

A composite image with a dark teal background. The central part is split into two vertical panels. The left panel shows a microscopic view of cells with thin membranes and large, rounded nuclei. The right panel shows two hands clasped together in a firm grip, with a dark sleeve visible. The text "Building a healthier, more connected world through psychedelic research & education" is overlaid in white, centered across the split image.

Building a healthier, more
connected world through
psychedelic research & education

PROFESSIONAL TRAINING + RESEARCH + SCIENCE COMMUNICATION

mind-foundation.org



“Vision is an idea put into action,
so others can join.”

Dr. Henrik Jungaberle

Foreword by the MIND Executive Board



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Psychedelics and psychedelic states are not alien to Western societies - much has been written about the **Kykeon** in ancient Greece and the long and winding relationship between Christianity and the use of natural plants within and outside of the churches over the last two thousand years. This creates a unique perspective on the current attempt to integrate psychedelic states and drugs into Western societies. Psychedelics in psychiatry also have a history of around 100 years – and there is much to learn, mistakes to make and correct, and knowledge to integrate from all over the world.

Now that we have seen more than a decade of high-profile studies in psychedelic treatment and basic research, the interest in psychedelic states as a tool for therapy and self-development has grown considerably – both on the level of academic research and public discourse. There is certainly momentum to develop this new class of prescription medicines, but we have to deal with their downsides, too. On a political level, this also means correcting past errors: psychedelics clearly have a therapeutic potential – even if larger and phase III studies need to demonstrate how broad the target groups for psychedelic-assisted therapies will be. And let's not forget their usefulness goes beyond clinical contexts. However, the institutions and legal frameworks to utilize them as instruments for improving well-being and facilitating self-development have yet to be built.

A **European perspective** – geographically and philosophically – proposes a philosophical framework for such institutionalization. It would involve shaping unity in diversity, advocating for open societies and encouraging human development, evolving the ideas of philosophical enlightenment and tackling the dark sides of rationalization, healing the wounds of colonialism, reconciling the local with the global, and probably above all, facing the challenges of the global ecological crisis.

In the last five years, the MIND Foundation has created ten programs to address open issues in training, psychedelic therapy, and human development. Our members, coming from more than 50 countries worldwide, endorse our work in clinical development, public health, and Bewusstseinskultur (culture of consciousness). This work needs the moral, intellectual, and financial support of people like you. Please, support us in continuing to build a strong non-profit organization that strives for the public benefit. Let us express our gratitude to have your interest, skepticism, and support. Join and stay with us in this adventure.



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 meaning. Although psychedelics are no magic pill or wonder cure, they are poised to become an innovative and effective method to both treat mental health disorders and to promote human development. With a now rapidly growing body of scientific evidence and a dynamic emerging industry, the establishment of safe and legal environments in which psychedelic experiences can unfold has become more important than ever before. Moreover, we feel responsible for risk-aware and factually informed public communication about psychedelics.

WHO WE ARE

On November 26th, 2016, we established the MIND Foundation to bring a science-based and progressive perspective to the psychedelic field. For this reason, our work builds on high-quality, evidence-based research and philosophy. As a non-profit organization, our primary goal is to bring together researchers, clinicians, and the public **to establish the psychedelic experience as a tool for therapy and human development**. We bring focus to patient equity and access, argue for transparency and ethics in the emerging psychedelic industry, and support a structured, public health-oriented, and reflexive enculturation of psychedelic experience.



WHAT WE DO

- » We support and conduct high-quality psychedelic research.
- » We translate science into everyday language to support people in living healthy and meaningful lives.
- » We encourage communities to build beneficial, knowledge-based, and risk-aware attitudes around psychedelics.
- » We train professionals and educate the public on psychedelic treatments, integration, evidence-based harm reduction, and human development.
- » We work with policymakers to create safe and legal environments for psychedelic experience.

“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

BEWUSSTSEINSKULTUR

Bewusstseinskultur means “culture of consciousness”. Its core is the “cultivation of valuable states of consciousness”. MIND seeks to help establish Bewusstseinskultur by contributing to a wise and risk-aware public discourse. It aims to clarify which states of consciousness should be cultivated personally and on a societal level. We support structured and institutionalized access to such valuable states. With increased awareness of these beneficial states, social norms will likely change for the better - and both the individual and society become empowered. Philosopher and MIND Scientific Advisory Board member Thomas Metzinger has elaborated on “Bewusstseinskultur” since the 1990s. We are further developing this idea in the context of creating healthy and ethically sound norms around the psychedelic experience.

PSYCHEDELICS IN PSYCHIATRY

2021

Working toward
informed culture

THE FIRST PSILOCYBIN DEPRESSION STUDY IN GERMANY

A tremendous number of people who suffer from depression are not treated or do not benefit from conventional treatments. Psilocybin could become an alternative treatment option for this ubiquitous mental illness. We have partnered with Prof. Dr. med. Gerhard Gründer at Central Institute of Mental Health, Mannheim and Charité Universitätsmedizin to become part of a phase 2b psilocybin depression study with 144 patients. Additionally, we are preparing for basic research and clinical studies focused on alcoholism, end-of-life-anxiety, trauma, and obsessive-compulsive disorder.

THE 10 MIND PROGRAMS

Training physicians, psychotherapists, and researchers and empowering academics and the public

Since 2016, we have built ten ambitious programs, all of which are either part of the MIND Academy or our Research and Knowledge Exchange Department.

These programs provide participants with the education and skills necessary to make decisions based on an informed ethics of consciousness. This is achieved by drawing from the natural and social sciences, cultural studies, and practical clinical knowledge – all the while considering every aspect of psychedelic experience and its integration.

PROGRAMS FOR PHYSICIANS, PSYCHOTHERAPISTS AND COMPLEMENTARY MENTAL HEALTH PROFESSIONALS

1. **APT (Augmented Psychotherapy Training)** is an advanced training course for medical professionals and psychotherapists interested in becoming a psychedelic therapist or co-therapist.
2. **MOLECULES** is a transdisciplinary online course that offers a unique approach to mastering the science of psychoactive drugs.

PROGRAMS FOR STUDENTS, JUNIOR AND SENIOR ACADEMICS

3. We initiate, conduct, collaborate on and (co-)finance **research projects**.
4. **uniMIND** is an international network of academic journal clubs, open to senior and junior academics, including faculty, researchers, and students.
5. The **doctoral fellowships program** provides funding for excellent young researchers, while the MIND Awards give recognition and visibility to junior and senior researchers in the field.

PROGRAMS FOR KNOWLEDGE SEEKERS

6. **The MIND Blog** is a high-quality multi-lingual communication platform on psychedelic topics –bringing scientific and social discussions around psychedelic states together.
7. **The INSIGHT Conference** is a global platform for science communication between researchers and the public.

PROGRAMS FOR SELF-EXPLORERS AND COMMUNITY SEEKERS

8. **Footsteps** is an online course that invites people to revisit and investigate a single psychedelic experience to initiate curiosity for self-development.
9. **BEYOND EXPERIENCE** is a five-day intensive integration course that provides a comprehensive skill set for psychedelic experiences in the framework of self-development and harm reduction.
10. **The MIND Community Platform (MCP)** is a value-based social network for individuals and organizations with an interest in evidence-based psychedelic therapy, research, and self-development – who want to learn, discuss, network and grow with others. It is open to MIND members as well as non-members.

mind-foundation.org/apt

1. APT - AUGMENTED PSYCHOTHERAPY TRAINING

● Shaping a New Generation of Psychedelic Therapists

How do mental health professionals become psychedelic therapists?

The Augmented Psychotherapy Training is for those who will use approved psychedelic substances to treat patients. It is offered in two formats: a long-term in-depth training (2 years) and a 5-day intensive. Here we teach how to **augment** (intensify, expand, and deepen) a **psychotherapeutic process** with breathwork, psilocybin, MDMA, and other serotonergic or atypical psychedelics.

APT is an advanced training course for physicians, psychotherapists, and complementary mental health professionals on the postgraduate level. Renowned clinicians and researchers from European and international institutions have teamed up with MIND and our clinical partner OVID to create and teach this high-quality curriculum.

Participants will be able to conduct therapy with ketamine, immersive breathwork, and other non-pharmacological tools to alter consciousness – with psilocybin and MDMA to follow. APT includes unique characteristics like patient-actor exercises, lectures, reading groups, continuous mentoring, structured case study analysis, (neuro)meditation, and guided self-experience. We combine a strong evidence-orientation with a holistic approach that treasures structure, intuition, and the existential characteristics of psychedelic therapies.



2.

mind-foundation.org/molecules

MOLECULES

Mastering the Science of Psychoactive Drugs

The MOLECULES program offers an interdisciplinary and evidence-based approach to psychoactive substances. It provides a platform for academics, healthcare practitioners, and the general public to acquire and integrate knowledge and practices from different disciplines like neuroscience, medicine, psychotherapy, pharmacology, history, public health, sociology and anthropology.

Our **Online Campus** provides four modules that provide a high-quality overview of the current drug science research, as well as in-depth perspectives.

MODULE 1 - BASIC KNOWLEDGE

Introduces an overview of the current knowledge base, starting with scientific terminology used for psychoactive substances and altered states of consciousness. Participants will gain an understanding of history, effects, potentials and harms, the different cultural and scientific traditions that formed around them, as well as models of drug regulation.

MODULE 3 - NEUROBIOLOGY & PHARMACOLOGY

Explores the neuroanatomical basis of brain function, as well as how and in what ways drugs can affect brain activity. The relations between drug pharmacology, neurobiological phenomena, and psychiatric symptoms are investigated in detail. Finally, a closer look is taken at modern methods of data acquisition and analysis.

MODULE 2 - DRUG-RELATED EMERGENCIES

Focuses on critical situations that may arise in response to the (self-) administration of various psychoactive drugs. Critical care algorithms, diagnostic tools, and case studies are discussed in the context of stimulants, depressants, alcohol, cannabinoids, and psychedelics. Polydrug use, toxidromes, and their respective treatments are also explored.

MODULE 4 - PSYCHEDELICS

Builds up on the knowledge acquired in all the previous modules and applies it to the context of psychedelic substances. The history of psychedelic use in indigenous communities and in Western societies is explored, along with major milestones in the research on psychedelics. Finally, the module discusses challenges of the 'psychedelic renaissance' and provides a future outlook required to establish a safe and stable inclusion of psychedelics into modern clinical practice and culture.



mind-foundation.org/research

3. RESEARCH

We initiate and collaborate on research projects related to the understanding and applications of psychedelics and psychedelic states. Since 2016 we have started and completed a number of survey studies, published their results, and validated new research instruments.

We have active clinicians and researchers in the EPIsoDE study lead by Prof. Dr. med. Gerhard Gründer, Central Institute of Mental Health Mannheim (University of Heidelberg) and contribute to training the therapeutic study team. The EPIsoDE study is a large-scale psilocybin depression study in Mannheim and Berlin. It will add to our understanding of psychedelic therapies and qualify our colleagues in their clinical and teaching skills.

The transdisciplinary approach we pursue allows for research on the entire spectrum from natural to cultural sciences. On the one hand, we have for example donated to the Ernst Strüngmann Institute Frankfurt (that cooperates with the German Max-Planck-Gesellschaft) to enable basic research on neurobiological effects of psychedelic substances. On the other hand, we conduct both qualitative and quantitative psychotherapy research in various psychedelic treatment settings.

Implementation and mental health care research projects are part of our practitioner focus. We add to gaining knowledge on novel indications and training requirements for physicians, psychotherapists and other mental health professionals in Europe and worldwide.





mind-foundation.org/unimind-groups

4.

uniMIND

Build community, exchange knowledge,
facilitate research

uniMIND is an international network of academic journal clubs, open to senior and junior academics, including faculty, researchers, and students. Here, academics of any level and discipline engage in critical discourse on psychedelic research publications, including discussions of their own research and thesis projects. The network comprises local organizations at more than 25 universities in Europe and worldwide - many of them are registered student associations. With uniMIND, we facilitate dialogue about psychedelic research that educates and inspires, that builds community internationally, across disciplines, and generations, and that encourages students to write related theses. Ultimately, it bolsters psychedelic research at the university level and beyond. One significant yearly event for the uniMIND community is the uniMIND Symposium that premiered in 2021 online and in cooperation with uniMIND Zürich. The free daylong conference was attended by over 200 guests, featured excellent talks by juniors and seniors, and presented a panel discussion on Careers in Psychedelic Research.



5. ADVANCING RESEARCH IN INNOVATIVE CAREERS

mind-foundation.org/research-fellowship-program

Doctoral Fellowships Program

Our doctoral fellowships program funds aspiring young researchers in the psychedelic field. The first fellowships have been granted by MIND in collaboration with our research partners in the German EPIsoDE study. Fellowships for aspiring young researchers are an excellent way of showing your support for the advancement of this field. In order to expand this program, please consider donating to the MIND Foundation.

mind-foundation.org/awards

MIND Awards

Awards are an instrument of appreciation and build sociocultural capital for the people who receive them. We developed two MIND Foundation related awards and a number of conference awards.

- **The MIND Foundation Award** is granted by our Scientific Advisory Board to senior researchers or clinicians for outstanding contributions to the advancement of the psychedelic field.
- **The Willy Schweitzer Award** for Young Researchers distinguishes contributions by juniors (up to 35 years old). It is provided by a jury of the Professional Sections in the MIND Members Association.
- Additionally, five researchers, clinicians and artists receive awards for their presentations at the INSIGHT conference. A conference jury chooses **The Best Basic Research Presentation**, **The Best Clinical Presentation**, and **The Best Research Poster**. **The INSIGHT Audience Award** is selected by conference participants themselves.
- Finally, together with EDGE – blurring the borders between science and art, we grant **The INSIGHT Art Award**.

mind-foundation.org/blog | mind-foundation.org/blog-translation-group

6.

THE MIND BLOG

Debating & translating the latest discoveries in science & society

With the MIND Blog, we communicate, translate, and debate scientific developments in connection to psychedelics and altered states of consciousness. We have a **science track** and a **social track** in this blog – differing in jargon, style, and target groups. And we particularly want to drive the discourse about an ethics of consciousness, i.e. the way that people relate to their own states of mind and how this is communicated in public.

The blog is fully bilingual - German and English. In addition, a committed Blog Translation Group of international academics is continuously translating selected blog posts into a growing number of languages – among them French, Spanish, Russian, Italian, Czech, Polish, Hungarian, Portuguese, Finnish, Romanian, and Hebrew. In cooperation with publishers, we are also seeking to translate important research papers into different languages.

7.

insight-conference.eu

INSIGHT CONFERENCE

Presenting, discussing, & networking on a unique European platform

INSIGHT is a bi-annual transdisciplinary conference with a focus on research, therapy and human development in relation to psychedelics and psychedelic states. INSIGHT brings together researchers, clinicians, and experts from various sectors - including the medical field, research disciplines from the natural to social sciences, legislation, public health, and industry. The conference is open to the public and besides lectures, panel discussions, and networking opportunities, includes interactive workshops, an award ceremony, and an arts and social program. INSIGHT advances the scientific debate and integrates its results into mainstream discourses.





mind-foundation.org/footsteps

8.

FOOTSTEPS

Explore the meaning of a single psychedelic experience

Footsteps is a 6-week online group process (3-4 h per week). Participants explore one of their previous psychedelic experiences in-depth. The main goal of the course is to understand how psychedelic experiences can play a beneficial role in one's life. Throughout the course, participants are guided through a process of transforming avoidance into acceptance. They begin to create awareness of their biographical patterns and are encouraged to use their psychedelic experience as a springboard for positive action and real-life change.

This online course emphasizes an understanding of integration as part of an active life practice that can be applied not only to psychedelic experiences but also to any other significant episode in life that attracts a person's attention. This approach is rooted in a lifelong perspective on developmental psychology, taking into account the ruptures and changes, human growth, and potential that all compose the melody of human lives.

mind-foundation.org/beyond-experience

9

BEYOND EXPERIENCE

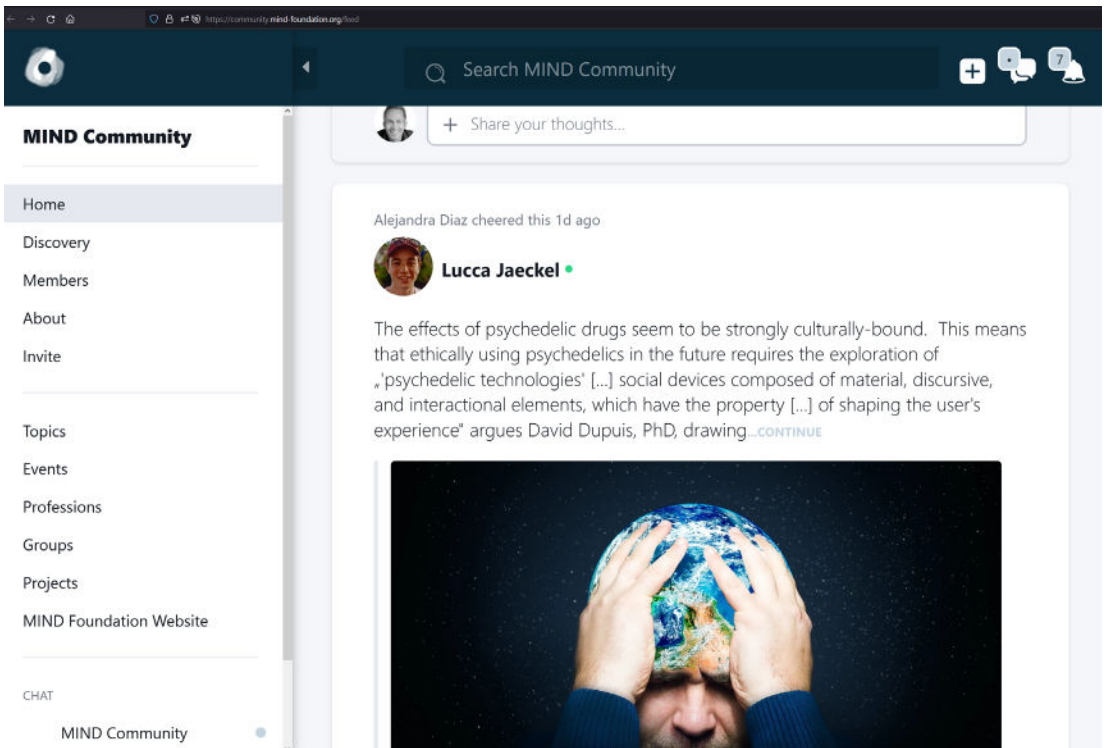
- Transform psychedelic states into an instrument for real-life change

Integrating psychedelic experiences is the most important aspect of engaging with psychedelic states beneficially. This holds true for both therapy and self-development. In BEYOND EXPERIENCE, integration is considered an attitude, a process, and a state. By integrating humans can incorporate the insights of psychedelic experiences into their lives to transform them into behaviors that solve real-life problems and that are oriented towards sustainable goals. Shortly said, integration means learning from psychedelic experiences. Beyond that, it is a multi-faceted process, addressing all aspects of our lives - from body to mind.

The need for integration may arise from positively or negatively challenging experiences. In BEYOND EXPERIENCE, participants embark on a 5-day journey through all aspects of psychedelic integration, while being supported by an intense group process. The workshop is experiential and process based. It is both for everybody and for mental health professionals seeking to learn about themselves and their experiences.

Both Footsteps and BEYOND EXPERIENCE teach hands-on integration methods to professionals and everyone interested in or experienced with psychedelic states. These programs also encourage communities to tackle the challenges of psychedelic integration.





community.mind-foundation.org

10. THE MIND COMMUNITY PLATFORM

Find others to train, create and debate

We're offering a new kind of value-based social network for individuals and organizations. It is an online platform for those who take psychedelic research, therapy and self-development seriously – and want to learn, discuss, and grow with others. The platform offers different layers of engagement for non-members and MIND members: **general** (without a MIND Membership), **specialized** (as a member of a focused group or project) or **engaged** (as a MIND member).

The MCP provides an event calendar, video conferencing software, and materials for internal and external trainings and events. Those who participate in MIND programs can meet here before, during, and after their programs. The Professional Sections of the MIND Members Association organize their curricula, create white papers, and participate in trainings and interventions on the MCP.

The MCP is also an invitation for other local groups, regional or national organizations to connect, collaborate, and benefit from the transnational MIND resources. Different languages are spoken on the platform, with English being our common ground. Visit the link on top of this page to learn more about the three principles: **Scientific Approach**, **Human Development**, and **Integration**.

SCIENTIFIC ADVISORY BOARD (SAB)

The MIND Foundation's Scientific Advisory Board is a panel of independent, distinguished experts from universities around the world. They are academic researchers and thinkers dealing with the human brain and consciousness, the transformation of society, psychiatric disorders, and the sociocultural history of psychedelic experience. The SAB advises us and assesses the activities of our organization. It assesses the organization on the basis of our yearly reports and selects the biannual MIND Award for outstanding contributions to the advancement of the psychedelic field. After the first five-year term ends at the end of 2021, the SAB starts a renewal process for the second term.



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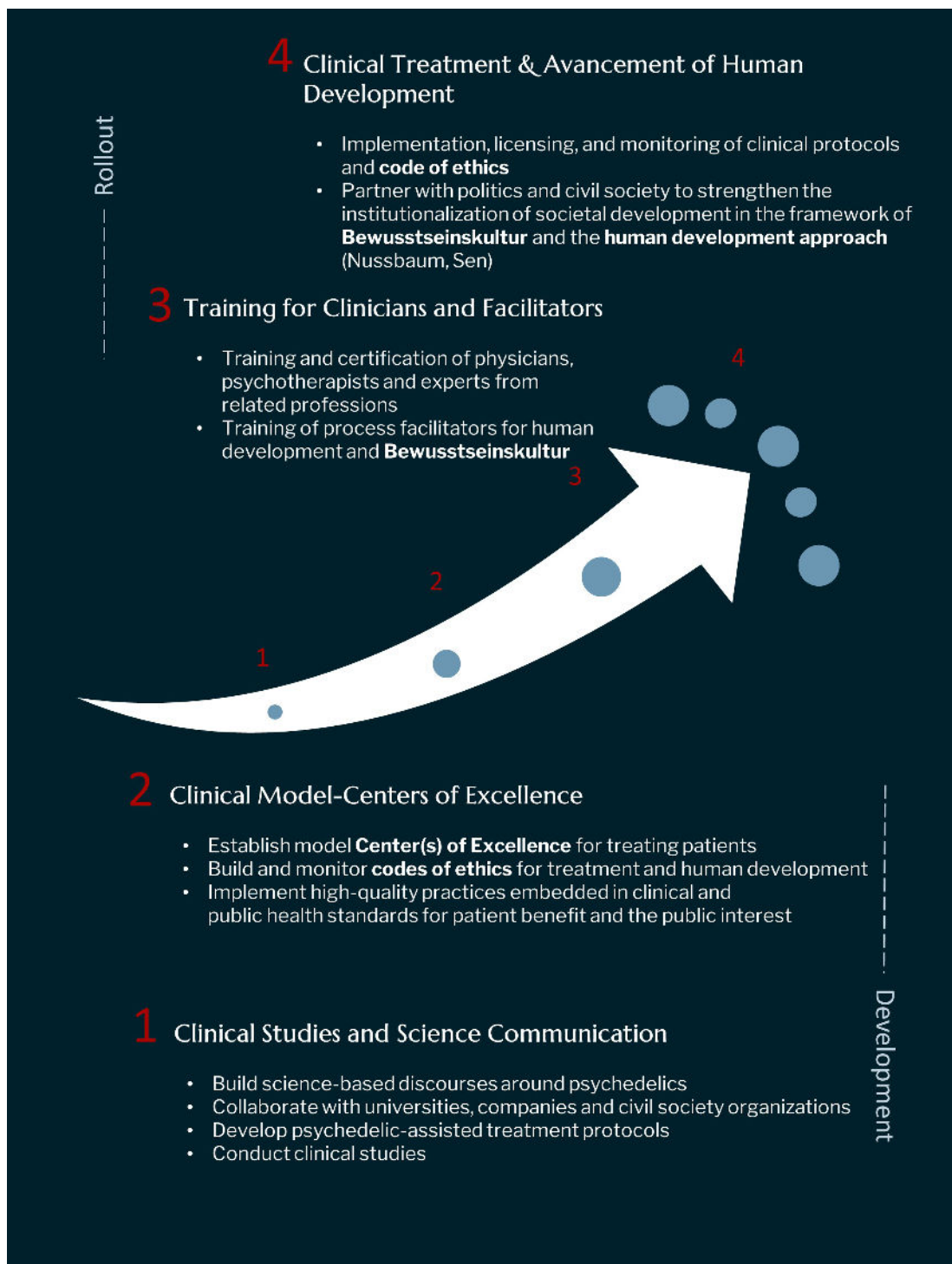
Dr. Chris
Letheby
University of Western Australia,
Australia

Other senior and junior board members:

- Prof. Dr. David Nichols (University of North Carolina at Chapel Hill, USA)
- Prof. Dr. Thomas Metzinger (University of Mainz, Germany)
- Prof. Dr. Dipl.-Psych. Rolf Verres (University of Heidelberg, Germany)
- Prof. Dr. Lorenz Böllinger (Germany)
- PD Dr. Marc Wittmann (University of Freiburg, Germany)
- Prof. Dr. Sascha Fink (Otto von Guericke University Magdeburg, Germany).

MIND & OVID'S IMPLEMENTATION PLAN

Working together for better mental health and well-being through psychedelic therapies.



ovid-clinics.com

CREATING A NEW MENTAL HEALTHCARE INFRASTRUCTURE: THE OVID CLINICS

Bringing “disruptive pharmacology” like psychedelics into psychotherapy requires innovative thinking, skilled therapists, and supportive infrastructure. Together with our clinical partner OVID, we started to treat patients with psychedelic therapies in February 2021. MIND’s role is to train and certify medical professionals, psychotherapists and their teams - and to help to incorporate high-quality standards and cutting-edge scientific knowledge.



mind-foundation.org/diversity

DIVERSITY PROGRAM

Realizing our vision means making diversity and inclusion a priority, regardless of sex, age, ethnicity, social status, religion, sexual orientation, physical features, or disability. We have already started giving access to psychedelic-assisted treatment for people who couldn’t afford it otherwise. Donate to MIND today to help us continue to make such treatments available, always putting patient access and equity first.

mind-foundation.org



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



HELP US MAKE PSYCHEDELIC TREATMENTS & ENCULTURATION A REALITY

From 2021 onwards, we are publishing a yearly report on all our activities. Here, we describe the steps we take in making psychedelic treatments safe, legal, and accessible through high-quality research, training, and education. But we can't do it without you. Your gift will fund a project, program, or researcher working to make such developments possible for those that need them most.

Every donation – big or small – makes a difference!

Donate via bank transfer:

Bank account Sparkasse Berlin

IBAN DE94100500000190928603

BIC BELADEVXXX

Donate via PayPal:

paypal.me/MINDFoundationBerlin

If you are interested in becoming more deeply involved as a donor, we invite you to arrange a meeting with the MIND Board to get to know us at donations@mind-foundation.org.

www.mind-foundation.org/get-involved

GET INVOLVED

BECOME A MEMBER

Join our global community of like-minded individuals interested in making the psychedelic experience safe, legal, and accessible. MIND members enjoy an array of benefits, including access to the core level of our online MIND Community Platform (MCP), discounts on workshops and events, networking and professional opportunities in the Professional Sections, and more. We have memberships for professionals (researchers, medical doctors, psychotherapists etc.), students, and friends (anyone that simply wants to support our cause).

VOLUNTEER OR INTERN WITH US

Donate your time and skills to the MIND Foundation team and help build the next frontier in mental health.







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