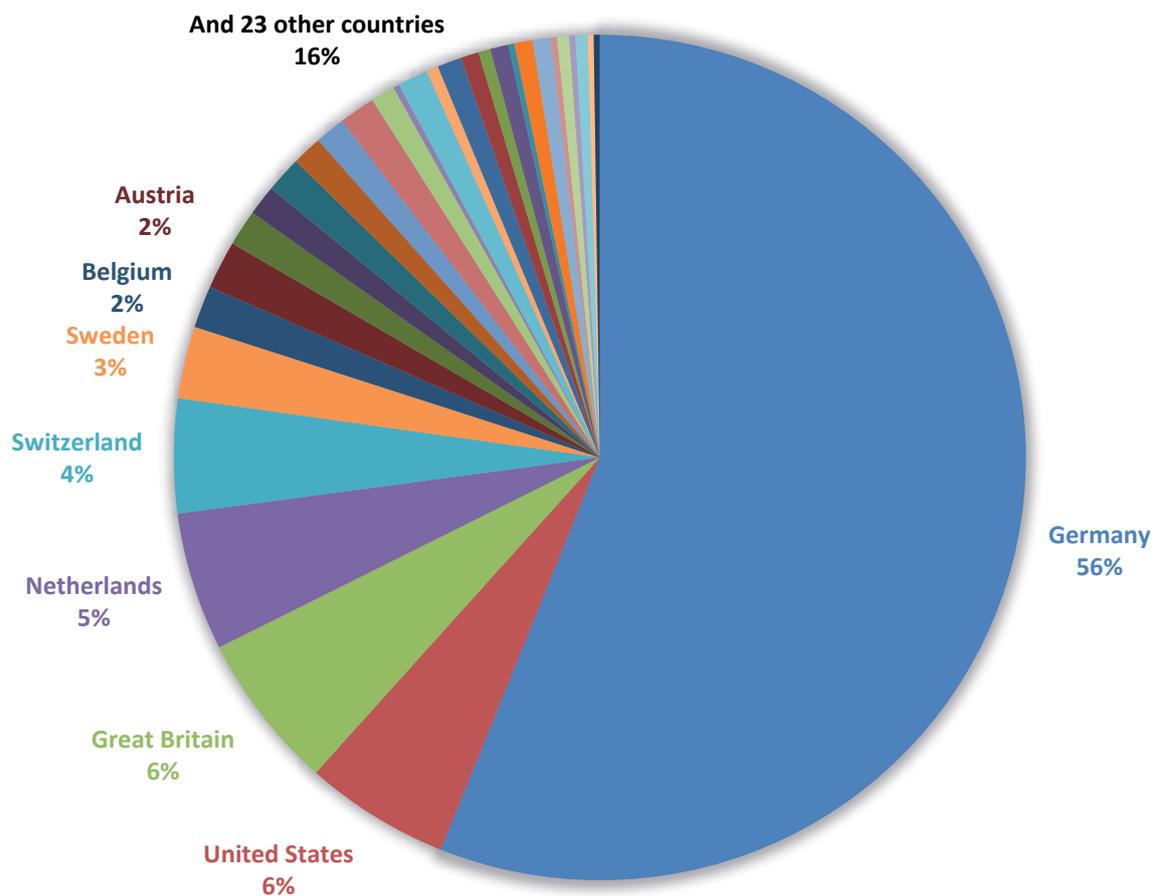
INSIGHT brought together a mixed audience consisting of 604 senior and junior researchers, psychiatrists and medical professionals, clinical psychotherapists, public health and prevention professionals, pharmacologists and neurobiologists, lawyers and juridical professionals, journalists, students, and the scientifically interested public. In total, there were 604 participants at the conference, including staff and volunteers that came from different countries from all over the world.



10 *Colored countries represent the countries of participants

32 Nationalities

According to our data analysis and after-conference survey (with 122 respondents), INSIGHT attracted an international audience from 32 countries. While a majority (56%) were German, a remarkable 6% of the audience crossed the Atlantic from the United States. The United Kingdom, the Netherlands and Switzerland follow closely behind - all countries that have already started strong academic research in the psychedelic field.

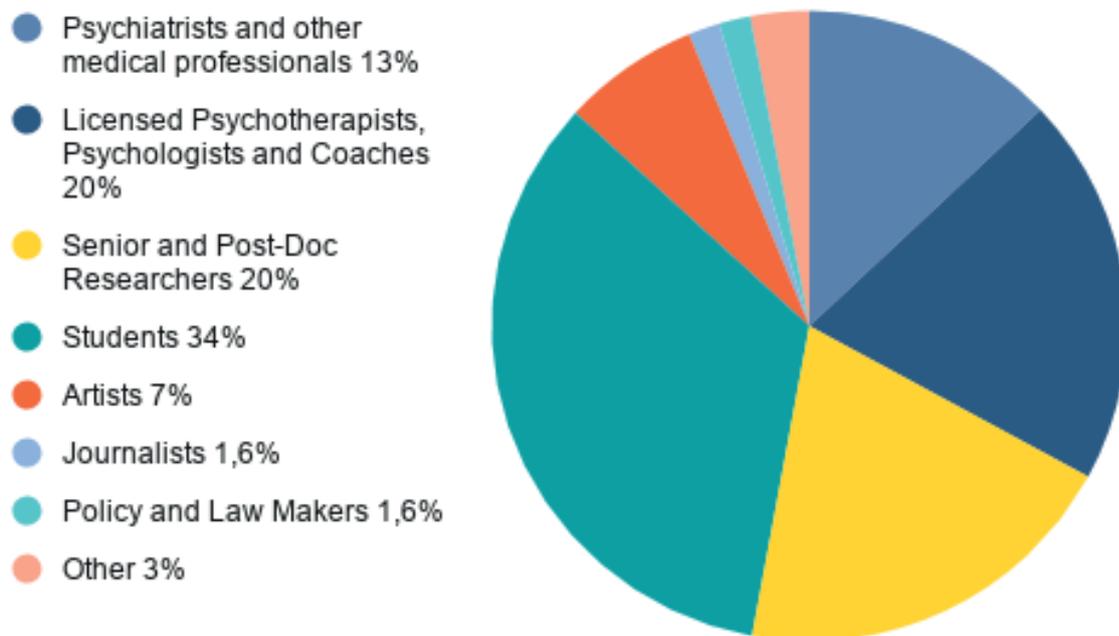


Professional Backgrounds

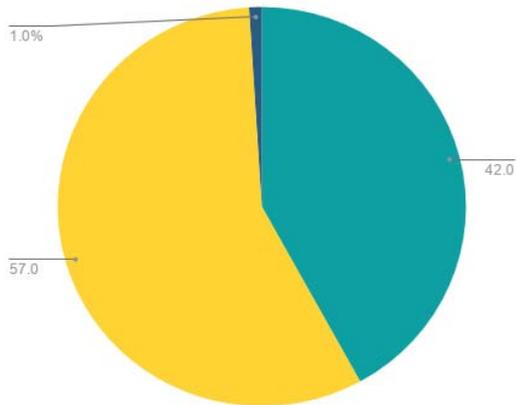
The majority of current psychedelic treatments are conducted at academic study sites. This is also reflected in the INSIGHT audience: **more than half of all attendees worked in a university setting** as either a researcher or a student.

Clinicians from the medical and psychological field accounted for about a quarter of the audience.

Artists made up a surprising 7% of the audience - including those who presented their altered-states-of-consciousness related works in the conference building.



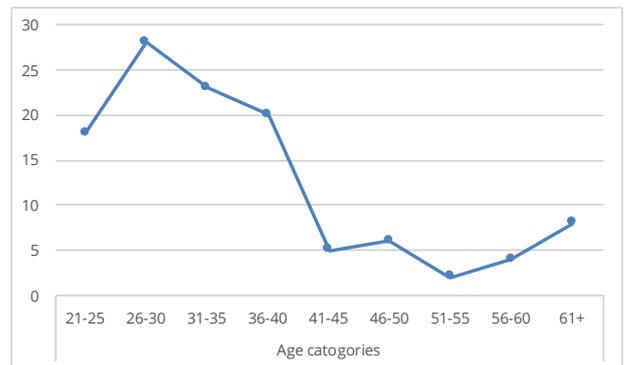
Gender



62% of attendees were male and 36% were female. Two percent of the attendees identified as other genders. These results deviate by about 6% from the distribution of our ticket sale audience count, which was 42% female, 57% male and 1% other genders.



According to our survey of 122 respondents, the average audience age was **36 years old**. A young and dynamic audience.



Age



Diversity Politics and Social Program

We provided 144 free tickets to volunteers, artists and low-income individuals. The standard price of the INSIGHT 2019 ticket was moderate to low: Euro 250.-

All three conference awards were given to women, which had nothing to do with diversity politics, but instead with the intention to assess contributions fairly on the basis of scientific quality. Our assessment boards were gender mixed.

We were and will be happy to receive applications from minorities - and will improve our explicit invitation policy to groups that are underrepresented in Western academic life. Scientific integrity will always remain the core value in assessing applications.

Continuing Medical Education - CME/CE Accreditation

A part of the MIND Foundation's mission is to support establishing professional communities of medical doctors, psychotherapists and other health professionals. The conference received 37 CME/CE credits in total from the Berlin Chamber of Medical Doctors and the Brandenburg Chamber of Medical Doctors.

18 CME/CE credits were provided for the conference itself and 19 CME/CE credits for the multi-day pre-conference workshop about immersive breathwork. In total, 85 medical professionals and psychotherapists received CME/CE credits at INSIGHT 2019.



CONFERENCE PROGRAM

We organized the conference into three parallel tracks: research, therapy, and philosophy/public health and prevention. We had a call for presentations and posters. All the presentations were filmed and published for the public on the MIND Foundation's YouTube channel. Some of the **invited speakers** at INSIGHT 2019:



MATTHIAS LIECHTI
PROF. DR., UNIVERSITY
HOSPITAL BASEL



GERHARD GRÜNDER
PROF. DR. MED.,
CENTRAL INSTITUTE OF MENTAL
HEALTH, MANNHEIM



THOMAS METZINGER
PROF. DR.
JOHANNES GUTENBERG UNIVERSITY
MAINZ



CHRIS LETHEBY
DR., UNIVERSITY OF WESTERN
AUSTRALIA



KATHRIN PRELLER
DR., UNIVERSITY OF ZURICH



ENZO TAGLIAZUCCHI
DR., UNIVERSITY OF BUENOS AIRES



SASCHA FINK
JUN.-PROF. DR., OTTO-VON-
GUERICKE-UNIVERSITY



ROSALIND WATTS
DR., IMPERIAL COLLEGE LONDON



CHARLES RAISON
PROF. DR., MD, USONA
INSTITUTE



FRANZ X.
VOLLENWEIDER
PROF. DR. MED. FMH PSYCH,
UNIVERSITY OF ZURICH



MATTHEW JOHNSON
PROF. DR., JOHNS HOPKINS UNIVERSITY



INGMAR GORMAN
PHD, PSYCHEDELIC EDUCATION
AND CONTINUING CARE PROGRAM



DAAN VAN DER GOUWE
M.A., TRIMBOS-INSTITUTE,
NETHERLANDS



VANJA PALMERS



RAPHAËL MILLIÈRE
PHD CANDIDATE
UNIVERSITY OF OXFORD



MARC WITTMAN
DR., INSTITUTE FOR FRONTIER
AREAS OF PSYCHOLOGY AND
MENTAL HEALTH

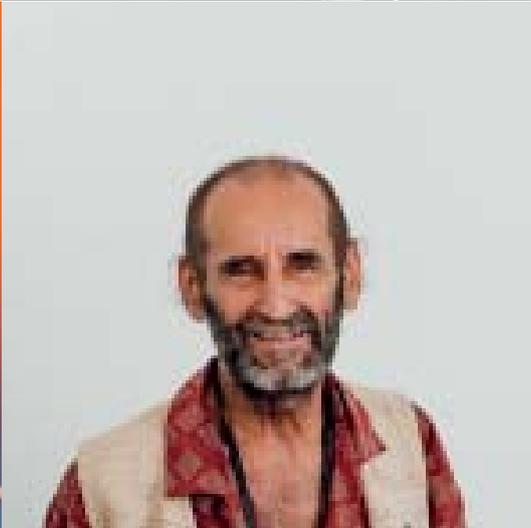


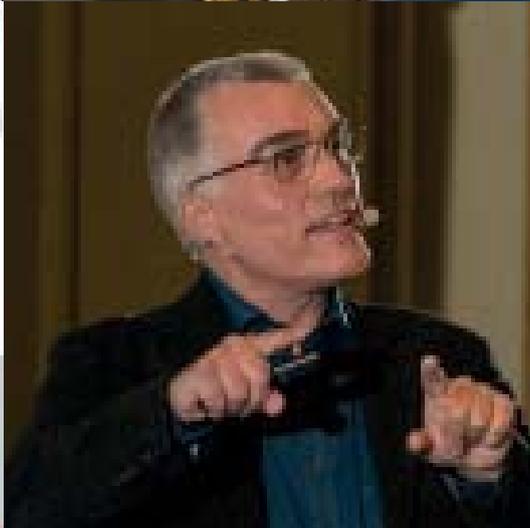
MILAN SCHEIDEGGER
MD, PHD, MA HPK,
UNIVERSITY HOSPITAL OF PSYCHIATRY ZURICH



KUYPERS, KIM
DR., MAASTRICHT UNIVERSITY

This line-up guaranteed a first-class selection of internationally renowned scholars, which was crucial to establish the INSIGHT conference as the first German academic conference on psychedelic science and practice. A mixed scientific review committee selected the submissions, which led to 12 accepted oral presentations and 16 accepted poster presentations based on the overall scientific quality of the abstracts and the conference focus.





MODERATED DISCUSSIONS

Scientific debate is at the core and defines the ethics of INSIGHT. In order to enable a platform for lively scientific debates, we included panels and round tables in our conference program.

Round Tables

The round table format at INSIGHT included a mix of researcher and audience participation. The audience was able to participate either by applying in advance to debate in the round table or by submitting questions relevant to the topic of discussion. This format allowed for diverse perspectives and controversial opinions to be represented.



The three round table sessions covered the following topics:

1. **The Next Steps Towards Enculturation of Psychedelic States**
2. **Therapists versus Healers** – Requirements for Training and Personality of Psychedelic Therapists
3. **Re-Evaluation of Psychedelic States in Science, Therapy and Culture**



Panels

The panels at INSIGHT were classic expert discussions. They included a moderator who guided the discussion and sometimes elicited audience questions. The two panels:

1. **The Case for Cognitive-Behavioral Models in the Treatment with Psychedelic States.**
2. **From Scientific Stigma to Emerging Science: Psychedelic States in Research and Therapy.**





PRE-CONFERENCE WORKSHOPS

The pre-conference workshops at INSIGHT offered practical and methodological training, as well as opportunities for professional and personal self-exploration, in a more profound experiential process. Each of the workshops had a special target audience: therapists, medical doctors, researchers, and the general public. The self-experiential workshops were well-suited for people with different levels of experience in the field of psychedelic states. These workshops showcased non-pharmacological methods like immersive breathing or the use of stroboscopic light to systematically explore different ego-states.

The researchers and practitioners facilitating these workshops created a platform for combining first person (subjective) and third person (objective/inter-subjective) perspectives. They introduced participants into the field of psychedelic states through experiential methods contextualized by a science-based background.

According to the after-conference survey, most participants rated the quality of the workshops above average to comparable offers.





Seven pre-conference workshops were offered to the audience:

Breath as a Tool for Self-Exploration in Altered States of Consciousness (weekend workshop)

by Lili Vasquez-Mock, M.A., Simona Rakusa, M.A., and Dipl.-Psych. Marijan Bernardic

Introduction to BEYOND EXPERIENCE – The MIND Foundation Integration Program

by Dr. Regina Hess and David Heuer, B.A.

Psychedelika und Recht: Wege zur legalen Anwendung in Medizin und Selbsterfahrung

by Dr. phil. Fabian Wenner

The integration of psychedelic experience – psychotherapeutic methods and strategies for integrating altered states of consciousness

by Dr. med. Karl-Josef Theine and Dr. Ingmar Gorman

Essential Questions – Psychedelics, Death and Dying

by Dr. med. Andrea Jungaberle, Prof. Dr. med. Dipl.-Psych. Rolf Verres and Dr. med. Peter Gasser

Introduction to the Microphenomenological Interview

by Dr. Raphaël Millière, Phd cand., and Dr. Christopher Timmermann

Cooperation or Competition? Defining common ground for psychedelic research associations

by Filip Bromberg, M.Sc., Marco Aqil, M.Sc, and PhD cand. Marvin Däumichen, M.A.

For INSIGHT 2021, we plan to include more workshops on harm-reduction, psychedelic-assisted psychotherapy, non-pharmacological altered states of consciousness, entrepreneurship in the psychedelic field and the development of clinics including psychedelic therapies.

YOUNG RESEARCHERS AWARD

The Young Researchers Award was given based on the feedback of a scientific review committee who examined the methodological soundness, the clarity of the hypothesis and conclusions, the relevance to the field and the innovation of the research. The chosen winners were M.Sc. Friederike Holze from University Hospital Basel and M.Sc. Ashleigh Murphy-Beiner from Imperial College London. Videos of their talks are available on our YouTube channel.



26 Ashleigh Murphy-Beiner



Friederike Holze

POSTER AWARD

The poster award was based on a public vote during the conference and was given to B.Sc. Emma Chirstersson from University of Skövde who presented the poster "The Psychedelic Altered State of Consciousness: Entropic brain theory vs. Integrated information theory".



AUDIENCE PARTICIPATION

Blitz World Café

The Blitz World Café provided an opportunity for the audience to participate in the discussions raised during the conference and to socialize.

In this activity, there were three different discussions regarding the implementation of the psychedelic experience where the participants could discuss in small groups with a facilitating moderator. After a short introduction, the participants had time to discuss the different questions and pin their answers and comments on a board. Most of the participants enjoyed the lively discussions and the ideas that were brought up during this activity.



Poster Session

Poster presentations were recruited from the call for presentations. A scientific review committee was formed to review the submissions which led to 16 accepted poster presentations. The poster presentations had either an academic or a clinical focus.

The posters were exhibited in the main hall of the Langenbeck-Virchow-Haus and were presented by their authors. The audience engaged in lively discussions with the authors. Then, the poster prize was awarded based on the audience's votes. As previously mentioned, the poster award was given to B.Sc. Emma Chirstersson from the Swedish University of Skövde.



ART AND MUSIC PROGRAM

The visual arts exhibition featured pieces ranging from classical paintings to videos and 3-D-virtual reality explorations and installations, representing a mix of established artists and up-and-coming talent.

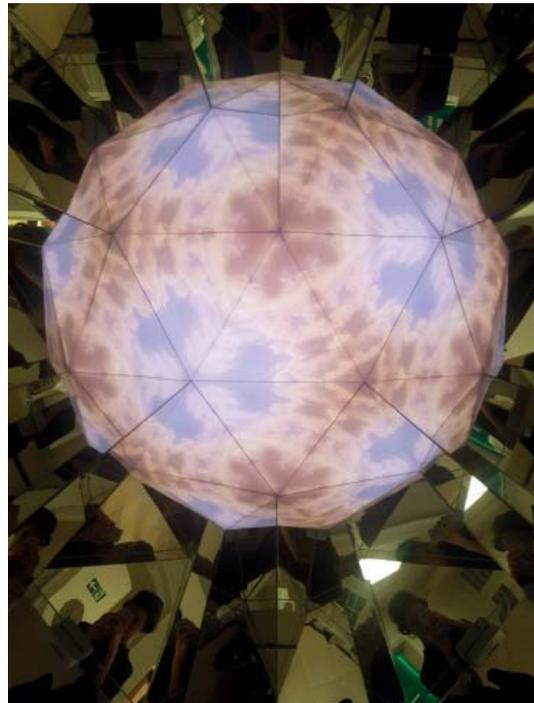
The interface of art and science was explored in a collection of aesthetically pleasing, provocative and informative visualizations of scientific data.

The auditive art ranged from a piano concert to DJs providing an appropriate atmosphere underlying the social events.

The Art and Music Space was developed in collaboration with artists and researchers from EDGE from the *Berlin School of Mind and Brain (Humboldt University)*; the *Berlin University of Arts (UdK)*; and the *University of Saarbrücken*. Additionally, a number of independent artists contributed their works, time and energy to the art space.

“Kalos” - Kaleidoscope

Created by the artist and film maker Ben Mergelsberg from Oxford University. In his film installations, Ben explores the limits of what can be seen and understood. At the main hall of INSIGHT 2019, Ben exhibited his project “Kalos”, a video installation through which fractal images and MRI scans are watched through a big kaleidoscope.





ROBOT BENNET
DJ



DREW COOPER
CHARITÉ UNIVERSITÄT BERLIN



ANDREAS LOH
PIANIST



AMRITA DHILLON
BARD COLLEGE BERLIN



REBEKKA BERTHOLD
SAARBRÜCKEN UNIVERSITÄT



ESTHER RAMSBROK
HBKSAAR



MARJAN SHARIFI
BERLIN UNIVERSITY OF ARTS



RONJA OPLADEN
HBKSAAR



SHAHRYAR KHORASANI
HASSO PLATTNER INSTITUTE



DANTE NIL



CLARA
STOLZENBERGER
SAARBRÜCKEN UNIVERSITÄT



SHELDON
DRAKE



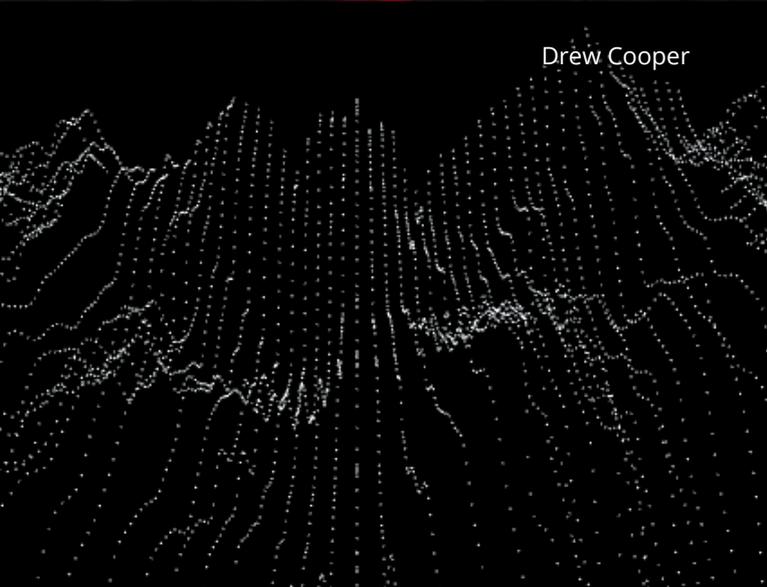
CHIARA
BALDINI



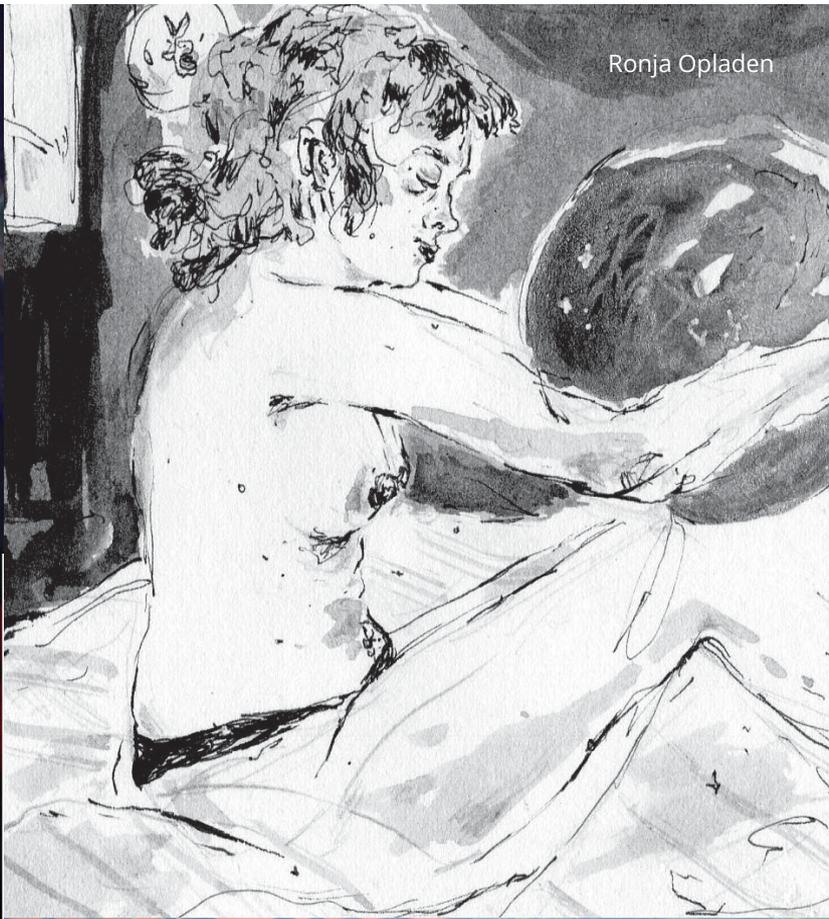
Amrita Dhillon



Esther Ramsbrock



Drew Cooper



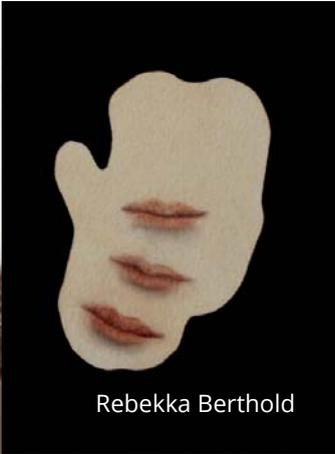
Ronja Opladen



Clara Stolzenberger



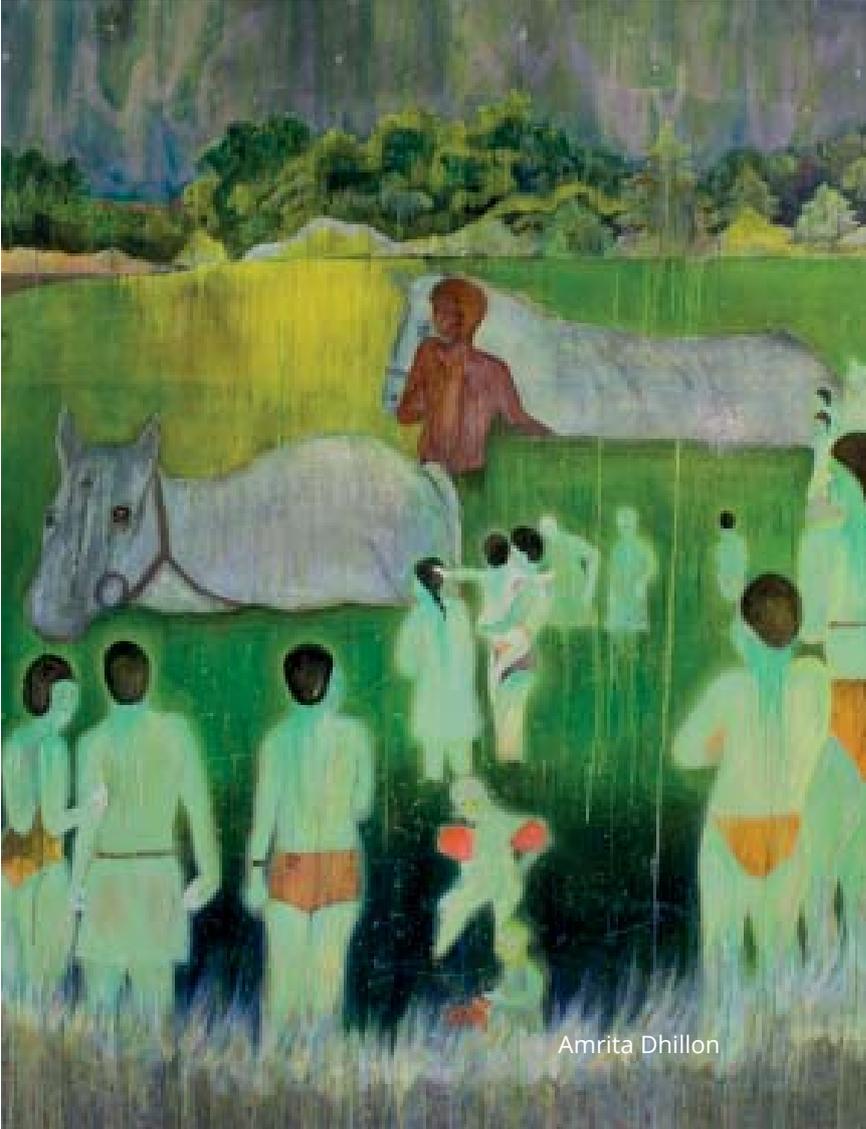
Dante Nil



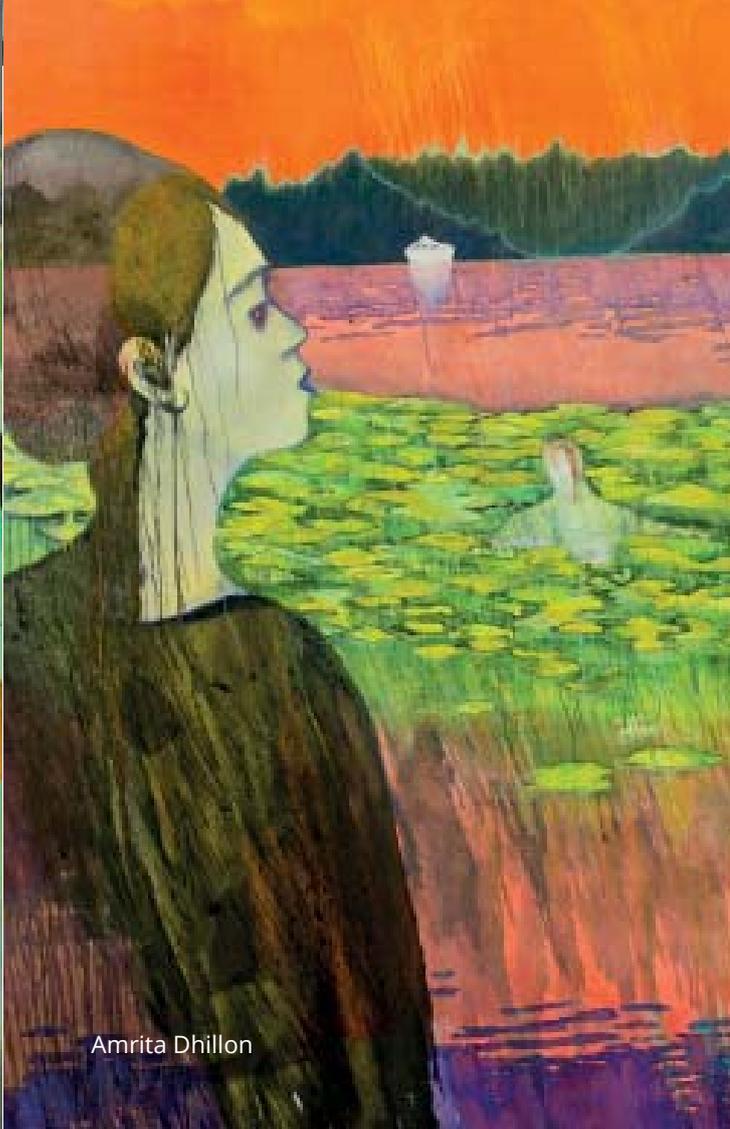
Rebekka Berthold



Shahyar Khorasani



Amrita Dhillon

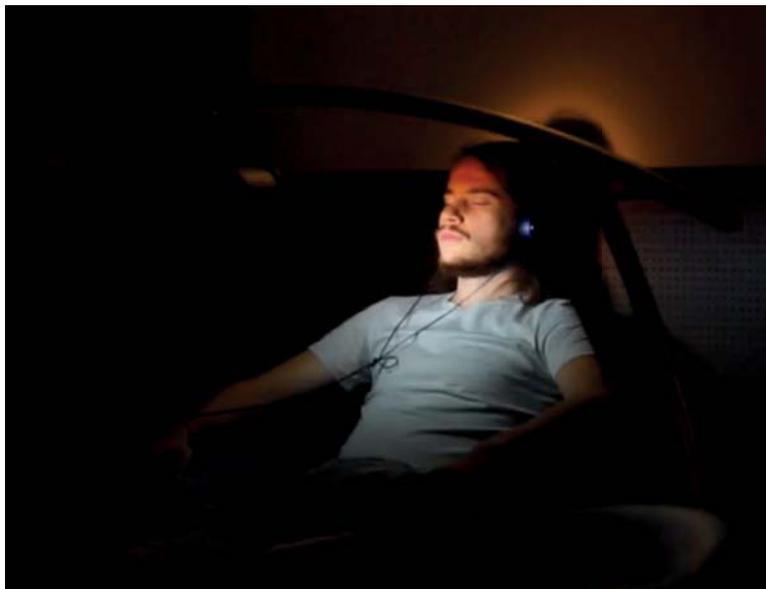


Amrita Dhillon

LUCIA ROOM

A main part of the experiential program at INSIGHT was the Lucia lamp experience, a light device inducing non-pharmacological altered states of consciousness by emitting a combination between flickering light and halogen constant light.

In the Lucia room, participants were offered a 5-minute demo session of the Lucia No.3 lamp under the supervision of „light attendants“. Altogether, 147 Lucia sessions were offered with positive feedback from the participants.



SOCIAL PROGRAM

Part of our vision for INSIGHT is to help build professional communities. That is why we also focus on creating a rich social program in which conference participants can interact, network and celebrate. Part of the social program was the “Exploratorium”, a social evening of art and music, and the after-conference party, which took place at a brewery house in Neukölln, accompanied by the musical gifts of several DJs.



PRESS

In total, 31 press and film representatives had been accredited at INSIGHT. The press activities at INSIGHT included interviews, filming, and audio recordings for podcasts and radio. News coverage included German public TV (WDR and 3SAT Channels), articles in scientific magazines, podcasts and several mentions in newspaper and online articles on the psychedelic renaissance.

During INSIGHT we organized a press conference. The speakers were Dr. Henrik Jungaberle, Prof. Dr. Thomas Metzinger, Prof. Dr. med. Gerhard Gründer and Tura Patterson.





CONFERENCE EVALUATION

In the week after INSIGHT, we conducted an after-conference survey aiming to assess audience member experiences. In total, 122 attendees responded.

The after-conference survey demonstrated a high satisfaction with the conference. Survey results showed that 90% of participants reported having fulfilled completely or partially their reasons for attending the conference and 89% of the participants reported to have liked the conference - with 74% strongly agreeing.

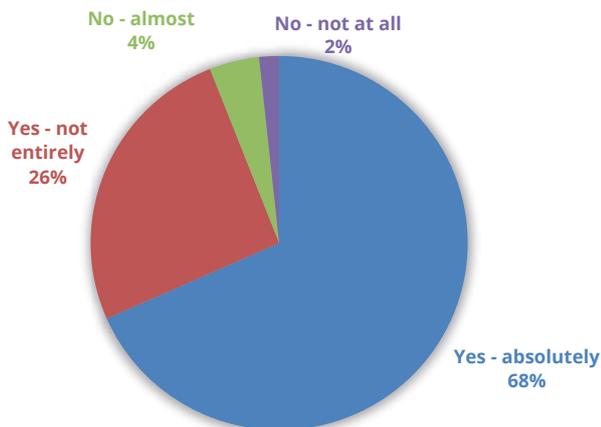
The most cited aspects of the conference that people enjoyed were the quality of talks and/or speakers, the community and/or the possibilities to meet and network with a broad variety of people, the beautiful venue and facilities, the scientific approach and scientific integrity, as well as the transdisciplinarity concept.

Also, 94% of participants assessed the overall quality of the conference as very good (71%) or good (24%). Educational content and the presenters were positively rated with the ratings "outstanding" or "above average". In addition, most of the participants found the price of the conference tickets appropriate.

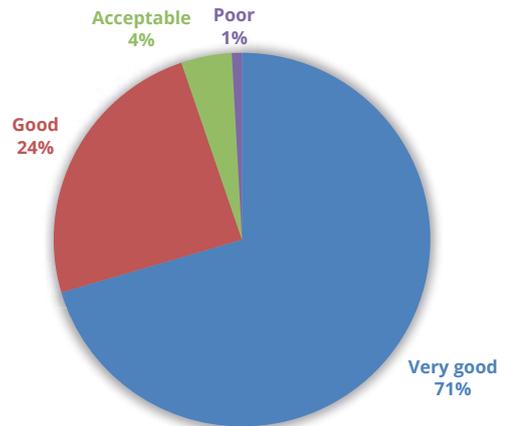
Quality
90%
"good or very good"

After-Conference Survey

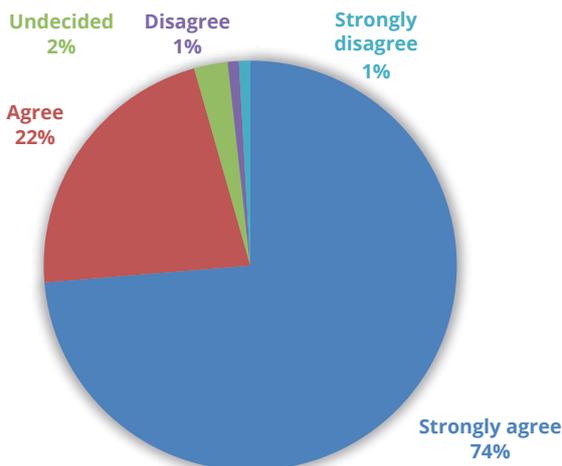
Did the conference fulfill your main reason for attending?



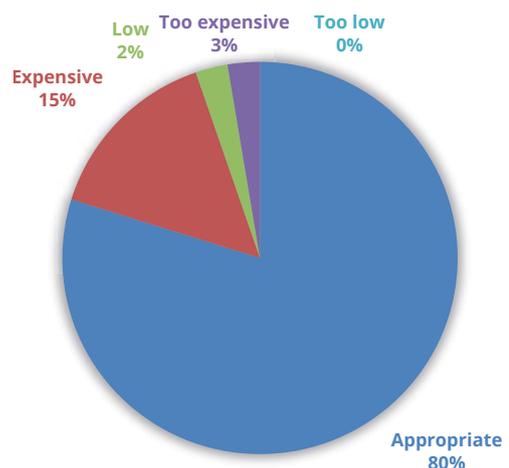
Overall, what are your views about the quality of the conference?



Overall, how strongly would you endorse the following statement "I liked the conference"?



How appropriate did you find the ticket price, considering the quality of the conference?











INSIGHT 2021

From Science to Implementation

The MIND Foundation team will continue to establish the INSIGHT conference as a scientific, dynamic and professional platform on basic research, evaluation, and clinical aspects of psychedelic science.

Adding a track on *Implementation Science and Health Market Economy*, we intend to speak with those who want to make psychedelic therapies a reality for patients who suffer and a tool for humans who want to develop.

Our aim for 2021 is to target even more scientifically oriented professionals and researchers in the fields of mental and public health, as well as hospitals and the pharma-industry, journalists, politicians, students and the interested public. We'll provide an opportunity for a *researchers-only* pre-conference meeting.

Moreover, the organizers will invest a greater effort in involving actors from international and national regulatory bodies and politicians.

Finally, we will expand the spectrum of academic disciplines - covering philosophy of science, cultural anthropology and sociology. The clinical track will focus even more on clinicians' needs. We also hope to bring a focus to rational, evidence-based *Bewusstseinskultur* and its relationship to modern spiritualities.

Another lecture room will allow for a larger audience in the smaller tracks.



A photograph of a crowded indoor event, likely a conference or exhibition. In the foreground, the back of a person wearing a brown jacket and a tan backpack is visible. The background is filled with many people, some standing and some sitting at tables, engaged in various activities. The lighting is bright and even.

**Langenbeck-
Virchow Haus
Berlin,
Sept 9-12, 2021**



Thank you!

INSIGHT 2019 would not have been possible without the help of countless individuals and supporting groups. Only to mention a few:

Prof. Dr. med. Gerhard Gründer
Prof. Dr. Thomas Metzinger
Prof. Dr. med. Franz X. Vollenweider

The Speakers

The Pre-Conference Workshop Facilitators

The Track Moderators and Award Team (particularly Marvin Däumichen & Sergio Perez)

The Coordinators and Active Members of the MIND Foundation

Karen Almagor, Alberto Cantizani Lopez, Alena Schmidt, Christopher Schmidt

The more than 60 Conference Volunteers

The Artists (coordinated by Nicolas Endres) and Musicians

Prof. Dr. med. Dipl.-Psych. Rolf Verres for the Art of Preparation

Johanna Kemmerer and the Lucia Team

Eugenia Kulakova (Conference Management)

Patrick Wentorp and Sascha Thal (Onsite Management)

The MIND Board Henrik and Andrea Jungaberle, Maximilian von Heyden

Sascha Krüger, Cyril Costines, Tobias Wenge

Usona (particularly Tura Patterson and Dr. Charles Raison) and Steve Paulson

The Langenbeck-Virchow Haus Crew | betahaus Berlin

The Lecture Hall Ruin of the Charité Crew (and particularly Sasha Silberberg)

The After-Conference-Party Team at Neulich

... and every beautiful person who could not be mentioned here.

We are more than grateful!

MIND Foundation

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