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A NEW ERA in psychedelic research is dawning. According to Corinne Moody, Food and Drug Administration (FDA) consumer safety officer, "I think the FDA is beginning to look at [psychedelic drug research] as a means of helping people". For the first time since MDMA was classified as a controlled substance in 1985, it is now possible for psychiatrists working with MAPS to obtain FDA approval to administer MDMA to research subjects. This historic opportunity is a direct result of the recommendations of the FDA's Drug Abuse Advisory Committee, which met on July 15, 1992. The committee reviewed policies toward "hallucinogenic" research in general as well as UC Irvine psychiatrist Dr. Charles Grob's application to study MDMA in the treatment of pain and distress in end-stage pancreatic cancer patients (full report on p. 2-6).

In the weeks leading up to the FDA meeting, MAPS coordinated a written response to the FDA's preliminary critique of Dr. Grob's protocol. In addition, MAPS sponsored a unique seminar on the challenges of working with terminally ill patients using psychedelics (full report on p. 8-10). The seminar took place in Prague prior to the International Transpersonal Psychology conference, at which MAPS helped organize three panel discussions on psychedelics (full report on p. 10-12).

Currently, MAPS is assisting Dr. Grob in working with the FDA to finalize the experimental design for his MDMA research. MAPS is also helping Russian researchers secure permission from their Pharmacological Committee to investigate the use of MDMA in the treatment of alcoholism (related story p.14–16). Similarly, MAPS is acting as a resource to Swiss psychedelic researchers in their negotiations on protocol design with the Swiss Health Authorities (story on p. 13). MAPS must now turn its attention to fundraising if it is to meet these new opportunities and challenges (see MAPS' financial statement on p. 21).

On a personal note, the new opportunities to conduct FDA-approved psychedelic research have convinced me to change my career plans. Though I was recently admitted to the Ph.D. program in Public Policy at Harvard's Kennedy School of Government, I have taken at least a one year leave of absence in order to concentrate fully on MAPS and its mission. Now that the FDA has challenged us to prove our claims about MDMA's therapeutic value, it's time to begin. With your generous help — without which the research will not be able to move forward — MAPS can continue to contribute to our society's understanding of the nature and value of psychedelic experiences, of their risks and benefits, and of the ways they might successfully be integrated into our culture and regulated by our laws.

Rick Doblin, MAPS President

The Historic FDA and NIDA Meetings on "Hallucinogens"

by Rick Doblin, MAPS President

FOR the first time in fourteen years, on July 13 and 14, 1992 in Bethesda, Maryland, the National Institute on Drug Abuse (NIDA) convened a Technical Review meeting on "hallucinogens". In an impressive display of interagency synchronization, NIDA's Technical Review immediately preceded the July 15 meeting of the FDA's Drug Abuse Advisory Committee. The FDA committee reviewed general policies regarding "hallucinogenic" research and specific issues concerning the MDMA research protocol of Dr. Charles Grob which MAPS helped to develop.

The consensus of the experts at these two meetings was that there were significant scientific benefits to be gained by administering psychedelics to human subjects in order to research the brain's basic physiological mechanisms and their psychological correlates. Most importantly, the experts thought that these scientific benefits outweighed the estimated risks to subjects and society from conducting the research. The FDA's Drug Abuse Advisory Committee recommended that psychedelic research protocols be required to meet the rigorous scientific standards that the FDA applies to studies involving any other drugs.

As a result of the NIDA and FDA meetings, human research with MDMA and the classic psychedelics is now possible. What follows is a report on these two crucial meetings.

Human research with MDMA and the classic psychedelics is now possible.

"Hallucinogens: An Update" — The NIDA Technical Review

NIDA organizes Technical Review meetings on a wide variety of subjects. At these meetings NIDA convenes some of the nation's leading experts on a particular topic to discuss the latest findings from their research. Some of the presenting researchers usually have been funded by NIDA while others will have found funding from sources such as foundations, pharmaceutical companies, and universities. Officials with other governmental agencies and interested members of the public may also attend. The meetings are tape recorded and the scientific papers on which the talks are based are gathered together and published in NIDA's Technical Review series.

Fourteen years had elapsed since NIDA had last scheduled a Technical Review on "hallucinogens." This lengthy hiatus was largely due to the paucity of scientific advances, since human studies had been essentially prohibited by the government. There were, however, several important reasons for NIDA to have convened a Technical Review at this time. Unlike human studies, animal studies had been permitted all along and had yielded some tantalizing clues about the basic functioning of the brain, in particular of the serotonin neurotransmitter system. Furthermore, out of a frustration with the success rates of traditional drug treatment methods, NIDA's Medications Development Division was beginning to investigate the possible use of psychedelics, specifically the African root ibogaine, in the treatment of drug addiction. NIDA was also concerned about the use of psychedelics outside legal contexts which had not disappeared under ever tougher drug laws but is reported instead to be on the increase, according to NIDA's Household Survey data and DEA reports.

On July 13 and 14,1992, NIDA gathered together almost twenty scientists for a two-day meeting. Among these were three researchers familiar to many MAPS members: Rick Strassman, a psychiatrist at the University of New Mexico who has reported on his basic research with DMT in several MAPS newsletters, Sasha Shulgin, an independent researcher whose book PIHKAL (co-authored with his wife Ann) was reviewed in the last newsletter, and David Nichols, a medicinal chemist at Purdue University who manufactured the MDMA that was used in the pre-clinical animal studies used by MAPS to open its FDA Drug Master File on MDMA at the FDA.Rick Strassman and Dave Nichols have both received government funding for portions of their research.

The opening speaker was Stephen Szara, the retired chief of NIDA's Biomedical Research Branch. He outlined the history of psychedelic research and identified six distinct eras. The first, from the early 1900's to the late 1940's, was the Hallucinogen Era in which these drugs were considered to produce distortions of normal consciousness that provided users with a glimpse into the experiential world of the insane. The Psychotherapeutic Era, which lasted

from the late 1940's to the early 1960's, developed in response to numerous reports that these drugs also produced experiences of profound insight, clarity, and deep emotionality that might have therapeutic potential. The Psychedelic Era, in the early to mid 1960's, involved the increasing use by researchers of large doses of psychedelics with the aim of producing powerful, transcendent, cathartic experiences in a wide range of subjects such as ministers, prisoners, alcoholics, and terminal cancer patients. The Psychedelic Era, as we are all aware, also included an explosion of the non-medical use of psychedelics by young people in a counter-cultural movement linked to anti-war protests. The Behavioristic Era, in the late 1960's to the early 1970's, involved the use of psychedelics in animals by researchers seeking to understand the basic relationship between brain chemistry and behavior. The Era of Legal Limbo, from the early 1970's to the present, involved the cessation of human studies though some animal research continued.

According to Dr. Szara, the beginning of a new era, which he calls Psychoheuristic, is underway. He coined the word "psychoheuristic" to indicate that these drugs can be used as research tools to understand the workings of the human psyche. He intended the word "psychoheuristic" to focus attention on the context created by the people who administer the drug rather than on the drug itself, highlighting the fundamental lesson learned from previous studies about the importance of the set and setting in shaping the incredible variety of experiences psychedelics can catalyze. Dr. Szara noted that from 1953 to 1973 the US government funded at least 116 studies of LSD with over 1700 subjects at a cost of about $4 million dollars. He concluded that careful research into the mysterious workings of the brain with uniquely useful psychedelic tools could yield new discoveries of significant potential.

Most of the remaining presentations focused on the use of psychedelics in animal studies, both to understand the functioning of the serotonin system and to develop methods of testing new compounds for psychoactivity. These presentations became highly technical and mostly went over my head. I was particularly impressed by the incredible ability scientists have to map the structure and function of molecules, of brain neurotransmitter sites, and even of the sections of the DNA itself responsible for the manufacture of various brain cells and the chemical compounds found therein. What I was able to understand was that psychedelic drugs are providing scientists with the tools needed to probe the serotonin system with an extraordinary degree of specificity.

Rick Strassman focused on findings from his work with DMT in eleven human volunteers. He reported that it took him about two years of effort to receive final FDA approval to evaluate DMT's physiological effects and develop a questionnaire to measure the psychological effects of DMT and other hallucinogenic drugs. His groundbreaking research clearly demonstrated that human studies with psychedelics could be conducted safely and that valuable scientific data could be generated.

Sasha Shulgin's presentation reviewed the work he and his wife Ann have written about in PIHKAL in which he synthesized hundreds of novel psychoactive compounds and tested them for activity in himself and a team of twelve research associates. He emphasized the incredible subtlety and unpredictability of the relationship between the structure of a compound and its psychoactivity. He cited instances where data from animal studies was contradicted by data from human reports and made an impassioned plea for more human studies. He referred to Stephen Szara's reference to the use of psychedelics to produce experiences of a religious, mystical nature and asked the assembled researchers and government officials to tell him how they would ever get rats to provide sufficient data on those matters. The response was, of course, only laughter. One subsequent speaker, however, prefaced his talk on the effects of psychedelics in animals by acknowledging the courage of Sasha Shulgin and Rick Strassman in gathering human data, which he felt provided essential clues in interpreting the animal data.

At the conclusion of the meeting, Dr. Geraline Lin, the chairperson of the

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The Era of Legal Limbo, from the early 1970's to the present, involved the cessation of human studies though some animal research continued.

Rising over the building, in the watery haze left by a rain cloud, shone a complete rainbow. ...we were sorely tempted to consider it a favorable omen.

meeting, asked the group for a summary of their sense of the current state of research and of future directions to explore. The scientists felt confident that animal models were useful in helping to predict the psychoactive characteristics of novel compounds and in understanding the structural and functional aspects of the brain's serotonin neurotransmitter system. However, most scientists felt that animal studies had limited relevance unless correlated with human data and they were generally supportive of further studies in humans.

Rainbows over FDA

In the evening after the conclusion of the NIDA Technical Review meeting, with the FDA meeting scheduled to begin the next morning, Charles Grob and I had a lot to think about. Though it was raining on and off, we decided to take a walk from our hotel to the FDA building to help focus our thoughts. As we approached the massive but deserted Parklawn building, where during the day thousands of federal government employees work, we were presented with an amazing sight. Rising over the building, in the watery haze left by a rain cloud, shone a complete rainbow. Though we value rationality as much as the next person, we were sorely tempted to consider it a favorable omen.

The FDA's Drug Abuse Advisory Committee Meeting

Since the Federal Advisory Committee Act of 1972, the FDA has used expert advisory committees to provide guidance and advice on important matters coming before it. Such matters include the final review of data concerning the approval of a drug for marketing (called a New Drug Application or NDA) and more rarely on the approval of a research protocol (called an Investigational New Drug application or IND) . The FDA has created about 17 different advisory committees, each composed of eleven members who serve for several years and meet about once or twice a year. The meetings are always tape recorded, often filmed, and transcripts are made of all comments. Though the FDA retains final authority to make decisions, the recommendations of the committee are almost always taken. The most widely publicized recent use of an FDA Advisory Committee concerned the review of the safety of breast implants.

In the last newsletter I reported that after almost two years of preparation, Charles Grob had submitted to the FDA's Pilot Drug Evaluation Staff (PDES) a protocol designed to investigate the use of MDMA in the treatment of pain and distress in end-stage cancer patients. I indicated that the PDES had four basic options; approve the protocol, reject it, place it on hold pending more pre-clinical animal studies or present it to an advisory committee. As it turned out, the PDES suggested several significant changes in the protocol design and choose to present the IND, along with their critique and our response, to its Drug Abuse Advisory Committee.

The PDES also gave the Advisory Committee the task of considering policies for "hallucinogenic" research in general. Within the last year, the PDES has approved several applications for psychedelic research with DMT and LSD and will soon be presented with applications to research ibogaine and psilocybin. Since there is renewed scientific interest in the field of psychedelic research, the PDES felt a need for the guidance and backing provided by the Advisory Committee. Procedurally, the Committee met in open session to discuss general policies toward psychedelic research. It then went into closed session for the discussion of the MDMA protocol, allowing in only other government officials from NIDA, DEA and the White House Office of Drug Control Policy (the Czar's office) and participants specifically invited by Charles Grob.

To aid the Committee in its deliberations, the PDES arranged for six expert witnesses to address the committee in open session. These included MDMA neurotoxicity experts Dr. Lewis Seiden (U. of Chicago) and Dr. George Ricaurte (Johns Hopkins), esteemed researchers Dr. Reese Jones (UCSF) and Dr. Murray Jarvik (UCLA), and Rick Strassman and

David Nichols, both of whom were also at the NIDA meeting. Charles Grob was given an opportunity to address the Committee during the closed session concerning details of the MDMA protocol design. From the opening moments of the meeting to the conclusions reached at the end, the participants were privileged to witness the triumph of science over ideology. The first person to address the Committee was, to my surprise, NIDA's Dr. Geraline Lin. She reported on the Technical Review meeting and indicated that the participants had reached consensus on the need to conduct human studies with "hallucinogens" for two basic purposes, to investigate their biological correlates and therapeutic utility. She stressed the need for well-controlled, objective human studies that would enable regulators to balance therapeutic uses with risks, toxic and otherwise. With NIDA unexpectedly weighing in on the side of research, the probability that the Committee would approve the protocol seemed to rise dramatically.

The real star of the meeting was, however, Reese Jones. He began cautiously by pointing out the problems involved in obtaining genuine informed consent from research subjects. He recommended that the therapists conducting the studies not conduct the initial subject screening because the delicate nature of any therapeutic relationship they might develop with the potential subject could give them undue influence. He pointed out the difficult issue of ensuring that training psychiatrists conducting psychedelic research be properly trained in the administration of psychedelics.

He then switched gears and reminded the Committee that psychedelic researchers are pioneers without the large resources of pharmaceutical companies behind them. He urged the Committee not to demand that they conduct the ideal protocols the first time out but rather let them begin by conducting more limited but nevertheless scientifically rigorous studies. He strongly criticized alarming interpretations of MDMA neurotoxicity data. He conjectured that since MDMA-related serotonin depletion in animals was seemingly without harmful behavioral and physiological correlates and human users reported beneficial effects from MDMA, serotonin depletion, if it even occurred, could as easily be considered advantageous as dangerous. He quipped that a pharmaceutical company with a drug that produced beneficial effects that people desired with possible permanent brain changes would prominently feature the brain changes in their advertisements and make them a major selling point.

Rick Strassman spoke briefly about his DMT work, summarizing the data that he reported more fully at the NIDA meeting. He primarily made the point that human studies could be safely conducted.

When George Ricaurte discussed some of his concerns about neurotoxicity, he was aggressively questioned by Reese Jones who opined that MDMA neurotoxicity reminded him of the LSD chromosome damage scare of the 1960's which helped generate fear of LSD and contributed to the cessation of LSD research but was later proved groundless. This interchange was rather dramatic, a snippet of which was broadcast around the world in CNN's television news story on the meeting.

Lewis Seiden spoke to the Committee about the cultural aspects of the history of psychedelic research, seeking to help them view the protocol more dispassionately. He also observed that some behavioral correlates of massive serotonin depletion have been found in some studies and that concern over MDMA's neurotoxic potential was not scientifically inappropriate.

The MDMA protocol discussion.

The meeting then went into closed session. It began with a presentation by Charles Grob. I have never seen him quite so nervous, perhaps because he went to medical school to be able to conduct psychedelic research and was finally faced with that possibility. His sincerity and his careful preparation were evident to the Committee. He had chosen to strongly

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...psychedelic researchers are pioneers without the large resources of pharmaceutical companies behind them.

We put the FDA to the test, and they passed. Now they are testing us.

rebut some of FDA's protocol critiques, a delicate task. In addition, he was asking to make a major change in the protocol and proposed separating the study into two parts, a neurotoxicity safety study in normals and an efficacy study in cancer patients. Though he was willing to conduct spinal taps on cancer patients if the FDA insisted (the oncologist working on the study had no objections to this), he much preferred not to. He argued that the neurotoxicity data would be better in any case if we eliminated the confounding effects of the patient's terminal illness and instead used healthy normals for that study.

During the ensuing discussion, Rick Strassman reported that he had divided his DMT subjects into two groups, those previously exposed to MDMA an average of ten times (MDMA Positives) and those exposed to MDMA an average of less than one time (MDMA Negatives). He compared the physiological reactions of both groups to DMT, which has powerful effects on the serotonin system. He found no significant differences between the MDMA Positives and the MDMA Negatives.

Dr. Curtis Wright, the FDA official directing the review of the protocol, asked George Ricaurte what he thought of the extent of the neurotoxic risk to the proposed subjects from MDMA. After considered reflection, George Ricaurte stated that the doses called for in the experiment would not pose a large risk to the subjects, either in the cancer patients or the normals. At this point, we knew for sure that the Committee would approve the study.

The Committee then discussed various aspects of the protocol and suggested several changes. Curtis Wright suggested that the Committee not get bogged down in details, which the FDA staff could better handle at a later time, but should consider two basic questions. First, should human studies with MDMA and other psychedelics be conducted? And if so, was psychedelic research sufficiently unique such that a new set of standards and procedures needed to be created to evaluate the studies?

As we held our breath, we listened to the Committee decide that the benefits of gathering scientific information about MDMA and other "hallucinogens" through the use of human studies warranted the risks to subjects and society of conducting such research. The Committee also felt that research into the medical uses of "hallucinogens" was most appropriately regulated in the same manner and held to the same rigorous scientific standards for safety and efficacy as medical research with any other drug that the FDA would be asked to review. Finally, the Committee suggested that the FDA assist Charles Grob in the design of two studies, a standard Phase 1 study to investigate the safety of MDMA in healthy subjects and a standard Phase 2 study to investigate the efficacy of MDMA in the treatment of pain and distress in end-stage pancreatic cancer patients. For almost two years, Charles Grob and I and numerous others have worked on this protocol as a labor of love, in hopes of bringing it to the point where research into MDMA's therapeutic potential could begin. Our success was made possible by many people's hard work, as far back as 1984 when the DEA first moved to make MDMA illegal and even before, when courageous people pioneered the therapeutic use of MDMA.

As a MAPS member you have been an essential part of this effort. With your financial support we can achieve a genuine breakthrough. Foundations and government agencies may support future studies, but will probably not be of assistance until we have some solid data in hand. There are no more governmental roadblocks on the path immediately ahead of us. We put the FDA to the test, and they passed. Now they are testing us. As the President of MAPS, I am asking you to contribute whatever you can in support of this research. ■

The International Transpersonal Association Conference Prague, Czechoslovakia June 20-25, 1992

by Kylea Taylor

SOCIAL, political, recreational, artistic, musical, intellectual, emotional, informational, affirmational, gastronomical, shamanic — the conference was a vortex of new paradigm presence. Prague itself was the container — displaying centuries of human history at our every turn down a cobblestone street and grappling with its own death/rebirth and political identity even as we convened.

The ITA in 1992 was the proverbial elephant which can be viewed from many angles and incompletely described from any of them. I have only my own position to work with vis a vis this pachyderm-sized "Happening."

So from my corner of the elephant, what happened? First, I think it was a wonderful time of renewal. A time to reconnect with many beloved friends and pioneers in the transpersonal field. As always, with that connection came a deep sense of being in the right place, at the right time, doing the right thing. I thought I sensed others feeling that affirmation too, rejoicing in their commitment to take, in the words of poet Robert Frost, the "road less traveled" which has "made all the difference."

And the "difference" seems to be coming to fruition in concrete ways. For example, Stan Grof returned to his native Czechoslovakia bringing the ripened seeds of his early work in Prague and his conjoint work with Christina, and called together their fellow pioneers in the new paradigm for a feast of ideas and an impressive array of work-in-progress around the world.

It was the first chance that so many luminaries in the transpersonal field have come to Europe at the same time. As one of my Danish friends said, "Here, we usually hear talks by the students of these people, we don't get to see them personally." Certainly it was a first encounter for many Eastern Europeans and for those from Russia and other former USSR countries. In all, 38 countries were represented at the conference.

There were many, many workshops that I did not attend. There were probably significant themes and shifts for which I was not present or for which I was present, but unable to identify, but I think I did identify two important shifts.

One was that there is beginning to be a change in the way psychology looks at the human being. Multiple personality studies and consciousness research have created a growing opinion that human mind/body health is a function of one's flexibility to enter each of a number (infinite?) of personality and consciousness states as appropriate, rather than a striving to maintain some consistent role, personality, or state of consciousness (and/or its shadow or opposite). It is the kind of shift about which one can say, "Of course, that's been so all along." And it has, but I think it is news that this kind of permission for growth and movement to the full extent of human possibility is being articulated. (Some of you interested in this topic may want to get a copy of the May/June issue of *Common Boundary* magazine which has an excellent cover article on this topic also.)

The second, and not unrelated shift, was that the role played by psychedelics in the personal development of the pioneers, in the development of their part of the new paradigm, and in their commitment to global wisdom and healing, came out of the closet. Many of the speakers spoke openly of the substances which catalyzed the pivotal and inspiring experiences which have directed their life work. One pre-conference meeting and three conference panels, organized by Rick Doblin and Dr. Charles Grob, dealt specifically with psychedelic research (see page 8). Stan Grof, Ram Dass, Ralph Metzner and Richard Yensen spoke of the lessons from past legal research with psychedelics (1950's to early 1970's); another panel spoke of current research with psychedelics now taking place in the U.S.(still very limited), Switzerland, and Russia; and a third panel discussed future legal research possibilities, political difficulties and strategies. ■

• For those of you who didn't get to Prague in June, there are tapes available of the presentations. (I bought several tapes of workshops which I was not able to attend.) The presentations which I heard and can particularly recommend are: the video or audio of Ram Dass: *Riding the Wave of Change* (#019); Neva Walden: *Sexual Abuse: A Thread in the Tapestry of Divine Sexual Energy* (#029), Jill Purce: *The Healing Voice* (#017); James Fadiman: *Multiple Personalities: A Way of Understanding Successful Personality Growth* (#066); Thomas Roberts: *Multi-State Studies: The Major Intellectual Opportunity of Our Times* (#036); Charles Tart: *Introduction to the Spiritual Path for the Scientifically Handicapped* (#021); and *Psychedelic Panel 1: Past Lessons* (#073). The full list of 102 tapes is available from Conference Recording Service, 1308 Gilman Street, Berkeley, CA, 94706, USA — Phone (510) 527-3600.

Many of the speakers spoke openly of the substances which catalyzed the pivotal and inspiring experiences which have directed their life work.

PSYCHEDELIC SPRING IN PRAGUE

by Rick Doblin, MAPS President

WHEN Stan and Christina Grof announced their plans to host an International Transpersonal Association (ITA) conference in Prague in June of 1992, I inquired as to whether any conference sessions on psychedelics were planned. Stan responded by asking whether MAPS would support the travel expenses of the discoverer of LSD, Albert Hofmann, to the conference so that the ITA could presented him with an honorary award. He also asked Charles Grob and myself to coordinate three official conference sessions on psychedelic research.

Because many of the pioneers of psychedelic research were planning to be present at the conference, there was a rare opportunity to organize a special MAPS seminar for some of the current and would-be psychedelic researchers to receive specific guidance on conducting psychedelic sessions from their more experienced teachers. In addition to the three ITA conference panels on psychedelic research, MAPS arranged for psychedelic pioneer Ram Dass, near-death researcher Ken Ring and LSD researcher Richard Yensen to speak at an invitation-only pre-conference seminar on the use of psychedelics in the treatment of the terminally ill (tape recordings of this seminar are available from MAPS, details on p. 22). The MAPS meeting focused primarily on Dr. Grob's research protocol for the use of MDMA in the treatment of pancreatic cancer patients, in hopeful anticipation of the protocol receiving government approval at the FDA meeting scheduled three weeks after the Prague conference (full report on FDA meeting on p.2-6).

The Prague conference also presented MAPS with an excellent opportunity to help catalyze MDMA research in Russia. MAPS subsidized the expenses of several scientists from Russia so that they might come to the conference, meet other psychedelic researchers and become acquainted with the transpersonal psychology movement. The Russian scientists included Dr. Evgeny Krupitsky, the psychiatrist under whose direction Dr. Igor Kungurtsev tested ketamine in the treatment of alcoholics, and Dr. Andre Vrublevsky, the director of the Research Center of Addictions, Russia's primary center for the study of drug use and abuse.

What follows is an in-depth report on the psychedelic seminars at the Prague conference. For an overview of the entire conference, see the story by Kylea Taylor (p. 7).

Psychedelic pioneer Ram Dass, near-death researcher Ken Ring and LSD researcher Richard Yensen focused in detail on how to treat dying patients with psychedelics.

The MAPS Meeting on Psychedelics and the Terminally Ill

On June 20, about thirty-five people all deeply interested in psychedelic research and experiences gathered together for an afternoon seminar with Ram Dass, Ken Ring, and Richard Yensen, immediately preceding the ITA conference. This seminar was, for me, the emotional high point of my time in Prague. What made it so special was that the topic of our discussion was therapeutic rather than scientific, political, or administrative. We focused in detail on how to treat dying patients with psychedelics, rather than on how to design a research protocol or how to gain approval to conduct such research. After having been rather single-mindedly working for many years to secure permission for psychedelic research, I felt a deep sense of reconnection with the original purpose that motivated me to found MAPS in 1986.

Ram Dass spoke first. Ironically, his remarks about working with dying people with psychedelics had a very powerful sobering effect. He pointed out that this work would have an extremely profound effect on the therapists and researchers conducting the study and would force each person working on the project to confront, and hopefully clarify, his or her own attitudes and emotions concerning death. The project would be a fundamental opportunity for the researchers to work on themselves while they sought to be of assistance to others who were facing their last moments. Unless the researchers were able to come to terms with their own issues concerning death, their ability to be of service to others was limited.

As to techniques and practices, Ram Dass emphasized that psychedelic therapists must simply come to love the people they assist in coping with terminal illness. He suggested a relatively non-directional, supportive approach whereby the therapist would try without judgement to assist the experimental subject in exploring the issues that were brought to the surface during the MDMA sessions. Since people with terminal illness commonly cycle through periods of acceptance and denial, a willingness to listen with a loving and accepting attitude would serve to model a healthy psychological attitude. Ram Dass suggested that

therapists focus on "being with" rather than "doing to" the people in their care. He spoke poignantly about helping his step-mother to die peacefully in his arms and helping prepare his father for death, easing our fears as he spoke of helping his parents.

He cautioned us to remember that one of the traps of consciousness was to hold on to a particular understanding or perspective as if it were the complete truth and the deepest reality. Dying is the ultimate letting go, yet people may cling to new and profound understandings gained during the psychedelic sessions as if they were the long-sought after Truth. Ram Dass encouraged the therapists to help people gently let go of their intellectual conceptions and seek the formless emptiness that lies beyond the conscious mind.

Richard Yensen spoke next about his research using LSD and DPT (a shorter acting but powerful psychedelic) with terminal patients at the Maryland Psychiatric Research Center. Rather than focusing on specific psychodynamic issues in treating patients, he chose instead to emphasize the fundamental importance of the therapists' reverent attitude. Richard discussed his meetings with the Mexican Shaman Maria Sabina, the medicine woman who introduced the secrets of the psilocybin mushrooms to the West, and suggested that her time-tested religious approach be considered a model for our work. Richard suggested that the therapists needed to beware of being trapped by the cold, clinical medical model exemplified by the placebo-controlled, random-assignment double-blind experiments required by the FDA. He did not object to working within such a context but stressed that researchers should approach the use of psychedelics in a sacramental, spiritual manner even in the midst of a scientific experiment conducted in a clinical research laboratory.

Ken Ring spoke about his study of the near- death experience and its relevance for the clinical treatment of the terminally ill. He acknowledged that while he had not actually worked with terminal patients (and that all of his subjects had had by definition only near-death experiences), he felt that he could offer some useful insights. He noted that the reports of the near-death subjects often matched those of people whose psychedelic experiences included ego-death and death/rebirth sequences. In addition, the changes in lifestyle and personal values that often accompanied near-death experiences were similar to the changes reported by people who had experienced death/rebirth sequences in their psychedelic sessions. From this evidence, he suggested that psychedelic experiences most likely can provide people with preparation for the actual experience of their own death. Finally, Ken suggested that a questionnaire that he developed to measure the attitude and lifestyle changes resulting from near-death experiences could be of value in researching psychedelic therapy with the terminally ill. [This questionnaire was used in the Russian studies of the use of ketamine with alcoholics.]

A question and answer period, and time for participants to discuss their own work, concluded the seminar. (Two 90-minute audiotapes of the meeting are available from MAPS, see p. 22)

The Three ITA Conference Sessions on Psychedelics

The three panels on psychedelic research at the ITA conference were organized around the themes of past lessons, current research, and future prospects and were moderated by psychiatrist Charles Grob. Speakers on the first panel included psychedelic pioneers Stan Grof, Ram Dass, Ralph Metzner, and Richard Yensen. The second panel included US DMT researcher Rick Strassman, Russian ketamine researcher Evgeny Krupitsky, and Swiss MDMA and LSD researcher Juraj Styk. The third panel included Danish ketamine researcher Gustav Hansen, Russian psychedelic researcher Dimitri Spivak, Russian director of the Research Center of Addictions Andre Vrublevsky, US public policy experts Ethan Nadelman and Mark Kleiman, US research chemist Alexander Shulgin, and myself. Unfortunately, Albert Hofmann attended a family gathering and could not participate in the conference as originally planned.

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Reports of the near-death subjects often matched those of people whose psychedelic experiences included ego-death and death/rebirth sequences.

He emphasized that changed consciousness (transcendence) does not necessarily result in a changed life (transformation).

The First Panel: Past Lessons

The first session was a joy to behold. About a thousand people had gathered in Prague's 200-year old ornate concert hall that had seen many of the great European composers of the last two centuries present their work, as well as Nazi, Communist and Democratic rallies.

Stan reviewed the reasons why psychedelics were so controversial in the past and discussed what has changed over the last thirty years. He thought that much of the problem with psychedelics during the 1960's had to do with the fundamental inability of the psychiatric profession and the entire Western culture to deal conceptually with the nature and potential of the psychedelic experience. He also noted that early military and CIA research with psychedelics was often conducted unethically and contributed to the backlash against psychedelics. More significantly, psychedelics were associated with an eruption of the Dionysian spirit which clashed with the dominant Puritan ethic and mainstream culture.

Stan then remarked that over the last decades he has observed a gradual increase in the cultural acceptance of the value and therapeutic validity of near-death, past-life, rebirthing, out-of-body, age-regression and mystical experiences. The psychiatric profession is now more open to these experiences and, through the use of powerful non-drug techniques such as the holotropic breathwork developed by Stan and Christina, more psychiatrists have become comfortable playing a role in catalyzing powerful experiences of altered states of consciousness.

During the question period, I asked Stan whether working to legitimize psychedelic research was worth the struggle in light of the many alternative non-drug therapeutic methods he cited. He replied that each method has its unique advantages and attendant disadvantages, psychedelics included. He elaborated by outlining his longstanding dream of a transpersonal center where people could come for extended periods of study and personal growth. Here they would be able to experience psychedelics maybe once a month, breathwork sessions several times a week and daily meditation, along with a spectrum of other opportunities such as bodywork, Jungian sandplay, expressive paintings and gardening, each potentiating the other.

Ralph Metzner stressed the important contribution of the set and setting hypothesis developed during the early psychedelic research, which stated that both psychological set and physical setting play a defining role in the creation of each psychedelic session. He emphasized the differences between *states* of consciousness, which is a model for an experience in time, *traits* of consciousness, which may pertain to qualities in one or more states, and *levels* of consciousness, which pertain to permanent features of the psyche such as the subconscious and the personal and collective unconscious. He concluded by emphasizing that changed consciousness (transcendence) does not necessarily result in a changed life (transformation). The later requires the slow patient work of grounded integration and involves internal intrapsychic changes as well as changes in the relationships between the individual and family, peers, co-workers and others.

Ram Dass delighted the audience by suggesting that the psychedelic revolution had already happened because many people who have had positive transformative psychedelic experiences are currently making their unique contributions to the culture. He felt that responsible underground use of psychedelics might even be more important in changing the culture for the better than psychiatric attempts to conduct legally sanctioned research. He warned that in our zeal to gain acceptance for psychedelic research we should be mindful not to trivialize and scientifically dissect and drain the life out of something that is, in essence, sacred. Nevertheless, he wholeheartedly encouraged us to continue seeking permission to conduct research.

Richard Yensen reviewed his early work with psychedelics at the Maryland Psychiatric Research Center. He emphasized the spiritual nature of psychedelics and the need for psychedelic research to be integrated into a spiritual, sacred setting.

The Second Panel: Current Research

The second panel provided a more detailed view of current research. Rick

Strassman discussed his FDA-approved research with DMT, about which he has previously written in the MAPS newsletter. He mentioned that he will soon conduct a study to see how the effects of DMT in women depend on where they are in their menstrual cycles. Russian researcher Evgeny Krupitsky discussed his study of ketamine in the treatment of alcoholics. He reported that 70% of the alcoholics receiving one ketamine session (after several months of in-patient treatment) were able to stay alcohol-free for one year or more. Only 24% of the control group, which received only the in-patient treatment, were alcohol-free after one year. Evgeny expressed the hope that he will be able to obtain approval to research MDMA in the treatment of alcoholics. Swiss psychiatrist Juraj Styk reported on the use of MDMA and LSD in Switzerland by a small group of specially licensed psychiatrists (details on page 13). He indicated that MDMA and LSD have been used successfully in a wide variety of indications. Currently, however, the Swiss psychiatrists can only work with patients they have previously treated and are negotiating with the government on the design of protocols for treating new patients.

The Third Panel: Future Prospects

The third session focused initially on clinical research. Danish psychiatrist Gustav Hansen discussed his therapeutic use of ketamine, which he found quite valuable. Russian psychiatrist Dimitri Spivak spoke about his work over the last thirty years supervising psychedelic research, in his capacity as director of such research for the Russian military. He expressed his belief that such drugs had significant therapeutic potential and indicated his support for initiating such research in Russia outside the military context. Andre Vrublevsky followed with a discussion of his role in directing the Russian Research Center of the Addictions. He previously had helped secure approval for Evgeny's research treating alcoholics with ketamine and announced his intention to seek permission from the Russian Pharmacological Committee to conduct MDMA research in the treatment of alcoholism.

The third session then turned in a more political direction. Ethan Nadelmann, assistant professor at the Woodrow Wilson School at Princeton and leading academic proponent of legalizing drugs, outlined four strategies that proponents of psychedelic research might adopt to further their goals in the face of the War on Drugs, which he called a "regressive hangover of a repressive theocracy." One strategy, the political, is to engage in the overall debate on legalizing drugs with the hopes that access to psychedelics might be a consequence of legalization. The opposite strategy, the underground, is to ignore the laws and develop a discrete network of chemists, therapists, researchers and volunteers working outside the law to advance the field, much in the way some early AIDS research activists tested drugs outside of FDA-approved studies.

The third strategy, the non-drug approach, is typified by Stan and Christina Grof's development of holotropic breathwork. The non-drug strategy involves working to develop non-drug methods of modifying consciousness to help open a conceptual and emotional space for this sort of work. The fourth and final strategy Ethan labeled "the conservative strategy". This strategy involves seeking to conduct FDA-approved research on the government's terms with the aim of eventually obtaining for psychiatrists prescription access to psychedelic drugs, exactly the approach taken by MAPS. It would be difficult to describe the mixture of pleasure and outrage that I felt hearing my work described as conservative.

Mark Kleiman, an assistant professor of public policy at Harvard's Kennedy School of Government and an expert on drug policy largely critical of legalization, challenged the group to consider the "yoga of policy analysis". He indicated that practicing that particular yoga requires three kinds of non-attachment in increasing degrees of difficulty, non-attachment to one's own interests, to one's own opinions, and to the opinions of one's closest friends. Successful yogis are able to set aside their prejudices in search of a clear understanding of a public issue, all things considered.

In terms of psychedelic research, Mark advocated "vicarious problem

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The fourth and final strategy Ethan labeled "the conservative strategy". This strategy involves seeking to conduct FDA-approved research...

Sasha Shulgin indicated that new compounds would inevitably be invented, "teased out of other drugs such as MDMA", that would have a higher degree of specificity for catalyzing human emotions.

solving" or putting oneself in the place of the regulators and trying to see the world as they see it. He noted that as general rule, regulators of all sorts are "pig-ignorant" of what they are supposed to regulate. Because of informational asymmetries, regulators have to rely for their education on the people they regulate. Building a trusting relationship with the regulators, becoming their ally rather than their opponent, is the key to making progress. This can be accomplished only be presenting to them all of the data one generates, disasters as well as triumphs, patients killed as well as patients cured.

Mark then posed a question. Are we trying to model our cultural integration of psychedelics on other cultures which have successfully done so, namely most every indigenous native culture in the world with its shamans and medicine men and women? If so, who are our shaman-equivalents? They are not necessarily or obviously psychiatrists. It thus may not be the best policy to seek to provide psychiatrists with a monopoly on the use of psychedelics. However, because the only way that our culture might sanction the use of psychedelics is as medicines to cure illness, Mark concurred with MAPS' strategy of seeking first to develop the medical potential of psychedelics. He specifically encouraged research into the treatment of addiction and terminal illness.

Sasha Shulgin, a research chemist specializing in the structure/activity relationships of psychedelics and co-author of PIHKAL, was surprisingly pessimistic about the future of psychedelic research. He saw no reason to assume that the last decade's relentlessly escalating War on Drugs would change course. He dismissed the theory that the pendulum had to eventually swing back toward the center by saying that every time it swung to the right it was nailed in place by new laws that were harsher than the ones that preceded. Yet even he made the optimistic prediction that progress in drug development would continue. He indicated that new compounds would inevitably be invented, "teased out of other drugs such as MDMA", that would have a higher degree of specificity for catalyzing human emotions such as the fear of death, the awareness and suppression of anger, and the feeling of guilt.

As the last speaker, I sought to integrate the lessons of the past, build on the experiences of the current researchers, and respond to the challenges of the future with a strategy of hope. I took as the primary lesson of the past the need for the development of a cultural context for psychedelic research that was supportive and appreciative. This led me to the conclusion that psychedelic research should focus first on using the scientific method to explore the medical applications of psychedelics, in the process dealing with the burden of fears placed upon these drugs. Western culture values and trusts science, generally more than is appropriate, and may be willing to consider the use of psychedelics for medical purposes. I noted that the FDA had already permitted several studies with psychedelics and seemed willing to give us a chance to prove our claims about MDMA's therapeutic potential.

I reported that there are some very good people at the FDA who are willing to try to let science, and not ideology, govern the medical uses of psychedelics. It behooves us to see them as individuals, not merely as representatives of an agency that halted research for 30 years but as people who realize that their loved ones may someday need the medical benefits that MDMA or other psychedelics might provide. Good science can have a major impact, though not necessarily a decisive one, on controversial policy debates. I noted that the worldwide community of people appreciative of psychedelics, which I estimated spent $100 million a year on MDMA alone, was large enough to support a research budget of $1 million a year if better organized. I suggested that people offer up a sacrifice of some portion of their funds to support research and proposed that people think of MAPS not just as a research and educational organization but also as a non-profit pharmaceutical company with research funds raised through donations rather than stock purchases.

With that, the psychedelic panels concluded. ■

REPORT

Clinical Work using MDMA in Switzerland since 1985

by Dr. Samuel Widmer, M.D., (translated by Clea Kore, Ph.D.)

THE Swiss narcotics law grants specially trained physicians exemption regarding the therapeutic use and scientific research of Schedule 1 substances. Although MDMA was placed on the list of Schedule 1 substances in 1986, extensive experience with this substance was gained prior to that date. In 1988, we were granted official permission again which has allowed us to gather a broad range of experience in the use of this substance. Presently, we are five licensed psychiatrists who have this permit, myself having been appointed as the physician overseeing the project. Since we have trained quite a large number of therapists according to the requirements of the Swiss Department of Health (BAG) over the past years, we expect several more permits to be issued in the near future. Presently we are working together with the BAG and its commissions (Ethical Commission supervisor Prof. Dr. Ladevic of the Psychiatric University Clinic, Basel) to establish specific criteria for the issuing of such permits, taking into account international standards and practices. Our work consists in psychotherapeutic applications of the study of human consciousness, however, since the drugs are non-prescription, our work is categorized as scientific research. This is based on an evaluation by the Ethical Commission that the therapeutic value of MDMA by far exceeds any possible negative effects.

Our working procedures:

Working within our individual medical practices, we administer MDMA and other psychoactive substances with selected patients in the course of psychotherapy. The treatment consists of ongoing psychodynamic therapy with two to four treatment sessions per year with MDMA or other psychoactive substances. These sessions are held in groups of ten to fifteen persons who are under constant intensive supervision by myself and two or three assistants. The treatment sessions are held behind closed doors and last for a whole day. To date we have treated several hundred patients with great success. These therapeutic sessions are embedded in ongoing conventional therapeutic treatment methods, with intensive preparation prior to and follow-up after the event.

Possible negative implications of MDMA:

In our work with MDMA in psychotherapy so far, we have not observed any negative effects, either of a psychological or physical kind. The tremendous usefulness in healing severe psychological disturbances outweighs the occasional stress on the organism through these substances. Most importantly, no addictions to MDMA have been observed after use of MDMA. To the contrary, we have been able to confirm what had already been documented by others, that other addictions (alcohol, medical drugs, heroin, etc.) were greatly reduced by MDMA-supported psychotherapy and even led to a significant reduction of those addictions in the patients. It is vital for success to keep in mind the importance of the therapeutic setting and the patient/therapist relationship.

The suspicion of a possible toxicity to the nervous system, which had been considered a possible side effect of MDMA, was not substantiated by our use of therapeutic dosage of this substance. This finding has been confirmed by recent scientific research, not yet published, by George Ricaurte, USA: Following the treatment of primates with therapeutic dosages, no damaging effects on the nervous system were observed.

Regarding the listing of MDMA as a Schedule 1 narcotic:

In our opinion, psychoactive substances such as MDMA, LSD and others which have proven therapeutic application, have been erroneously placed on the list of Schedule 1. We are working to correct this mistake on the international level, and even though in Switzerland it is possible under current law to obtain exemption permits, these procedures could be greatly simplified. In our opinion, psychoactive substances such as MDMA do not belong to the category of narcotics, since no narcotic effects are in evidence, but rather, on the contrary, facilitate the laying bare of emotional structures. They can thus help in bringing clarity and insight into unconscious mechanisms, a realm hardly ever reached by conventional methods. They have been of such great help in our psychotherapeutic work that we see tremendous loss if these substances are not made available on a broader scale. ■

Addictions (alcohol, medical drugs, heroin, etc.) were greatly reduced by MDMA-supported psychotherapy.

MEETINGS WITH REMARKABLE MEN AND WOMEN

by Igor Kungurtsev, M.D., Research Associate,
Bekhterev Psychoneurological Research Institute, St. Petersburg, Russia
and Olga Luchakova, M.D., Ph.D.
Lab of Functional Neurochemistry, Pavlov Institute of Physiology, St. Petersburg, Russia

VAST SPACES of the Atlantic Ocean were moving underneath. We were preparing to meet America — not the malls-and-car's but the entheogens-and-meditation's America. JFK International Airport appeared to be a place of "mechanical" energy and gave us a first impression of emotional separateness. The same feeling of emotional isolation and rough rationality accompanied us in New York during our first days. Fortunately, Massachusetts, where we next visited, had a more relaxed and soft energy.

The voice of the MAPS president sounded very enthusiastic and inspiring in the telephone. We were more than curious to meet him. Since we thought of him as an important figure, we dressed very officially for our first meeting. Rick appeared to be a smiling, handsome, youthful, relaxed man, informally dressed. His eyes were shining with humor and cunning. Later, after we had known him for awhile and heard some stories about him, we came to feel that he is one of the most accepting and generous persons we've ever met. He is like the embodiment of the spirit of MDMA. We also understood that MAPS is not only an organization but a circle of people attracted and interconnected by Rick's optimistic magnetism.

One of our discoveries was a deeply rooted fear resulting from our lives in a totalitarian country.

We liked Boston. It appeared to us to resemble the spirit of our home of St. Petersburg (Leningrad) with its mix of intellectuals, students and colleges and similar architecture in its old buildings. Rick introduced us to the small local professional psychedelic community. Professor Lester Grinspoon of Harvard Medical School is one of the most knowledgeable psychiatrists in the US concerning psychedelic research and writes books on drug policy, medical marijuana, and other drugs with his associate James Bakalar. Lester confessed to us "My opinions have cost me a full professorship." We also met with Tom Reidlinger, a writer and associate at the Harvard Botanical Museum. Tom and his wife June are a complimentary couple: academic and serious-looking Tom is capable of sudden flashes of inspiration while attractive and laughing June reveals academic and serious knowledge of pharmacological sciences. Later, in California, we understood and re-evaluated how conservative the East Coast really is in comparison to the West Coast. Lester and Tom then appeared more bright to us, like two lighthouses in the midst of conservatism.

In Shelburne Falls, Massachusetts we passed 10 days in a silent meditation retreat. The approach was Vispassana as taught by Goenka, intensive body scan practice with 12 hours of sitting meditation every day. The idea that body sensations are connected with deep subconscious levels appeared to be true in practice: a lot of suppressed subconscious material came out during these days. One of our discoveries was a deeply rooted fear resulting from our lives in a totalitarian country. The spiritual outcome of this retreat was mainly pessimistic for Igor, who realized how far he is from enlightenment in spite of years of spiritual readings, practices and use of entheogens. Olga, being more pragmatic, just learned the meditation technique carefully and used it for stress reduction during our further extremely intensive journey.

Richard Yensen was the first person we met who was actually involved in the legendary psychedelic research at the Maryland Psychedelic Research Center. We felt Richard to be very dynamic and compassionate. He is a really talented psychotherapist who lives in a beautiful home in Baltimore with his handsome, clever, and humorous wife Donna, who is a psychotherapeutically oriented psychiatrist. Richard, when governmental polices made it impossible for him to continue his psychedelic research, created a system of sensory overload therapy which includes a tremendous slide show. The set of slides is an artistic masterpiece. The selection and high frequency of slide changes induces an altered state close to an LSD

experience. But more than his inventor's talent, we were impressed with Richard's sensitivity to human suffering. Richard is not so much interested in higher states induced by psychedelics, he is interested in using those states to help relieve the suffering of patients. That is why we called him the psychedelic Boddhisatva.

New Mexico appeared to us to be a place with more relaxed and alive energy than the East Coast. Surprisingly, we felt more at home here. We fell in love with Santa Fe with it's red and brown colors of earth and buildings, Indian art, mountains and close sky. We felt sadness in the Anasazi ruins, we felt grace in the miraculous church Sanctuario de Chimayo. George Greer and Requa Tolbert, who were among the first researchers of MDMA-assisted psychotherapy, live here. George is tall, looks younger than his age, and makes sudden jokes in the middle of serious conversation.

L.A., the flashy vanity fair, was just recovering from the riots when we arrived. Robert Zanger, a powerful and careful psychotherapist and businessman and President of the Albert Hofmann Foundation, had organized our public lectures. At the first lecture, which was about keta-mine-assisted therapy for alcoholics in Russia, we were surprised by the number of people who came to hear us and by their enthusiasm. We encountered a large, lively psychedelic community here, as if the 60's had never passed away. The core of this community are the legendary pioneers, the living history of psychedelic research.

Oscar Janiger, still strong and energetic in his 70's, has a rare combination of scientific approach and spiritual understanding. We admired his curious and inventive mind which we saw when he described his original experiments with psychedelics in the 50's and 60's. It seems that he already had completed or at least begun all kinds of experiments with entheogens that we could and even could not imagine. Much of this material was never published. Oscar's fantastic archives, which he donated to the AHF, could form the basis of much further research and publications.

Laura Huxley is unbelievably alive and gracious woman in her essence more young and alive than many people in their 20's. She is also very subtle and noble, truly aristocratic. We recall our meeting with her with warmth and great respect.

Timothy Leary seemed to be a little bit bored with psychedelics. He is more involved with the computer world now. On the question of America's future, he told us the following scheme, "60's... "be" generation ; 70's... "me" generation; 80's ... "de" generation; 90's... "re" generation ."

John Lilly was in Hawaii but through his secretary in L.A. he allowed us to float in his famous isolation tank. Probably it is easier to meet John in other realities.

Some early reseachers are undeservedly unknown like Betty Eisner, who conducted ketamine-assisted therapy in the 1970's.

In Ojai valley, full of orange trees, we couldn't get rid of the feeling of subtle sadness, something like lost paradise. We visited Meditation Mount where old noble ladies are living and meditating above the world, trying to bring to earth the higher energies described by Alice Bailey. We visited the oak grove where Krishnamurti used to give his talks and where old oaks still keep silent choiceless awareness.

A new generation of scientists is really to continue and deepen the scientific research. A wonderful team of young and energetic medical professionals is gathering together with the assistance of MAPS for the MDMA project. We spent some time with accurate and precise Charles Grob, calm and reliable Gary Bravo, and hard-working and enthusiastic Jerry Beck. We hope they will begin actual research soon, and that they can start collaborating with our associates in Russia.

We must be very careful with our dreams because sometimes they will become our reality. In his childhood, Igor had dreamt of visiting San Francisco to see its beauty and to feel its spirituality. Reality did not disprove dreams this time. San Francisco appeared for us to be the most beautiful and the most spiritual city in the United States. We were glad to meet the large and sophisticated spiritual and psychedelic community here. We met "everybody who is somebody", as somebody of those everybody put it. We shall

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L.A., the flashy vanity fair, was just recovering from the riots when we arrived.

The topic of psychedelics appeared to be our secret password in America.

describe our impressions in our future book since we don't want to turn our sketch completely into a catalog of "Who's Who." But whom we can't avoid mentioning here is charming Alise Agar, princess of the Bay area psychedelic community. We spent beautiful and joyful hours together with Alise and her elegant husband Bryan Whittine, a Jungian psychotherapist.

It was very interesting to us that, in general, the people from among the psychedelic community appeared to be the most friendly, open, personally developed and educated of those whom we met. In comparison, some representatives of the New Age movement seemed to be more superficial and sometimes involved in more personal problems. The people whom we met through MAPS were usually socially successful: they had good educations, good jobs, a wide spectrum of interests and social contacts. Plus they are just wonderful people. These observations support our research findings: correct use of entheogens induces positive changes in basic beliefs, life values and personality.

The topic of psychedelics appeared to be our secret password in America; in any place and any circle it immediately revealed for us interesting people. Psychedelics were not necessarily the main interest of these people but our knowledge and experience in this field formed the initial basis for their confidence in us. By this way, we met a lot of people in addition to those whom Rick and others had arranged for us to meet.

Concerning the country in general, there is still, unfortunately, masses and masses of people with a Budweiser consciousness. But we also see the arising of forces of ecological, spiritual and psychedelic consciousness which we hope will somehow determine a future America.

As for us, it seems we are on an endless journey. We can't stop travelling. It's beyond our control. ■

Note: To build rapport between the US and Russian research teams, MAPS contributed funds toward the travel expenses of Olga and Igor.

What's New in Psychedelics Encyclopedia, Edition 3

by Peter Stafford

Ronin Publications' new version of *Psychedelics Encyclopedia* (in bookstores spring '92, $24.95) contains all of the text and nearly all of the graphics of this book's 420-page second edition. An additional hundred pages deal with developments in the psychedelic field over the last decade. There are 230 illustrations.

The compound given the full-dress treatment this time is MDMA ("Ecstasy"). As for each of the nine psychedelic clusters described in edition 2, I recount MDMA's historic advance, its chemistry, physical effects, mental effects, and sources, forms and preparations. To illustrate my breakdown technique, the topics in the MDMA "mental effects" category are: predictability and reliability; power and subtlety; dosage considerations; general comments on psychotherapeutic use; rape, childhood abuse and post-war stress syndrome; couples in therapy; depression, suicide, autism, etc.; creativity; spiritual development; sensuality and sexuality; recreational use; and aftermath.

The editor this go-round is Dan Joy, who has largely specialized in psychedelic journalism. In a lengthy introduction, Joy comments about ketamine and a host of recently synthesized molecules that we will, no doubt, be hearing more about. He also offers thumbnail sketches of a dozen outstanding members in the current scene — both seasoned and newcomers.

This update includes obituaries for some of the (mostly) "great white shamans" who have died since the second edition went to press (1983). This is a reminder of how lucky some of us feel to have been alive while such giants of consciousness change have walked this earth. ■

IBOGAINE UPDATE

by Bob Sisko, International Coalition for Addict Self-Help

LAST YEAR, the Medications Development Division (MDD) of the National Institute on Drug Abuse (NIDA) began a research initiative to evaluate the use of ibogaine as an anti-addiction agent. Since then, numerous articles have appeared in scientific journals, both in the US and abroad,which show promising results.

Spearheading the research efforts are the Pharmacology and Toxicology Department of Albany Medical college, headed by Dr. Stanley D. Glick. His department published no fewer than six papers in little over a year. Other New york research institutions evaluating ibogaine include the Nathan S. Kline Institute for Psychiatric Research, a facility of the New York State Office of Mental Health affiliated with NYU Medical Center, and the City University of New York Medical School.

Claims that ibogaine is effective as a treatment for both cocaine and opiate narcotics were at first widely viewed with skepticism. Cocaine is, after all, a stimulant while opiate narcotics have an opposite effect, that of sedating the user. What they do share in common, however, is that use of either substance increases dopaminergic (DA) activity in the brain's mesolimbic system, and/or mesocortical pathways. This triggers the reward mechanism, which is associated with the reinforcing effects of drugs of abuse. Researchers thus began looking at the relationship of ibogaine to the DA system.

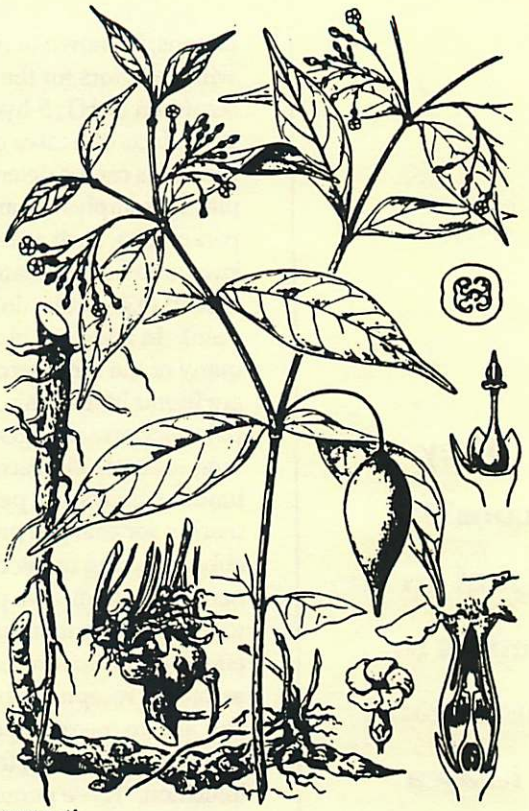

Figure 106. *Tabernanthe iboga*. From A. Landrin, *De l'Iboga et de l'Ibogaine*, 1905.

In early 1991, Dr. Broderick of CUNY Medical School submitted an abstract to the College on Problems of Drug Dependence (CPDD), *The African Alkaloid, Ibogaine, Alters Cocaine-Induced Accumbens Dopamine Neurotransmission: In Vivo Voltametric Studies in the Conscious Brain.* She reported that ibogaine reduced cocaine induced DA increases, but without complete depletion, and observed, "These data have clinical implications because pharmacotherapeutic medications which decrease DA neurotransmission without a complete DA block could circumvent the reported anhedonia often associated with some cocaine treatment modalities. " Her final report, presented at the CPDD's 53rd annual scientific meeting, concludes, "Thus, ibogaine's effects are consistent with current views regarding rational strategies for cocaine treatment. " (NIDA Research Monograph Series, 119: 285, 1992.)

At the same time, researchers at the Division of Neurochemistry at the Nathan Kline Institute in Orangeburg, NY were examining the relationship between ibogaine and cocaine in mice. Henry Sershen, et. al., reported this year that *Ibogaine Antagonizes Cocaine-Induced Locomotor Stimulation in Mice* (Life Sciences, Vol. 50, No. 15, pp. 1079-1086. 1992). "The results," he states, "suggest that ibogaine may have induced a selective change in the dopaminergic system that results in a decrease in responsiveness to cocaine that persisted for at least one week." He further concluded that "The above results are not in conflict with the proposed uses of ibogaine in the treatment of cocaine abuse, since increased dopamine neurotransmission has been shown to be associated with the locomotor-stimulant and reinforcing effects of cocaine. Attenuation of these effects by ibogaine could possibly reduce the craving for cocaine."

Additional work involving ibogaine and cocaine was accomplished by m.R. Dzolic, of Erasmus University in Rotterdam. An abstract submitted to the CPDD, *Effects of Ibogaine on Cocaine Self-Administration in Rats,* showed promising results, and compared favorably to uncontrolled clinical observations. "All this is encouraging," said Dzolic, "since it supports the idea that ibogaine is a potential long lasting interrupter of both cocaine and morphine dependency."

In June, 1992, Dzolic made an oral presentation to the CPDD at the 54th annual scientific meeting in Keystone, Colorado. The significance of his findings are twofold. Firstly, hereto-

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Claims that ibogaine is effective as a treatment for both cocaine and opiate narcotics were at first widely viewed with skepticism.

They consider that an effort to understand hoasca using the tools and paradigms of science is not a sacrilege.

nogens, is known to interact primarily with receptors for the neurotransmitter serotonin (5-HT, 5-hydroxytryptamine). The effects of hoasca on serotonergic functions can be determined in blood and plasma samples by analyzing various parameters, such as levels of hormones known to be modulated by the serotonin system (e.g., prolactin, ACTH, ß-endorphin). In addition, blood platelets contain many of the same serotonin receptors that are found in the brain, and psychopharmacologists have long used platelet receptor binding assays as a peripheral marker for changes presumably occurring in the central nervous system. We propose to use platelets to moniter the effects of hoasca on certain serotonin receptor subtypes, and also to measure peripheral monoamine oxidase (MAO) inhibition. These parameters will be measured in volunteers, drawn from the members of the UDV, before and after the ingestion of known doses of hoasca tea.

In addition, a parallel study will investigate the possible long-term effects of hoasca by examining these parameters in a group of older maestres, members of the UDV who have taken hoasca regularly for much of their adult lives. This group of maestres will be compared with a set of age-matched control volunteers who have not taken hoasca.

These are the primary objectives of the initial study. Additional parameters may also be measured, such as the effect of hoasca on immune functions, or its effect on cognitive function as measured by psychological and cognitive assessment procedures.

Good science cannot be done for free, or even cheaply. The complete study outlined in our proposal would require about 6 months and $50,000 to complete. We are in the process of preparing a formal grant proposal for submission to NIDA (National Institute on Drug Abuse) in September of this year. The Principle Investigator for the study will be Dr. Charles S. Grob, a psychiatrist and faculty member in the Department of Psychiatry and Human Behavior, U.C. Irvine (*Dr. Grob is also the lead investigator in the MDMA research project*). Although we will submit the proposal to NIDA, we feel that the prospect of receiving funding for the project from this source is rather slim. In this era of a shrinking government research budget, NIDA is unlikely to fund a grant on a little-known South American hallucinogen that not only is not a major drug-abuse problem, but may actually bring some benefit to those who use it.

One such donor, whose life has been touched in a very personal way by hoasca, has pledged a donation of $10,000 to support the study.

The political realities of government-supported Big Science being what they are, this is not the kind of thinking NIDA wants to hear, much less fund. An alternative possibility is to seek funding from non-government sources, either private foundations or interested individuals. One such donor, whose life has been touched in a very personal way by hoasca, has pledged a donation of $10,000 to support the study. This donation will be placed into a special account, to be administered by Botanical Dimensions and held apart from general operating funds. We are hoping that this will encourage other individuals, who have financial resources and would like to see progress in this field of research, to contribute to the support of this study. We hasten to remind you: Botanical Dimensions operates on a shoestring and depends on your contributions for its support. We still need those contributions, in order to continue the work that we are doing to investigate and protect ethnomedical plants and lore. But the hoasca study is also within this spirit and certainly fits within our mandate as an ethnomedical research organization. It is also an opportunity to support the investigation of one of the most significant, but least understood, of the New World hallucinogens. Individuals who are interested in contributing to the fund for the hoasca study and would like more details on the planned research should contact Dennis McKenna, through *MAPS or* Botanical Dimensions, P.O. Box 807, Occidental, CA, 95465. (707) 874-1531. ■

THE HOASCA PROJECT: PROPOSAL FOR A BIOMEDICAL INVESTIGATION OF AYAHUASCA

by Dennis J. McKenna, Ph.D., Director of Ethnopharmacology with Shaman Pharmaceuticals and Research Director of Botanical Dimensions

AYAHUASCA is a Quechua term meaning "vine of the souls," and is one of the numerous indigenous names for the hallucinogenic drink prepared from a combination of two Amazonian plants, *Banisteriopsis caapi*, and *Psychotria viridis*. In Amazonian Peru and parts of Colombia and Ecuador, the drink is known as ayahuasca; in other parts of the Amazon, it is known as yage, natema, or pildé; in Brasil, it is known as hoasca, or sometimes simply "the tea." In whatever cultural context it is found, and by whatever name, ayahuasca plays a pivotal role both in the spiritual life of the populations that use it, and in local ethnomedical practices. The drink is regarded as both a sacrament, and a medicine. For the shamans familiar with its properties, it is both a diagnostic aid and a respected teacher; for the patients who seek the healing the shamans can offer, it is the ideal holistic medicine, providing the means to cleanse and heal both the mind and the body. From the perspective of modern psychopharmacology, practically nothing is known of how it actually effects the human mind/body.

Recently, a unique opportunity has become available to carry out a biomedical investigation of the immediate and long-term effects of ayahuasca in human users. This opportunity has resulted from recent friendships established by the author, Dennis McKenna, with members of a Brasilian organization, the União do Vegetal (UDV) which is essentially a syncretic religious movement in which the collective, periodic ingestion of hoasca tea is the central ceremony and sacrament. Unlike the more traditional use of ayahuasca in the context of mestizo or aboriginal shamanism, the use of hoasca tea within the UDV is strictly regarded as a religious or spiritual practice (as opposed to a curing or medical practice). Moreover, many of the younger adherents to the UDV "cult" tend to be well-educated, urban professionals. Some of the members are Western-trained physicians, psychiatrists, or other health professionals, who frequently possess a solid training in medical disciplines and a healthy scientific curiousity about the physical and psychological effects of hoasca tea. They understand as much as anyone does about the active alkaloids found in hoasca tea, and about its putative mechanism of action. They would like to learn all that can be learned about how it works, but at the same time they maintain a sense of reverence regarding their sacrament; they consider that an effort to understand hoasca using the tools and paradigms of science is not a sacrilege, if it is pursued as part of a sincere effort to increase our knowledge of this remarkable medicine.

This enlightened attitude establishes an intellectual climate in which a pharmacological and psychological investigation of hoasca could be carried out, if the required resources were available. While attending a conference on the biomedical aspects of hoasca which was hosted by the UDV in São Paulo in June, 1991, I made a proposal for a biomedical investigation of the human pharmacology of hoasca to some of the leaders of the UDV. The response was more than receptive; it was enthusiastic. Since this conference, we have remained in frequent contact, and have continued to work together on developing a proposal setting forth the objectives and methodologies for a pilot study on the action of hoasca in humans.

As currently conceived, a number of parameters related to the psychophysiological effects of hoasca will be investigated, among them the following:

• Composition of hoasca teas. The UDV recognizes several kinds of hoasca, which differ in their modes of preparation and in their effects. The composition and amount of active alkaloids in these various types of tea will be analyzed and compared.

• Acute pharmacokinetics of hoasca. Pharmacokinetics is the study of the absorbtion, metabolism, and excretion of drugs. The pharmacokinetics of the major alkaloids of hoasca (harmine and DMT) will be determined in blood samples taken from volunteers using a technique known as gas chromatography/mass spectrometry (GC/MS).

• Acute/long-term effects of hoasca on serotonergic functions. Hoasca, like other halluci-

(continued next page)

The drink is regarded as both a sacrament, and a medicine.

Glick found that not only would ibogaine interrupt morphine self-administration, but that it continued to do so long after the ibogaine was eliminated from the body.

fore the interruption of cocaine self-administration with a non-toxic substance was unheard of. In a number of widely-reported studies, animals, when given the ability to self-administer cocaine did so continuously, ignoring food, water, and sex, until they died. Secondly, Dzolic's findings are consistent with those of S.D. Glick, et. al., *Effects and Aftereffects of Ibogaine on Morphine Self-Administration in Rats.* (European Journal of Pharmacology, 195: 341-345, 1991).

Glick found that not only would ibogaine interrupt morphine self-administration, but that it continued to do so long after the ibogaine was eliminated from the body. Citing two US patents (4,499,096; and 4,587,243) which describe the potential efficacy of ibogaine in treating opiate and cocaine addiction, Glick concludes, "Though far from addressing the full extent of the claims presented in the patents, the results of this study suggest that such claims should be taken seriously, and that further investigation is warranted."

In a study entitled, *Interactions between Ibogaine, a Potential Anti-Addictive Agent, and Morphine: An In Vivo Microdialysis Study* (European Journal of Pharmacology, 199:35-42, 1991) L M. Maisonneuve et. al. found that "It appears that ibogaine affects brain DA systems for a period of time that exceeds its elimination from the body, and during this time, alters t` he responses of these systems to morphine. by preventing the increase in dopaminergic transmission induced by morphine in the nucleus accumbens, ibogaine may decrease the reinforcing efficacy of morphine. Thus, although a definitive mechanism underlying the claims regarding ibogaine's therapeutic effects cannot be specified yet, the results of the present study indicate that such mechanisms merit investigation."

Maisonneuve and Glick published two other papers addressing the dopamine question, Interactions between *Ibogaine and Cocaine in Rats: An In Vivo Microdialysis and Motor Behavior* (European Journal of Pharmacology, 212:263-266, 1992); and *Acute and Prolonged Effects of Ibogaine on Brain Dopamine Metabolism and Morphine-Induced Locomotor Activity* (Brain Research, 575, 69-73, 1992).

Glick then turned his attention to another claim; that ibogaine will suppress the multiple symptoms of narcotic withdrawal. The claim that ibogaine attenuated many, but not all, symptoms of withdrawal was first reported by Djolic et. al., *Effect of Ibogaine on Naloxone-Precipitated Withdrawal of Chronic Morphine Dependent Rats* (Arch-ive of International Pharmacodynamics, 294, 64-70. 1988). Two years later, Aceto, Bowman and Harris at the Medical College of Virginia reported that ibogaine suppressed withdrawal signs in morphine dependent monkeys (NIDA Research Monograph 95; 578, 1990). A controversy was created when Sharpe and Jaffe refuted those findings, stating that ibogaine failed to reduce the majority of withdrawal signs in nal-oxone precipitated withdrawal in morphine dependent rats (NeuroReport 1, 5-7, 1990). However, Sharpe and Jaffe conceded that such discrepancies were possibly the result of methodological differences. "Despite all these differences," observed Glick, "some aspect of the opiate withdrawal symptom was ameliorated in all three studies."

Glick prepared a study to re-examine the possibility that ibogaine might attenuate morphine withdrawal. His results indicate that ibogaine significantly decreased the intensity of many withdrawal signs (*Effects of Ibogaine on Acute Signs of Morphine Withdrawal in Rats: Independence from Tremor*, Neuro-pharmacology, Vol. 31, No. 5, p. 497-500, 1992). "Exactly how ibogaine might attenuate opiate withdrawal is, at this point, open to conjecture," Glick states. "Regardless of the explanation," he concludes, "the present results indicate that the potential usefulness of ibogaine in treating acute manifestations of opiod dependence should be further investigated." ■

Editor's note: Howard Lotsof is trying to develop ibogaine through the use of a for-profit corporation, the opposite approach of MAPS to MDMA. For more information, contact Howard Lotsof, NDA International, 46 Oxford Place, Statten Island, NY, 10301. (718) 442-2754

MAPS Financial Statement
Fiscal Year June 1, 1991– May 31, 1992

Total Deposits	28859.55
Total Expenditures	28783.62
Balance on May 31,1992	897.45

Category	*Amount*
Office Supplies/Copies	1359.51
Phones/Modem	2096.70
Postal	1399.19
Office Rent	1300.00
Officer Travel	2137.50
Officer Expenses	1262.86
Professional Expenses	785.00
Repay Loans (from Rick Doblin)*	10097.48
Swiss Conference	1426.79
Informational Materials	254.92
Fees-Banks, licenses.	306.33
Newsletter	1523.47
MAPS Video	1409.42
Books to Members	2561.07
MDMA-Irvine	106.00
MDMA-Russia	613.50
DMT Research	60.00

The following categories had no expenditures this fiscal year: Public Relations/Ads, Salaries, Grants, DEA Hearings, MDMA Animal Studies, MDMA Human Studies at Stanford, Johns Hopkins, Yale and in Switzerland, and Medical Marijuana.

*This loan was a no-interest loan made primarily to cover the expenses of the Swiss Conference. The expenses paid for by the loan are largely reflected in last year's Swiss Conference expenditures of $26,600. Outstanding debt from FY91-92 is a no-interest loan from Rick Doblin made on 4/13/92 in the amount of $400.

Please note, the MAPS financial statement does not reflect a great deal of time donated by Gary Bravo, Charles Grob, Jim McQuade and numerous others in the preparation of the MDMA protocol, by a dedicated graphic designer to the MAPS newsletter, as well as many other volunteers.

As you can see, MAPS has operated on a lean budget this year. The year's primary project has been to secure FDA approval for MDMA research. Everyone who worked on this project donated their time for free and as President, I have taken no salary. Now that we have secured permission to conduct MDMA research, however, the work takes on the nature of a full-time job. People will need to make greater time commitments to the project and will need financial assistance.

I will be taking a leave of absence from the Ph.D. program in Public Policy at Harvard's Kennedy School of Government to work full time on MAPS. At the last MAPS Board of Directors meeting, I received authorization for a salary of up to $1,000 a month, an amount I hope your contributions will support.

At this time, I am guessing that MAPS will need to raise $120,000 or so to conduct three MDMA research projects. These include two experiments in the US directed by Dr. Charles Grob, one with healthy volunteers and the other with pancreatic cancer patients, and one study in Russia (for which we hope to receive permission soon) to be directed by Dr. Krupitsky using alcoholics as subjects. I will prepare more exact cost estimates after we finalize the protocols, hopefully by October. While I will also seek foundation and government funding, I am less than optimistic at this time. Just giving us permission is a fantastic step forward for the government. I think we will be expected to have proved ourselves worthy by generating solid data before we can expect significant outside funding or government grants. Your financial support, therefore, is decisive. And just think, isn't it much easier to donate money for MDMA research rather than spinal fluid, which is what I have asked for in the past? ■

Your financial support, therefore, is decisive. And just think, isn't it much easier to donate money for MDMA research rather than spinal fluid?

PUBLICATIONS AVAILABLE FROM MAPS

(Simply circle the ones you want and enclose payment)

1. **Exploring Ecstasy: A Description of MDMA Users. Final Report to the National Institute on Drug Abuse.** Marsha Rosenbaum, Principal Investigator, Patricia Morgan, Co-Principle Investigator, Jerome Beck, Project Director. 253 pages. Cost - $30.
2. **The MDMA Controversy: Contexts of Use and Social Control,** Jerry Beck's Ph.D thesis for a Doctor of Public Health from the U. of Cal., Berkeley. 271 pages. Cost - $30.
3. **Hallucinogen-Assisted Psychotherapy: A Survey of the Swiss Association for Psycholytic Therapy,** Dr. Ernst Benz's Ph.D. thesis for the University of Zurich, 100 pages. Available only in German. $30.
4. **Through the Gateway of the Heart,** edited by Sophia Adamson and Ralph Metzner and signed by Ralph Metzner, $9.95 plus $1.50 postage.
5. **Proceedings of the MAPS Swiss Psychedelic Research Methodology Conference,** talks and papers by Albert Hofmann, Lewis Seiden, George Ricaurte & others. 150 pages, $25.
6. **PIHKAL** by Sasha and Ann Shulgin. $18.95 (+$4.00 p/h), California residents add $1.38 tax.
7. **MDMA Psychotherapy in End-Stage Cancer Patients -The Protocol** - 49 pages, $10.
8. **The Good Friday Experiment Follow-Up,** the article on psychedelics and experimental mysticism by Rick Doblin, published in the August, 1991 *Journal of Transpersonal Psychology*, $8.
9. **Against Excess: Drug Policy for Results,** Mark A. R. Kleiman - $26.
10. **Journal of Nervous and Mental Disease** paper analyzing self-reports of 20 psychiatrists about their own MDMA experiences, and **OUT Magazine** article on MDMA, 20 pages, $6.

AUDIOTAPES AND VIDEOTAPES AVAILABLE FROM MAPS

1. **MAPS February, 1990 Benefit** – 3.5 hour Extended Version, $35.
2. **MAPS February, 1990 Benefit** – 1.5 hour Artistically Edited Version, $35.
3. **Stanford, February, 1991 Conference** – 2 hour Artistically Edited Version, $35.
4. **Prague, June, 1992** – 2 hours Rough Unedited Version, Panels #1 & 2, $35 (See story of the Prague conference in this issue pages 7 — 12)
5. **Prague, June, 1992** – 3 hour audiotape of MAPS discussion on working with the terminally ill with psychedelics, Ram Dass, Ken Ring, and Richard Yensen, $20.

On February 24,1990 a unique group of speakers gathered to discuss "Psychedelics in the 1990's-Regulation or Prohibition" as part of a benefit for MAPS. These speakers included Jerry Beck, MDMA researcher; Ram Dass, psychedelic research pioneer; Rick Doblin, President of MAPS; Bruce Eisner, author of **Ecstasy: The MDMA Story;** Laura Huxley, author of **This Timeless Moment** (about the last days of her husband, Aldous); Emerson Jackson, Navajo Medicine Man and president of the Native American Church (whose freedom to use peyote in religious services was at issue in a U.S. Supreme Court case); Mark Kleiman, assistant professor of criminal justice and drug policy at Harvard's Kennedy School of Government; Timothy Leary, psychedelic research pioneer; Dennis McKenna, brain researcher; Terence McKenna, founder of Botanical Dimensions; Ralph Metzner, psychedelic research pioneer; Andrew Weil, author of **The Natural Mind, From Chocolate to Morphine,** and **Health and Healing;** and Robert Zanger, president of the Albert Hofmann Foundation.

On February 2 and 3, 1991, a large conference on psychedelics was held at Stanford University featuring Tim Leary, Terence McKenna, Francis Huxley, Ralph Metzner, Robert Anton Wilson, Steven Gaskin, Mountain Girl, John Lilly, Rick Doblin, Charles Grob, David Nichols, Alison Kennedy and others. Compilation by Sound Photosynthesis.

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❑ YES! I would like to join the Multidisciplinary Association for Psychedelic Studies.
Enclosed is my tax-deductible contribution of: ❑ **$30** ❑ **$100** ❑ **$250** or more ❑ $ other_____
❑ If outside the US, add $10 for postage. **NOTE: Your donation *will not* be spent on animal studies.**

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City _____ State _____ Zip _____ Country _____

Patrons – Check the membership Benefit you prefer:

- ❑ I prefer the Prague 2-hour rough unedited videotape of Panels #1 & 2.
- ❑ I prefer the MAPS Benefit 3.5 hour Video.
- ❑ I prefer the MAPS Benefit 1.5 hour Video, artistically edited by Sound Photosynthesis.
- ❑ I prefer the Bridge Conference 2 hour Video, artistically edited by Sound Photosynthesis.

MAPS Membership Information

MAPS is a membership-based organization working to assist psychedelic researchers around the world design, obtain governmental approval, fund, conduct and report psychedelic research in humans. Founded in 1986, MAPS is an IRS approved 501 (c)(3) non-profit corporation funded by tax deductible donations from about two hundred members. MAPS' founder and current president, Rick Doblin, is on leave of absence from the Ph.D. program in Public Policy at Harvard's Kennedy School of Government and has previously graduated from the Grof's Holotropic Breathwork training program.

MAPS has previously funded basic scientific research in both humans and animals into the safety of MDMA (methylenedioxymethamphetamine, Ecstasy) and has opened a Drug Master File for MDMA and other psychedelics at the U.S. Food and Drug Administration. MAPS is now focused primarily on assisting scientists to conduct human studies to generate essential information about the risks and psychotherapeutic benefits of MDMA and other psychedelics, with the goal of eventually gaining governmental approval for their medical uses.

Albert Einstein wrote that *"Imagination is more important than knowledge."* If you can even faintly imagine a cultural re-integration of the use of psychedelics and the states of mind they engender, please consider joining MAPS in supporting the expansion of scientific knowledge in this area. Progress is possible with the support of individuals who care enough to take individual and collective action. In addition to supporting research, your contributions will return to you the following benefits:

THE MAPS NEWSLETTER. Each quarterly newsletter will report on MAPS research in progress. In addition to reporting on our own studies, the newsletter will focus on psychedelic research both in the US and abroad and on conferences, books and articles of interest. Issues raised in letters and calls from members will be addressed, as will political developments that effect psychedelic research and usage.

Membership Category 1... General $30. ***(If outside US add $10 postage.)***
General members will receive the newsletter and the June 1992, **Journal of Nervous and Mental Disease** article on the self-reports of 20 psychiatrists about their personal use of MDMA, with critique and commentary by Dr. Charles Grob, and the **OUT Magazine** feature story on MDMA.

Membership Category 2... Supporting $100. ***(If outside US add $10 postage.)***
Supporting members will receive all the benefits sent to the General Members plus the Prague audiotapes of the MAPS discussion on working with the terminally ill with psychedelics, featuring Ram Dass, Ken Ring and Richard Yensen.

Membership Category 3... Patron $250 or more. ***(If outside US add $10 postage.)***
Patrons will receive all the benefits sent to Supporting Members plus one item of your choice from among the four different videotapes. Patrons may also request research updates at any time on matters of personal interest and will receive advance information and discounts to MAPS events .

"I believe that if people would learn to use LSD's vision-inducing capabilities 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."

Dr. Albert Hofmann, Discoverer of LSD

FDA's approval in principle of MDMA research was reported internationally on CNN, nationally on NBC radio, on page 1 of the San Francisco Examiner, and in other papers around the United States.

Monday, July 27, 1992

U.S. may lift 'ban' on LSD testing

Experts tell FDA some hallucinogens may aid alcoholics, terminally ill and psychiatric patients

By Sarah Pekkanen
STATES NEWS SERVICE

WASHINGTON — Faced with evidence that some illicit hallucinogenic drugs may benefit certain patients, the federal government is on the verge of lifting its near-ban on experiments with such drugs as LSD and Ecstacy for therapeutic purposes.

The push to re-evaluate the government's policy has come from researchers who contend that under carefully controlled conditions, hallucinogens have been shown to benefit the terminally ill, alcoholics and some psychiatric patients.

In effect, researchers want to pick up where these studies left off years ago, when hallucinogenic drugs became embroiled in controversies that virtually ended research on them.

During the 1940s and '50s, studies on hallucinogens were frequently performed with approval and funding from the Food and Drug Administration, said Dr. John Buckman, a University of Virginia psychiatrist who performed several such experiments in England and the United States in the '50s and '60s.

But some of the studies that took place in those years — notably Army tests with LSD on unwitting soldiers — helped discredit the field, and research came to a virtual halt when authorities moved to outlaw hallucinogens in the late 1960s.

Timothy Leary, the former Harvard Medical School doctor who became famous for taking LSD and encouraging everyone else to do the same, is responsible for "the death of research" into such drugs, said Dr. Lewis Seiden of the University of Chicago. Seiden is among those who say hallucinogens may benefit some patients.

The FDA couldn't pinpoint the number of hallucinogen experiments it had allowed since the late '60s, but said it was fewer than five.

Changing climate

Now, however, the agency is listening to scientists who say the time has come to open up research into hallucinogens.

"I think the FDA is beginning to look at (drug studies) as a means to helping people," said Corinne Moody, an FDA consumer safety officer.

The FDA's drug abuse advisory committee met with several researchers July 15 to lay down standards and study areas for future research.

Some researchers say terminally ill patients are among those who can benefit from hallucinogens.

Buckman said LSD had been given to terminal cancer patients by researchers overseas and in U.S. trials before the late '60s, with noteworthy results. The drug not only "abolished pain," Buckman said, but produced "a religious experience" that "alleviated patients' fears of pain and dying."

Hallucinogens like Ecstasy and LSD also have been shown to have a value in treating alcoholics, overseas studies indicate.

When used infrequently in conjunction with therapy, hallucinogens "can give people a fundamentally transformative experience," which may help them gain strength to stop drinking, said Rick Doblin, a Harvard graduate student studying hallucinogens.

Drunks quit, for a while

Buckman cited a Baltimore study of "very chronic" skid row alcoholics who were given LSD in the 1960s. The subjects were under the influence of the drug for about eight hours. Many reported a reduction in depression related to the "religious" experience the drug induced, Buckman said.

Some of the alcoholics were able to abstain for several months, although all eventually began to drink again, Buckman said.

The third and perhaps most controversial group researchers say hallucinogens may help is psychiatric patients.

Experts stress that patients must be carefully selected and that the drug should be used only a few times as an adjunct to psychotherapy.

Doblin, working with Dr. Charles Grob of the UC Medical Center in Orange, is expecting FDA approval within weeks for a study administering Ecstacy to terminal cancer patients and practicing psychiatrists. The latter group will test the drug for its suitability for psychiatric patients.

Exactly which patients the drugs can help is not clear. Buckman says hallucinogens have been used to help patients relive traumatic experiences that happened in early childhood.

Rape victims and veterans suffering from post-traumatic stress disorder are also potential beneficiaries, Doblin said. Such patients can "end up reliving the experience and healing," Doblin said.

Caution urged

Some experts urge caution in assessing the potential benefits of hallucinogens.

"For the sake of public health and for the sake of good science, you need to have solid evidence to substantiate claims" that the drugs can help certain patients, said Geraline Lin of the National Institute on Drug Abuse.

Lin considers claims that hallucinogens can be beneficial to certain patients premature until careful, clinical studies by qualified researchers are performed on human patients.