We promote psychedelic science to create a healthier, more connected world.

mind-foundation.org

RESEARCH + THERAPY + EDUCATION + HUMAN DEVELOPMENT
“Developing a consciousness culture has nothing to do with establishing a religion or a particular political agenda. On the contrary, a true consciousness culture will always be subversive, by encouraging individuals to take responsibility for their own lives.”

Prof. Dr. Thomas Metzinger
We have seen a decade of high-profile studies in psychedelic treatment and basic research. The interest in the psychedelic state as a tool for therapy and self-development has grown considerably – both on the level of academic research and public discourse. There is momentum to develop a new class of prescription medicines and strengthen the cultural learning process for integrating these substances into our societies – and dealing with their downsides. On a political level, this also means correcting the errors of the past: Psychedelics clearly have a therapeutic potential – even if larger studies need to demonstrate that they work for a broader target group and identify potential contraindications. Their usefulness and meaning go far beyond clinical contexts and they are used as instruments for gaining insight and facilitating self-development.

The MIND Foundation was founded on November 26th, 2016 in Berlin. We started off as a small group of experts and interested people focused on developing psychedelic research and now have hundreds of members supporting our work in clinical development, public health, and Bewusstseinskultur (culture of consciousness) throughout Europe.

The challenges in addressing politicians, therapists and researchers, journalists and financiers are considerable. We need to account for the differences in knowledge and cultural openness when it comes to countries in Europe and the world as a whole. Our work builds on the potential of the psychedelic experience to facilitate health, well-being, and human development. We are grateful to have your interest, scepticism, and support for developing the psychedelic state into an instrument for thriving in this century and beyond. Join us in this adventure.

Dr. sc. hum. Henrik Jungaberle and Dr. med. Andrea Jungaberle on behalf of the MIND Board
The Challenge at Hand

Mental illness is a worldwide epidemic and current treatments are frequently ineffective. Beyond that, many people struggle with a search for existential meaning. The psychedelic experience serves as an innovative method for both treating mental health conditions and promoting existential development. Unfortunately, there is a lack of rigorous scientific exploration, hindering the establishment of safe and legal environments in which these experiences can unfold.

Who We Are

On November 26th, 2016, the MIND foundation was founded to address this epidemic and foster growth in the realm of high-quality, evidence-based psychedelic research.

As a scientific non-profit organization, we bring together researchers, professionals, and the public to establish the psychedelic experience as a tool for therapy and human development. With a focus on science, ethics, education and policy, we are working to create a healthier, more connected world wherein patients have access to safe and legal applications of the psychedelic experience.
A tremendous number of people who suffer from depression are not treated or do not profit from conventional treatments. The MIND Foundation sees psilocybin as an alternative treatment option for this ubiquitous mental illness. We have partnered with the Central Institute of Mental Health, Mannheim, and others to conduct the first psilocybin depression study in Germany. Getting this study through regulatory authorities, financing, and starting clinical work in Germany is our focus in 2019 and 2020. Additionally, we are preparing for similar studies focused on alcoholism, end-of-life-anxiety, trauma, and obsessive-compulsive disorder.

We are looking for donors and investors from the private sector to help fund these studies.

We support and conduct high-quality psychedelic research.

We work with policy makers to create safe and legal environments for the psychedelic experience.

We educate professionals and the public on evidence-based harm reduction practices, human development, and psychedelic therapies.

We mobilize communities to encourage knowledge-based and risk aware attitudes around psychedelics.
Prof. Dr. Thomas Metzinger, neurophilosopher at the University of Mainz, having meditated in an fMRI machine at the University of Vienna: *How can subjective, first-person experience be mapped onto third-person data, e.g. as gathered by neuroimaging methods, and vice versa?*

Photograph courtesy of Dr. Ronald Sladky, Medical University of Vienna
The MIND Academy seeks to establish *Bewusstseinskultur* by fostering a scientific and public discourse that evaluates which states of consciousness are valuable. Following this, it is possible to decide which states should be cultivated personally and institutionalized within our culture. Both individuals and society need to develop positive norms for dealing with altered states of consciousness. Defining aspects of such ethics of consciousness are:

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

Philosopher and Scientific Advisory Board member Prof. Dr. Thomas Metzinger has elaborated on this concept since the 1990s.
The MIND Academy hosts a variety of educational programs including workshops, public talks, and professional trainings. Speakers and facilitators come from all over the world to develop a public and scientific discourse on the psychedelic experience and associated topics in consciousness research, medical and psychotherapeutic practice. The MIND Foundation has a strong focus on transdisciplinarity: We bring together perspectives from the natural and social sciences with cultural studies and practice-based knowledge. This discourse serves our goal of establishing a scientifically informed Bewusstseinskultur. MIND Academy events are usually videotaped and made available to a larger audience.

Previous MIND Academy Events

**Mindfulness and Mental Autonomy**
by Prof. Dr. Thomas Metzinger,
Johannes Gutenberg University Mainz

**Psychopharmacology – The Current State of Thinking and Potential Developments**
by Prof. Dr. med. Gerhard Gründer,
Central Institute for Mental Health Mannheim, University of Heidelberg

**Psilocybin- and LSD-Induced States–How Psychedelics Can Help Us Understand Social Cognition and Self-Experience?**
by Dr. Katrin Preller,
University Hospital of Psychiatry Zürich
INSIGHT Conference

INSIGHT is a transdisciplinary conference series with a focus on the science and practice of psychedelic states that takes place every second year. INSIGHT brings together international experts from the fields of medicine, neuroscience, psychotherapy, philosophy, the social and political sciences, public health, and policy work. The conference is also open to the public and includes workshops, lectures, panel discussions, and networking opportunities.

INSIGHT aims to build on scientific evidence from the growing field of psychedelic research and integrate these results and developments into mainstream culture and science.
uniMIND

uniMIND is a growing community of academic journal clubs that meet and discuss psychedelic science. Students and senior academics of any level and any background engage in critical discourse on altered states of consciousness and psychedelics. Discussions revolve around their applications in basic and clinical research, the brain sciences, philosophy, and human development. uniMIND aspires to initiate a dialogue about psychedelic science that educates and inspires, encouraging students to write related theses, ultimately bolstering psychedelic research at the university level and beyond.

Research and Practice with Non-Pharmacological Induction Methods

We redefine the psychedelic experience as including both pharmacological and non-pharmacological methods of inducing altered states of consciousness (ASC). Non-pharmacological methods include immersive breathing, intensive forms of music and methods working with sensory deprivation or hyperstimulation. An example of these methods is the “Lucia lamp”.

Lucia N°03 & LightLab

Lucia N°03 is a light device that induces altered states of consciousness by using specific light frequencies. With closed eyes, colors, structures, and dream-like pictures appear and guide users into a meditative and often psychedelic-like state. The light device is being used by therapists, artists, and in spas. The MIND Foundation regularly offers LightLabs and full Lucia sessions as part of the MIND Academy. LightLabs are an ongoing mini lecture series about the Lucia N°03. Participants learn about this light device and are then given the opportunity to try it out.
Professional Integration Therapy and Counseling

The integration of psychedelic experiences is a key part of a healthy and ethical practice in therapy and self-development. Integration is an attitude, a process, and a goal. It strives for functional adaption of extraordinary experiences into ordinary life. The need for integration may arise from the existentially disturbing nature of some psychedelic experiences. The MIND Foundation programs teach integration methods to professionals like psychiatrists, therapists, and users in self-exploration or recreational settings. These programs encourage communities to tackle the challenges of psychedelic integration.

Self-Exploration: The Morning After
The Morning After is a brief intervention after psychedelic ceremonies geared at self-exploration and harm reduction.

Self-Development: BEYOND EXPERIENCE
BEYOND EXPERIENCE is a self-experiential and knowledge-based workshop series. Its focus is teaching a variety of tools for psychedelic integration. Participants gather over the course of three weekends or in five-day-residencies to engage in a group process rooted in the theories and methods of Acceptance and Commitment Therapy (ACT). The methods in the course range from variations of automatic writing, intensive music trances, immersive breathing techniques, working with self-aspects, hypnotherapeutic trance journeys to mindfulness meditation practices. Additionally, there are theoretical sessions on substance-related topics, set and setting, trip sitting, and basic concepts for understanding “integration.”

Professional Integration Therapy and Counseling
The MIND Foundation, together with colleagues from other European organizations, has developed a training program for psychotherapists and other mental healthcare professionals to counsel and treat people with a need for more profound integration processing. The MIND Foundation plans to introduce a revised version of this European Integration Therapist Training in 2020. This program aims to teach integration methods to psychotherapists as a core component of their professional skill set. These methods help therapists deal with people who seek out psychedelic experiences and are looking for support in integration.

Psychedelic Therapist Training
Together with our partnering universities the psychedelic therapist training aims to teach integration methods as a core component of clinical skills.
The MIND Foundation’s Scientific Advisory Board (SAB) is a panel of independent experts. They are academic researchers and thinkers dealing with the human brain and consciousness, the transformation of society, psychiatric disorders, and the sociocultural history of the psychedelic experience. The SAB advises us and assesses the activities of the organization.

**Senior Board Members**

**Prof. Dr. med. Gerhard Gründer**  
ZI Mannheim, University of Heidelberg, Germany

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University of Mainz, Germany

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Prof. Dr. Tim Bayne (Australia), Prof. Dr. Robin Carhart-Harris (United Kingdom), Prof. Dr. Olivia Carter (Australia), PD Dr. med. Leo Hermle (Germany), Dr. Chris Letheby (Australia), Prof. Nigel Strauss, MD (Australia), PD Dr. Marc Wittmann (Germany), Prof. Dr. Lorenz Böllinger (Germany), Prof. Dr. Alison Gopnik (United States of America)
1. **Conduct Clinical Studies (starting 2020)**
   - Cooperate with academic and private partners
   - Develop drugs and treatments
   - Conduct clinical studies phases 1-4
     (German psilocybin depression study start 2020)

2. **Establish Center of Excellence (starting 2021)**
   - Establish Center(s) of Excellence for treatment and mindfulness-based self-exploration in collaboration with universities and private partners
   - Build and monitor clinical code of ethics
   - Implement high-quality practices embedded in clinical and public health standards, public interest and Bewusstseinskultur

3. **Certify Clinicians (starting 2023)**
   - Train and certify medical doctors, psychotherapists and supporting staff

4. **License Treatment Units (starting 2025)**
   - Continually monitor quality and implementation of clinical protocols and code of ethics
   - Further education of staff
   - Collect patient data for follow-up studies

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**Rollout**

- **2020**
- **2021**
- **2023**
- **2025**
Creating New Mental Health Infrastructures

Building Psychedelic Centers for Treatment and Self-Exploration

Bringing “disruptive pharmacology” like psychedelics into the current mental health infrastructure needs innovative thinking, certified training of therapists, and their supporting personnel – as well as architectural expertise. In the context of global policy changes on scheduled substances, there is also a need to address the interrelation between professional-led treatments, beneficial psychedelic self-exploration, and harmful practices with psychoactive substances.

Together with partners, the MIND Foundation is looking to develop new mental health infrastructures for integrating psychedelic treatment units into the real-world health economy.

Investing in Our Future

The MIND Foundation is bringing together investors for creating these new mental health infrastructures that provide psychedelic-assisted treatment to patients. Together with our partners, we will train and certify medical professionals, psychotherapists and their teams, supply medications, and will lead organizational development for psychedelic treatment units that incorporate high-quality standards and cutting-edge scientific knowledge.

Join a group of innovative investors looking to facilitate economic change for a more efficient and humanistic mental health market. Ask us for the investment case and we will provide more information.
1906-2008

ALBERT HOFMANN

Former chemist at Sandoz Laboratories, discoverer of LSD. Photograph courtesy of Rolf Verres
“I believe that if people would learn to use LSD’s vision-inducing capability more wisely, under suitable conditions, in medical practice and in conjunction with meditation, then in the future this problem child could become a wonder child.”

ALBERT HOFMANN
Get Involved

Donate to Our Cause
Give the MIND Foundation a tax-deductible donation. Each Euro or Dollar donated will fund a project or researcher working on making psychedelic-assisted therapy accessible, safe, and legal.

Donate via bank transfer:
MIND Foundation
IBAN: DE35 4306 0967 6030 8357 02
BIC: GENODEM1GLS
Donate via PayPal: paypal.me/mindfoundation

Become a Member
Support the MIND Foundation and join our growing community with a yearly membership. MIND memberships come with a number of benefits, including discounts on selected events, conferences, MIND merchandise, and much more.

We have memberships for researchers, practitioners (medical doctors, psychotherapists), and supporters (friends who want to support our cause).

Volunteer or Intern with Us
Donate your time and skills to the MIND Foundation team and help explore the next frontier of mental health.