It has taken work across several generations, and will likely require several generations more, to realize the goals of the Multidisciplinary Association for Psychedelic Studies (MAPS), which I started 27 years ago in 1986. With such a long-term perspective and wide range of projects, our challenge continues to be finding sustainability over time, and keeping in a healthy balance the many different communities of which we are a part.

The broad mission of MAPS is to work toward the reintegration into our culture of psychedelics and marijuana and the experiences they engender. Our strategy is to focus primarily on non-profit drug development research—aimed at Food and Drug Administration (FDA) approval for the prescription use of psychedelics and marijuana—while also engaging to a lesser extent in research about non-medicinal potentials. Conducting supplementary public education and psychedelic harm reduction are also key elements of our mission.

We currently have seven studies of MDMA-assisted psychotherapy for posttraumatic stress disorder (PTSD) initiated or in the final stages of the approval process. We are sponsoring Phase 2 pilot studies (see page 5 to learn more about Phase 2 studies) in South Carolina, Colorado, Canada, and Israel, along with a Phase 1 MDMA-assisted psychotherapist training protocol and a Phase 2 Relapse Study for the few people in our initial study who improved after treatment but later redeveloped PTSD symptoms. We anticipate holding our crucial End-of-Phase 2 meeting with the FDA in about two years. In this meeting we will plan our two pivotal multi-site Phase 3 studies designed to gather proof of safety and efficacy required for prescription approval for MDMA-assisted psychotherapy for PTSD.

We’ve also obtained FDA approval and are in the middle of the Institutional Review Board (IRB) approval process for a pilot study examining MDMA-assisted therapy’s possible role in reducing social anxiety in autistic adults, to take place at the Harbor-UCLA Medical Center/Los Angeles Biomedical Research Institute. In addition, we recently received a $10,000 donation from Shlomi Raz to develop a protocol for a study of LSD for problem solving and creativity.

While our psychedelic research grows, our efforts to start medical marijuana research remain unsuccessful (despite 20 U.S. states plus the District of Columbia now allowing the legal use of medical marijuana). On April 15, 2013, we were defeated in our 12-year struggle to help Prof. Lyle Craker of the University of Massachusetts-Amherst obtain a Drug Enforcement Administration (DEA) license to grow marijuana under contract to MAPS for federally regulated medical research. Craker’s unsuccessful lawsuit against the DEA for rejecting a DEA Administrative Law Judge’s prior recommendation that it would be in the public interest to grant Craker’s license means that the National Institute on Drug Abuse (NIDA) has retained its monopoly on the supply of marijuana legal for federally regulated research.

Our FDA-approved pilot study of marijuana for 50 veterans with chronic, treatment-resistant PTSD, for which NIDA has refused to sell us the required marijuana, remains on hold until we can persuade the Public Health Service review committee that previously rejected the protocol to allow it to proceed now that we have also obtained approval from the IRB at the University of Arizona.

With an expanding clinical research program, we also have an expanded obligation to educate the public about our research and its implications for public health and culture.

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MAPS: Who We Are

Founded in 1986, the Multidisciplinary Association for Psychedelic Studies (MAPS) is a 501(c)(3) non-profit research and educational organization that develops medical, legal, and cultural contexts for people to benefit from the careful uses of psychedelics and marijuana.

MAPS furthers its mission by:

- Developing psychedelics and marijuana into prescription medicines.
- Training therapists and working to establish a network of treatment centers.
- Supporting scientific research into spirituality, creativity, and neuroscience.
- Educating the public honestly about the risks and benefits of psychedelics and marijuana.

MAPS envisions a world where psychedelics and marijuana are safely and legally available for beneficial uses, and where research is governed by rigorous scientific evaluation of their risks and benefits.

MAPS relies on the generosity of individual donors to achieve our mission. Now that research into the beneficial potential of psychedelics is again being conducted under federal guidelines, the challenge has become one of funding. No funding is currently available for this research from governments, pharmaceutical companies, or major foundations. That means that the future of psychedelic and marijuana research is in the hands of individual donors. Please consider making a donation today: maps.org/donate

have an expanded obligation to educate the public about our research data and its implications for public health and culture. I recently spoke with The New York Times about how the explosion of media interest in “Molly,” the newest hip name for illegally distributed Ecstasy, in part reflects the younger generation’s need for connection and community.

The summer festival season has been the perfect time to expand our public education work, with an outstandingly successful Indiegogo campaign for the Zendo Project harm reduction services. We have over 100 volunteers joining us this year in Black Rock City to help provide compassionate support for people having difficult psychedelic experiences. In addition to providing a supportive space and reducing the number of drug-related arrests and hospitalizations, our psychedelic harm reduction program also provides a context for us to help train the next generation of psychedelic therapists.

By developing a model psychedelic harm reduction program, we’re working to reduce the public’s fear of psychedelics, further encouraging research and reducing the potential of a cultural backlash. We’re doing this by demonstrating that it is possible to reduce the risks associated with the non-medical use of psychedelics used outside of scientific and therapeutic contexts.

MAPS is more than just an organization: We are a broad international community of researchers, therapists, doctors, artists, activists, students, policymakers, journalists, and just regular people, and we are creating safer spaces to explore both the risks and the benefits of psychedelics and marijuana for science, medicine, spirituality, and exploration.

This edition of the MAPS Bulletin is an invitation to discover what’s new and become more involved in our increasingly mainstream community.

With appreciation and excitement for all we’re doing together,

Rick Doblin, Ph.D.
MAPS Founder and Executive Director
Treating PTSD with MDMA-Assisted Psychotherapy

U.S. Veterans Study: 14th Subject Treated; Site Passes Surprise DEA Inspection

**Ongoing study**

**Location:** Charleston, South Carolina

**Principal Investigator:** Michael Mithoefer, M.D., with co-therapist Annie Mithoefer, B.S.N.

**Estimated study budget:** $1,380,000

**Already raised:** $875,000

**Needed to complete this study:** $500,000

On July 8, 2013, officials from the U.S. Drug Enforcement Administration conducted a surprise audit of the drug accountability logs for our ongoing study of MDMA-assisted psychotherapy for U.S. veterans, firefighters, and police officers with service-related PTSD. The officials confirmed that all of the MDMA had been adequately tracked and labeled. According to Principal Investigator Michael Mithoefer, M.D., the officials were “friendly and helpful…they’re reasonable people and it feels like we have a good working relationship.”

On July 5, the 14th subject received their first experimental MDMA-assisted psychotherapy session. This subject was enrolled on June 17. In total, 24 subjects will participate in this randomized, triple-blind study. Four subjects have now completed the study, including the long-term follow-up portion. On May 28, Michael Mithoefer presented preliminary results from the study at the 24th International Trauma Conference in Boston, Mass.

U.S. Intern Study: First Subject Receives MDMA-Assisted Psychotherapy in Boulder

**Ongoing study**

**Location:** Boulder, Colorado

**Clinical Investigator:** Marcela Ot’alora, M.A., L.P.C.

**Estimated study budget:** $475,000

**Already raised:** $190,000

**Needed to complete this study:** $285,000

On July 12, 2013, the first subject received their experimental treatment session in our new study of MDMA-assisted psychotherapy for PTSD in Boulder, Colorado. Led by Clinical Investigator Marcela Ot’alora, this study is exploring the safety and effectiveness of MDMA-assisted psychotherapy when one member of the male/female co-therapist team is an experienced therapist and the other is an intern being trained in therapy, social work, or nursing. The use of interns is an effort both to reduce costs for future MDMA-assisted psychotherapy trials, and to train the next generation of psychedelic psychotherapists. The study will enroll 12 subjects with chronic, treatment-resistant PTSD due to sexual assault, military combat, or other causes. An amended study protocol was submitted to the FDA and Institutional Review Board on August 6 and 7, respectively.

Israeli Study: Second Subject Completes All Experimental Treatment Sessions

**Ongoing study**

**Location:** Beer Yaakov, Israel

**Clinical Investigator:** Moshe Kotler, M.D.

**Estimated study budget:** $470,000

**Already raised:** $39,000

**Needed to complete this study:** $430,000

On July 10, 2013, the second subject completed their last experimental treatment in our ongoing Israeli study of MDMA-assisted psychotherapy for chronic, treatment-resistant PTSD. This study will enroll 10 subjects, some of whom will be soldiers with war-related PTSD referred by the Israeli Defense Forces. Data collected from this study will allow comparisons between the effects of different doses of MDMA on PTSD symptoms, and on symptoms of depression and sleep quality. Led by Clinical Investigator Moshe Kotler, M.D., this study is taking place at Beer Yaakov Mental Hospital. Adherence ratings for the first two subjects’ treatment sessions were completed on July 31.
Canadian Study: Institutional Review Board Approves Protocol Amendments  
Study pending initiation  
Location: Vancouver, British Columbia, Canada  
Principal Investigators: Ingrid Pacey, M.D. and Andrew Feldmar, Ph.D.  
Estimated study budget: $578,000  
Already raised: $16,000  
Needed to complete this study: $560,000  

On July 12, 2013, a Canadian Institutional Review Board approved an amended protocol and other study documents for our upcoming Canadian study of MDMA-assisted psychotherapy for PTSD. Both Health Canada and the Canadian IRB have already approved this study. The amendments include several changes to the study design to complement our other ongoing studies around the world, including changes to dose levels, the schedule of subject visits, and the timing of treatment outcome assessments. Aligning our study protocols across sites enables us to compare data and make a stronger case for future Phase 3 studies. The amended protocol was submitted to Health Canada on August 2. Once Health Canada approves the amended protocol, we will begin screening and treating subjects. On April 16, 2013, after more than 2 ½ years of effort to make security adjustments to the study pharmacy as required by Health Canada, the nine grams of MDMA to be used in the study arrived.

Relapse Study: All Treatments Completed  
Ongoing study  
Location: Charleston, South Carolina  
Principal Investigator: Michael Mithoefer, M.D.  
Needed to complete this study: $55,000 still needed  

Treatments have been completed in our relapse study of MDMA-assisted psychotherapy for three subjects whose PTSD symptoms returned after participating in our now-completed U.S. flagship study, which was completed in July 2010. Treatment in the relapse study consisted of a single open-label full dose session of MDMA-assisted psychotherapy, accompanied by non-drug preparation and integrative psychotherapy sessions. On April 27, 2012, the first subject completed their follow-up interview, which revealed that the subject’s score on the Clinician-Administered PTSD Scale was below the diagnostic cutoff for PTSD. These preliminary results suggest that a single additional MDMA-assisted psychotherapy session may be able to restore subjects who relapsed following successful prior treatment with MDMA-assisted psychotherapy.

Swiss Study: Results Published in Journal of Psychopharmacology  
Study completed  
Location: Solothurn, Switzerland  
Clinical Investigator: Peter Oehen, M.D.  

This study is complete and has been fully funded. On January 1, 2013, the results from our now-completed Swiss pilot study of MDMA-assisted psychotherapy for 12 subjects with chronic, treatment-resistant PTSD became published in the Journal of Psychopharmacology, a peer-reviewed scientific journal. The paper, co-authored by Clinical Investigator Peter Oehen, M.D., and Ulrich Schneider, M.D., former president of the International Society for Traumatic Stress Studies, the world’s largest organization for PTSD treatment providers and researchers, describes clinically significant decreases in PTSD symptoms following MDMA-assisted psychotherapy that approached statistical significance (0.06).

Australian Study: Researchers Continue Working to Start Study  
Study awaiting approval  
Location: Australia  

In April 2013, Steve McDonald and Martin Williams of Psychedelic Research in Science and Medicine (PRISM) flew from Australia to attend Psychedelic Science 2013 in Oakland, California, where they discussed strategy with the MAPS clinical team and other international researchers on how to work towards creating an approvable study in Australia. In July 2012, the Ethics Committee rejected our protocol for an Australian study of MDMA-assisted psychotherapy for PTSD. We are continuing to explore options for initiating this research in Australia.

Training Protocol Study: Therapists Receive MDMA-Assisted Psychotherapy  
Ongoing study  
Location: Charleston, South Carolina  
Principal Investigator: Michael Mithoefer, M.D., with co-therapist Annie Mithoefer, B.S.N.  
Estimated study budget: $200,000  
Already raised: $8,000  
Needed to complete this study: $192,000  

In this randomized, double-blind, placebo-controlled crossover study, researchers administer a single MDMA-assisted psychotherapy session to healthy volunteers as part of training to be therapists in a MAPS-sponsored study of MDMA-assisted psychotherapy for PTSD. As of August 2013, three subjects have completed this study, all therapists in our ongoing Israeli study of MDMA-assisted psychotherapy for PTSD. This study is limited to therapists already involved in MAPS’ clinical research program, and was cleared by the FDA in October 2009.
MDMA-Assisted Therapy for Social Anxiety in Autistic Adults

FDA Approves Revised Protocol for New Study; Documents Prepared for IRB
Study awaiting approval

Location: Los Angeles, California
Principal Investigators: Charles Grob, M.D., and Alicia Danforth, Ph.D.
Estimated study budget: $259,000
Already raised: $1,000
Needed to complete this study: $258,000

On July 8, 2013, the U.S. Food and Drug Administration fully approved the amended protocol for our planned study of MDMA-assisted therapy for social anxiety in adults on the autism spectrum, to be led by Principal Investigator Charles Grob, M.D., and Alicia Danforth, Ph.D., at Harbor-UCLA Medical Center/Los Angeles Biomedical Research Institute. In their first review, the FDA requested several changes to the subject screening and enrollment process. In our June 4 response, we presented a clear scientific argument for why we did not feel those changes were necessary; significantly, the FDA found our argument persuasive and approved the protocol. We are now preparing to submit the study protocol and related documents for review by the Institutional Review Board at the study site.

LSD-Assisted Therapy for Anxiety

LSD-Assisted Psychotherapy for Anxiety Related to Life-Threatening Illness
Study completed
Location: Solothurn, Switzerland
Principal Investigator: Peter Gasser, M.D.
This study is complete and has been fully funded.

On June 20, 2013 the paper reporting the results of our completed study of LSD-assisted psychotherapy for anxiety associated with life-threatening illness was submitted to the American Journal of Psychiatry, one of the world’s top psychiatry journals. Publishing in such a prominent journal would have been a great step forward, but the editors rejected the paper without sending it to the reviewers. On August 9, 2013, we resubmitted the paper to the Journal of Nervous and Mental Disease, which published many of the pioneering LSD studies from 1956–1973. Led by Principal Investigator Peter Gasser, M.D., this was the first completed study of LSD in humans in over 40 years. The first subject was enrolled on April 23, 2008, and the last long-term follow-up interview was conducted on August 8, 2012.

What Are Phase 2 Clinical Trials?

Clinical trials test potential treatments in human volunteers to determine whether they should be approved for use in the general population. The U.S. Food and Drug Administration requires these studies to be conducted before a new treatment can be brought to market. Clinical trials are conducted in phases over many years.

Phase 1 Trials: Small studies in healthy subjects to collect basic safety data, such as the treatment’s most common side effects and how long the effects last.

Phase 2 Trials: Small to medium-sized studies to collect preliminary data about whether a treatment works in people with a specific disease or condition. These trials also gather additional safety data, compare the treatment to a different treatment or placebo, and help researchers refine research methods for future trials.

End-of-Phase 2 Meeting: The study sponsor (MAPS) meets with the FDA to come to an agreement on how Phase 3 studies will be conducted, based on data collected in Phase 2.

Phase 3 Trials: Large, multi-site studies of hundreds or even thousands of subjects to gather more information about safety and effectiveness and compare the results in different populations.

New Drug Application: The study sponsor files a New Drug Application (NDA) with the FDA to request that the treatment be approved for marketing in the United States. The NDA includes all data collected in previous phases, as well as information about how the drug behaves in the body and how it is manufactured.

For more information, visit fda.gov.
Ibogaine Therapy for Addiction Treatment

**Mexico Ibogaine Study: Results Presented at Global Ibogaine Therapist Alliance**

*Study completed*

**Location:** Mexico
**Principal Investigator:** Thomas Brown, Ph.D.

This study is complete and has been fully funded.

Principal Investigator Thomas Kingsley Brown, Ph.D., is now preparing a paper describing the results of our completed observational study of ibogaine-assisted therapy for opiate addiction in Mexico, to be submitted before the end of 2013. The 30th and final subject completed follow-up on September 10, 2012.

From October 2–6, 2012, the Global Ibogaine Therapist Alliance (GITA) conference in Vancouver, Canada, gathered international researchers and ibogaine treatment providers to discuss current science and policy surrounding the use of ibogaine in ritual and clinical practice. Brown was invited to present the study results twice at the conference.

In his first presentation to GITA members on October 5, Brown discussed the importance of documenting and publishing outcome data from observational research and encouraged ibogaine treatment providers to maintain and share records of treatments. On October 6, Brown participated in a public forum on ibogaine treatment along with a panel of researchers and providers.

**New Zealand Ibogaine Study: Generous Donation Received; Seventh Subject Enrolled**

*Ongoing study*

**Location:** New Zealand
**Principal Investigator:** Geoff Noller, Ph.D.
**Estimated study budget:** $28,000
**Already raised:** $13,000
**Needed to complete this study:** $15,000

On January 11, 2013, Principal Investigator Geoff Noller, Ph.D., reported that our ongoing observational study of ibogaine treatment for opioid dependence in New Zealand has received an additional donation of about $10,000 from Matt and Kristi Bowden’s Stargate International Trust. The grant, which follows the Bowdens’ earlier $25,000 donation to MAPS-sponsored ibogaine projects in New Zealand and Mexico, could not have come at a better time, says Dr. Noller. “With the study gaining momentum, we’re beginning to draw participants and interest in general, from around the country. While this is great news for ibogaine research in New Zealand, it also means extra resources are required, as each participant must be introduced to the study and then followed up on a monthly basis.”

Ideally the research team aims to meet with each potential participant before their treatment, to build rapport for what will hopefully be a 12-month relationship between researchers and subjects. Despite recruitment starting slowly in 2012, the recent increase in interest suggests the target of between 20 to 30 participants will be met, although the initial 18-month recruitment period may be extended to two years. On January 9, 2013, the seventh participant was enrolled in our ongoing observational study of ibogaine treatment for addiction in New Zealand.

**Medical Marijuana**

**U.S. First Circuit Court Upholds NIDA Monopoly on Marijuana for Research**

**Location:** Boston, Massachusetts

On April 15, 2013, the United States Court of Appeals for the First Circuit rejected University of Massachusetts-Amherst Prof. Lyle Craker’s lawsuit against the Drug Enforcement Administration for denying him a license to grow marijuana for privately funded medical research. With its decision, the Court has ensured that the debate over the medical use of marijuana will continue to take place through political battles rather than through scientific research.

The decision brings to an end Craker’s 12-year effort to end the National Institute on Drug Abuse’s monopoly on the supply of marijuana for research. A laboratory at the University of Mississippi under contract to the National Institute on Drug Abuse is currently the only facility in the U.S. permitted to grow marijuana for research.

Prior to Craker’s application, NIDA had refused to sell marijuana to two FDA- and Institutional Review Board-approved protocols sponsored by MAPS, preventing them from taking place. In September 2011, NIDA refused to sell marijuana to a third FDA-approved MAPS-sponsored protocol in 50 U.S. veterans with chronic, treatment-resistant posttraumatic stress disorder (PTSD).

**Marijuana for Veterans with PTSD**

*Study pending*

**Location:** Phoenix, Arizona
**Clinical Investigator:** Sue Sisley, M.D.
**Estimated protocol design and approval budget:** $20,000
**Already raised:** $10,000
**Needed to complete protocol design and approval:** $10,000
**Study budget to be determined after protocol approval.**

On April 21, 2013, at Psychedelic Science 2013, Clinical Investigator Sue Sisley, M.D. presented an overview of MAPS’ planned study of smoked or vaporized marijuana for 50 U.S. veterans with chronic, treatment-resistant PTSD. This placebo-controlled, triple-blind, randomized crossover pilot study is the first of its kind, and will investigate the safety and efficacy of marijuana for PTSD. On October 25, 2012, the Institutional Review Board at the Uni-

Clinical Investigator Sue Sisley, M.D., in discussion after her presentation at Psychedelic Science 2013.
versity of Arizona approved the protocol, following the FDA’s approval in April 2011. The study remains blocked by the Drug Enforcement Administration (see page 6) and the National Institute of Drug Abuse, which refuses to provide any of its monopoly supply of marijuana to the study.

Ayahuasca Treatment for Addiction

Ayahuasca Observational Study: Results

Published: Study completed
Location: British Columbia, Canada
Principal Investigator: Gerald Thomas, Ph.D.

This study has been completed and is fully funded.

In June, 2013, the results of a recently completed MAPS-sponsored observational study of ayahuasca-assisted therapy for addiction were published in *Current Drug Abuse Reviews*. This is the first study of its kind in North America and involved 12 members of a rural First Nations community, several of whom had been through multiple unsuccessful treatments for their problematic substance use. Combining Western psychotherapeutic techniques with South American shamanic healing practices, this study gathered preliminary evidence about the safety and effectiveness of ayahuasca-assisted therapy. The results, which were presented on April 20 at Psychedelic Science 2013, suggest that participants may have experienced positive psychological and behavioral changes in response to this therapeutic approach. Proper clinical studies are recommended to more adequately test the efficacy of this novel form of treatment.

Supporter Spotlight: Christopher Butson

“I believe Rick Doblin and the MAPS organization are not only revolutionizing the way the medical community are currently coping with those individuals living with trauma, addiction, and anxiety but they are also trailblazing the way forward by spreading true scientific fact-based knowledge about the healing capacities of psychedelic compounds and cannabis.

I have found the use of such compounds extremely valuable in my own life as they have helped me suppress addiction and reinforce not only the internal connection that exists between my own mind and body, but also my external connection to those people around me, thus contributing to the global community as a whole.

I have been donating to MAPS for several years now and it was only recently, after reading the last *Bulletin* [on “Psychedelics in Psychology and Psychiatry”], that I realized the true magnitude, extent, and depth of the research that MAPS was involved in. I really think that MAPS is slowly changing the world with this work. It is something that I feel passionate about and I am so happy to support the research.”

Christopher R. Butson is 39 years old and lives with his wife in Victoria, B.C., Canada. As a Remote Sensing Scientist for the province of British Columbia, he views and analyzes remotely acquired imagery of forested landscapes to guide and influence decision-making, monitor forest changes, and inform others about sustainable forest management practices.
**MAPS Forum on Bluelight Launched**

*June 2013 marked the official launch of the new MAPS Forums on Bluelight (bluelight.ru), the world’s most popular open information and discussion board about psychedelics and other drugs.*

The forums provide a venue for informed conversations about the risks and benefits of psychedelics and marijuana. MAPS Forums include the MAPS Discussion, Clinical Psychedelic Research and Medicine, and Psychedelic Harm Reduction. As MAPS Founder Rick Doblin wrote in his welcome letter, “Bringing together MAPS and Bluelight to host these Forums is a notable step forward in the advancement of public education about psychedelics.”

**MAPS Exploring Possible Grant Application to NIMH**

*We are preparing a proposal for funding from the National Institute of Mental Health (NIMH) for possible submission in early 2014. In association with researchers from the Medical University of South Carolina (MUSC), we are working on a small “sub-study” using fMRI brain scans before and after treatment in five to six subjects in our MDMA/PTSD vet study, taking place in Charleston, SC, where MUSC is also located. We are also exploring a technique to evaluate the core elements of our psychotherapeutic method we are using to compare it to other approaches to treating PTSD, and are examining current memory reconsolidation research for possible additional methods to add to our NIMH grant application.*
The Zendo Project
This year, millions of people will use psychedelics outside of supervised medical contexts. It is not uncommon for psychedelic users to have difficult psychedelic experiences, such as due to taking too much or being in a challenging environment or emotional state.

As part of our broader mission to educate the public honestly about the risks and benefits of psychedelic drugs, and to minimize the harms associated with their non-medical use, we started the Zendo Project.

WHAT IS THE ZENDO PROJECT?
The Zendo Project is an onsite harm reduction service providing tranquil space and compassionate care for individuals having difficult psychedelic experiences. Our mission is to:

- Provide a supportive space for individuals undergoing difficult psychedelic experiences or other psychological challenges in order to help turn these experiences into opportunities for learning and personal growth, and to reduce the number of drug-related psychiatric hospitalizations
- Create an environment where volunteers can work alongside one another to improve their harm reduction skills and receive training and feedback
- Demonstrate that safe, productive psychedelic experiences are possible without the need for law enforcement-based policies

ZENDO PROJECT INDIEGOGO CAMPAIGN RAISES $17,786 FOR PSYCHEDELIC HARM REDUCTION
This summer, we asked for your help in raising funds to support the Zendo Project at festivals and events around the world. Our passionate community of supporters took us beyond our original goal of $10,000 in just 11 days, and the excitement didn’t stop there. In 30 days, 245 funders from nine countries donated a total of $17,786 to support our psychedelic harm reduction services.

These funds will go directly to transportation costs for the structure, equipment, and volunteers, as well as materials to make the space even more comfortable and inviting. Reaching our goal means that Zendo Project volunteers will have the resources they need to address the growing need for these services.

Our supporters took us far beyond our original goal, helping us reach not one, not two, but our first three Stretch Goals. Our community made sure that our volunteers will be well-equipped, with:

- A network of two-way radios for Zendo volunteers
- CPR and First Aid Training for Zendo volunteers
- A solar-powered cooling system for the Zendo structure

Our Indiegogo campaign is over, but you can still make a contribution any time at maps.org/donate.

WHAT IS PSYCHEDELIC HARM REDUCTION?
The Four Basic Principles of Psychedelic Harm Reduction

- Create a safe space
- Sitting, not guiding
- Talk through, not down
- Difficult is not the same as bad

A difficult psychedelic experience is not necessarily a bad one. With proper preparation and understanding, it is possible to help someone having a difficult experience so they can receive the most benefit from it.

The Zendo Project is sponsored by the Multidisciplinary Association for Psychedelic Studies (MAPS). The Zendo structure is built entirely from recycled materials and was donated by Vanja Palmers as a gift to celebrate MAPS’ 20th anniversary in 2006.
Can a Low Dose Go a Long Way? by Brian Anderson
*Motherboard, July 3, 2013.* Motherboard explores the concept and effects of “micro-dosing” with psychedelic substances such as LSD. Psychedelic researcher and author James Fadiman is profiled and quoted in the article, adding further insight into this under-explored area of research.

Joe Rogan Experience #371—Rick Doblin by Joe Rogan
*The Joe Rogan Experience, June 30, 2013.* Rick Doblin and Joe Rogan talk about the politics of psychedelic research, human rights, the future of psychedelic therapy, and the importance of awe-inspiring moments on The Joe Rogan Experience podcast.

Molly: Pure, but Not So Simple by Irina Aleksander
*The New York Times, June 21, 2013.* The New York Times shares the history of research into MDMA as an adjunct to therapy while exploring how “Molly” has become more prominent in popular culture. “As we move more and more electronic, people are extremely hungry for the opposite: human interaction on a deeper level where you’re not rushing around,” explains MAPS Founder and Executive Director Rick Doblin. He adds, “The rise of Molly is in tune with how people are feeling emotionally.”

Drug War Blocking Potential Treatments for Cancer, Alzheimer’s, Journal Claims by Maia Szalavitz
*Time, June 14, 2013.* Time explains how potential treatments for Alzheimer’s, cancer, depression, and more are facing obstacles preventing scientific research. “People have not even realized how much research and how many possible new treatments have been blocked by drug laws,” says Professor David Nutt, author of a newly published paper about drug laws and how they affect science and medicine.

Could “Magic” Mushrooms Be Used to Treat Anxiety and Depression? by Joseph Stromberg
*Smithsonian Magazine, June 10, 2013.* Smithsonian Magazine’s blog looks at the potential medical benefits of using psilocybin mushrooms, including how the substance may provide benefits to people suffering from depression and anxiety when administered to volunteers in a clinical setting. The abundance of research into psilocybin and other psychedelics presented at Psychedelic Science 2013 is highlighted, revealing an optimistic perspective on the future of psychedelic studies.

The Raver’s Cure—Soldiers’ PTSD Could Be Treated With MDMA by Roy Klabin
*Policymic, June 7, 2013.* Policymic comments on the current state of MDMA research, going into detail about how soldiers and veterans with treatment-resistant PTSD may eventually benefit from research into MDMA-assisted psychotherapy. The article points out that public perception of MDMA is beginning to shift from thinking of it as a party drug to thinking of it as a way to efficiently help heal people with serious trauma.

Could Ecstasy Help Treat Soldiers with PTSD? by Sharon Weinberger
*BBC News, June 6, 2013.* BBC News explores research into MDMA-assisted psychotherapy for treating post-traumatic stress disorder (PTSD), highlighting quotes from researchers, professors, and a veteran who participated in an ongoing study.

Hallucinogens Could Ease Existential Terror by Erica Rex
*Scientific American, June 2, 2013.* Scientific American examines research into psychedelics including LSD and psilocybin as therapeutic adjuncts for helping people alleviate anxiety associated with advanced-stage illnesses, reviewing current and past research conducted by major psychedelic research organizations.

Psychedelic Academe by Zoë Corbyn
Events

Horizons: Perspectives on Psychedelics
October 12–13, 2013, New York City, New York
Details at horizonsnyc.org
Horizons is an annual forum with the goal of opening a fresh dialogue on the role of psychedelics in medicine, culture, history, spirituality, and creativity.

International Drug Policy Reform Conference
October 23–26, 2013, Denver, Colorado
Details at reformconference.org
The International Drug Policy Reform Conference is a biennial event that brings together people from around the world who believe that the war on drugs is doing more harm than good. It brings together over 1,000 attendees representing 30 different countries. This year attendees will have the opportunity to spend three days interacting with people committed to finding alternatives to the war on drugs while participating in sessions given by leading experts from around the world.

Psychedelic Science 2013 videos are now available online! Visit maps.org/videos.
At Psychedelic Science 2013, over 100 of the world's leading researchers and more than 1,900 international attendees gathered to share recent findings on the benefits and risks of LSD, psilocybin, MDMA, ayahuasca, ibogaine, 2C-B, ketamine, marijuana, and more, over three days of conference presentations, and two days of pre- and post-conference workshops.
Can you **imagine a world** where psychedelics are *carefully and legally used* for science, therapy, spirituality, and personal growth?

**Help us complete our study** of MDMA-assisted psychotherapy for PTSD in U.S. veterans, firefighters, and police officers. [maps.org/donate](http://maps.org/donate)

$1.38 million estimated study cost
$875,000 already raised/$500,000 still needed

**We can!**

Learn how you can help. [maps.org](http://maps.org) [mdmaptsd.org](http://mdmaptsd.org)

**MAPS**

MULTIDISCIPLINARY ASSOCIATION FOR PSYCHEDELIC STUDIES