

Research Edition

BULLETIN

Volume XXIV • Number 2

Summer 2014

From the Desk of Rick Doblin, Ph.D.

THIS ISSUE OF THE MULTIDISCIPLINARY Association for Psychedelic Studies (MAPS) *Bulletin* discusses the steady, hopeful progress that we've made recently in our research and educational efforts. Sadly, but also in celebration, this issue contains memorials to three people without whose efforts this progress would not have been possible: Sasha Shulgin, Christina Grof, and Richard Rockefeller.

Sasha played a crucial role in bringing MDMA to the world as a tool to deepen love and acceptance and to promote healing, and was an eloquent advocate for the personal freedom to use psychedelics to explore our inner worlds. Christina helped develop Holotropic Breathwork with her husband, Stanislav Grof, and trained thousands of therapists and others in this stunningly basic and accessible method of breathing, while also being an advocate for people (including herself) struggling to overcome addiction and dependence. Richard built a life and career of compassion and social justice activism, combining the accident of his birth with focus and accomplishments of his own doing. Richard took on as a personal mission opening doors at the U.S. Department of Defense and Veterans Affairs to collaborations with MAPS exploring the therapeutic potential of MDMA-assisted psychotherapy in veterans and

others suffering from chronic, treatment-resistant posttraumatic stress disorder (PTSD).

Their lives and recent deaths, as well as those of Rabbi Zalman Schachter-Shalomi, Stephen Gaskin, and those of many others who were touched by the grace and depth of psychedelics, serve to highlight the transitory nature of our brief existence as individual human beings. Through the way they lived their lives, they taught us all about the joy and meaning that comes from working to help others.

This issue of the *Bulletin* is being issued in the 28th year of MAPS' existence. Founded in 1986 primarily to develop MDMA-assisted psychotherapy into a legally available and FDA-approved treatment, MAPS has entered into a phase of growth and maturity that makes the accomplishment of the original core mission increasingly likely. Thousands of people over the years have donated to MAPS and helped us move forward in myriad ways. MAPS has also benefited from the incredible energies of the growing number of people who have worked as MAPS staff in a wide range of capacities. Pooling our resources, work, hopes, and dreams, we've made substantial progress together.

MAPS began with a vision of a castle in the air. Since then,

MAPS has entered into a phase of growth and maturity that makes the accomplishment of the original core mission increasingly likely.

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we've worked persistently and gradually to build foundations to support the castle, making it solid and more than just a beckoning mirage. We currently project the prescription availability of MDMA-assisted psychotherapy to take place in 2021, seven years from now around MAPS' 35th anniversary. Because of our growing belief that we will actually be able to accomplish that objective, MAPS is engaged in a series of discussions with non-profit lawyers and accountants about how best to leverage the prescription use of MDMA-assisted psychotherapy and the potential income from the sales of MDMA into a source of support for further research and educational efforts consistent with MAPS' larger mission. This vision of a sustainable non-profit is the new castle in the air that we're working to make possible, to provide a flow of resources for continued efforts to develop the healing, therapeutic, and spiritual potential of psychedelics and marijuana.

With the growing social acceptance of marijuana legalization and the understanding of the harms that have been caused by prohibition, MAPS is in a position to contribute to a new

cultural relationship with psychedelics and marijuana. We're working to create a model that is focused on maximizing social benefits over the long term rather than on maximizing income over the short-term. With the continued support of MAPS members and staff, we can use our precious, limited time together to further the goals of those who have labored to bring us to this point, creating lives of satisfaction for ourselves, and meaning for the lives and love of those who come after us.



With appreciation,

A handwritten signature in black ink that reads "Rick Doblin". The signature is written in a cursive, flowing style.

Rick Doblin, Ph.D.

**MAPS Founder
and Executive Director**

MAPS: Who We Are

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

MAPS furthers its mission by:

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

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

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



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Research News

Treating PTSD with MDMA-Assisted Psychotherapy

mdmmaps.org

19 of 24 Subjects Treated in Veterans Study; Legalizing Psychedelic Therapy Campaign Seeks to Complete Funding *Ongoing study*

Location: Charleston, South Carolina

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

Estimated study budget: \$1,380,000

Already raised: \$1,330,000

Needed to complete this study: \$50,000

Make a donation today to help us complete this study at legalizepsychedelictherapy.org.

On June 17, 2014, the 19th subject began treatment in our ongoing study of MDMA-assisted psychotherapy for 24 U.S. veterans, firefighters, and police officers with service-related PTSD, led by Principal Investigator Michael Mithoefer. The 18th subject was treated on May 23. On May 7, the 11th subject completed their one-year follow-up evaluation. Six subjects have also enrolled in our ongoing sub-study of the physiological effects of MDMA-assisted psychotherapy, which will examine heart rate variability (HRV) and functional magnetic resonance imaging (fMRI) and explore correlations with clinical outcomes. Virgil Huston, and Iraq veteran who participated in the study, wrote to MAPS after completing the study. “As a patient



Study participant and retired Marine Nicholas Blackston is featured in Tom Schroder's new book *Acid Test*. “I found the healing that I needed for the combat experiences I went through in my very first MDMA-assisted psychotherapy session.”

Goals for this study include (1) gathering evidence for the safety and effectiveness of MDMA-assisted psychotherapy in people suffering from war-related trauma; (2) comparing the effectiveness of the treatment for people with war-related trauma versus for people with trauma related to sexual abuse, assault, and other causes; (2) comparing different doses of MDMA for therapeutic effectiveness and ability to create a successful dou-

ble-blind; and (3) increasing awareness and support for our work by assisting a population with mainstream public recognition.

Four More Subjects Treated in Boulder Study; Study Size Increased to 23 Subjects

Ongoing study

Location: Boulder, Colorado

Clinical Investigator: Marcela Ot'alara, M.A., L.P.C.

Estimated study budget: \$711,000

Already raised: \$213,000

Needed to complete this study: \$498,000

From June 20 through July 6, 2014, the seventh, eighth, ninth, and 10th subjects were treated in our ongoing study of MDMA-assisted psychotherapy for PTSD in Boulder, Colorado. Led by Clinical Investigator Marcela Ot'alara, this study is exploring the safety and effectiveness of MDMA-assisted psychotherapy when one member of the male/female co-therapist team is an experienced therapist and the other is an intern being trained in therapy, social work, or nursing. We have increased the



“Since I completed the MDMA-assisted psychotherapy, the world feels like a friendlier, more loving place.” —Study participant Elizabeth Matthews

size of this study in order to get a better sense of the range of outcomes from different co-therapist teams—important data for calculating the size of our Phase 3 studies—and to compare the effectiveness of different doses of MDMA combined with psychotherapy for treating PTSD.

“I feel so blessed to have been in this study,” reported one female participant in an email. “I feel like I have access to much more of myself and the part of me that is healthy has become stronger.”

Goals for this study include (1) gathering evidence for the safety and effectiveness of MDMA-assisted psychotherapy for subjects with PTSD from a variety of causes, (2) comparing different doses of MDMA for therapeutic effectiveness and ability to create a successful double-blind, (3) exploring whether using intern co-therapists can reduce costs while maintaining treatment effectiveness, and (4) training the next generation of psychedelic psychotherapists.

Fourth Subject Treated in Israeli Study

Ongoing study

Location: Beer Yaakov, Israel

Clinical Investigator: Moshe Kotler, M.D.

Estimated study budget: \$493,000

Already raised: \$83,000

Needed to complete this study: \$410,000

On June 15, 2014, the fourth subject was treated in our ongoing Israeli study of MDMA-assisted psychotherapy for chronic, treatment-resistant PTSD. This study will enroll 10 subjects, some of whom will be soldiers with war-related PTSD



Our Israeli study will compare different doses of MDMA for therapeutic effectiveness.

ferred by the Israeli Defense Forces. Led by Clinical Investigator Moshe Kotler, M.D., this study is taking place at Beer Yaakov Mental Hospital. Recent and ongoing violence in Israel has called renewed attention to the importance of conducting research for PTSD in Israel. In an email to MAPS Executive Director Rick Doblin, Ph.D., Israeli study coordinator Dafna Bornstein-Lavi reported, "Again I'm under

the table in Beer Yaakov with missiles flying over my head."

the table in Beer Yaakov with missiles flying over my head."

Goals for this study include (1) gathering evidence for the safety and effectiveness of MDMA-assisted psychotherapy for subjects with PTSD mostly related to war and terrorism, (2) comparing different doses of MDMA for therapeutic effectiveness and ability to create a successful double-blind, (3) working in direct association with the Israeli Ministry of Health, and (4) exploring the use of MDMA-assisted psychotherapy in other cultural contexts.

Canadian Study: IRB Approves Protocol Amendments, MAPS Canada Receives Charity Status

Study screening subjects

Location: Vancouver, British Columbia, Canada

Principal Investigators: Ingrid Pacey, M.D.

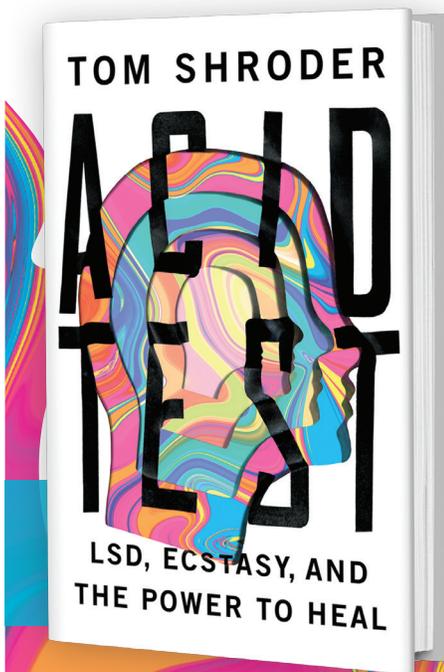
Estimated study budget: \$419,000

Already raised: \$44,000 raised + \$3,500 raised by partners

Needed to complete this study: \$371,500

From August 1–5, 2014, Michael Mithoefer, M.D., and Annie Mithoefer, B.S.N., led a two-and-a-half day training in Vancouver, BC, for the newly added co-investigators in our upcoming Canadian study of MDMA-assisted psychotherapy for PTSD, Donna Dryer, M.D., and Richard Yensen, Ph.D. Also participating in the training were Phil Wolfson, M.D., Julane Andries, Cody Swift, Linnae Ponté, and Shannon Petitt who

A transformative book about the therapeutic powers of psychedelic drugs, particularly in the treatment of PTSD, and the scientific, political, and legal controversy their use has ignited, by award-winning journalist Tom Shroder.



"Acid Test is a superb book...What any open-minded reader will feel: In a world of hurt, here is a new version of hope."

– David Finkel, author of *The Good Soldiers*

"Tom Shroder's fascinating, well-researched, and clearly written account of psychedelic history, from the discovery of LSD to the current worldwide renaissance of interest in these remarkable substances and revival of research in this area, is a *tour de force*." – Stanislav Grof, M.D., author of *LSD Psychotherapy*, *The Ultimate Journey*, and *Psychology of the Future*

"Read this riveting and important book. It's the fascinating story of how LSD and MDMA can, with controlled use, bring near-miraculous benefits to people suffering from mental trauma." – Dave Barry

Download an excerpt at bit.ly/VTcsnF
ON SALE SEPTEMBER 9, 2014

blue
rider
press

maps.org/acidtest | @tomshroder

will each be co-conducting experimental sessions in our upcoming study of MDMA-assisted psychotherapy for anxiety associated with advanced-stage illness. On July 22, MAPS Director of Clinical Research Amy Emerson and Clinical Research Scientist Berra Yazar-Klosinski, Ph.D., conducted the study initiation visit via remote teleconference to prepare study staff and trial documentation to begin screening and enrolling subjects. An amended protocol, which includes changes to the MDMA dose condition, was approved by the Institutional Review Board and submitted to Health Canada for review on February 14, and to the U.S. Food and Drug Administration on February 6. MAPS is sponsoring this study in association with MAPS Canada, the first and only Canadian organization dedicated to psychedelic research and education, now able to receive tax-deductible contributions in Canada. Canadian citizens can make a tax-deductible donation to MAPS Canada by sending a check made out to MAPS Canada to MAPS Canada, c/o Mark Haden, 3155 W. 6th Avenue, Vancouver, BC V6K 1X5.

Therapists Receive MDMA-Assisted Psychotherapy in Training Protocol *Ongoing study*

Location: Charleston, South Carolina
Principal Investigator: Michael Mithoefer, M.D., with co-therapist Annie Mithoefer, B.S.N.
Estimated study budget: \$452,000
Already raised: \$34,000
Needed to complete this study: \$418,000

Between March 24 and April 4, 2014, four additional subjects received MDMA-assisted psychotherapy in our ongoing therapist training study in Charleston, SC. This protocol is a Phase 1 study of the safety and psychological effects of MDMA-assisted psychotherapy in healthy volunteers, with subjects limited to therapists in training to work on a MAPS-sponsored MDMA-assisted psychotherapy study. Two of the subjects enrolled are therapists in our ongoing study in Boulder, Colorado, and two are affiliates of the U.S. Veterans Affairs National Center

for PTSD Research training for a possible collaborative VA/MAPS study, with funding offered from MAPS. During these sessions, an additional night attendant affiliated with the VA was also trained.

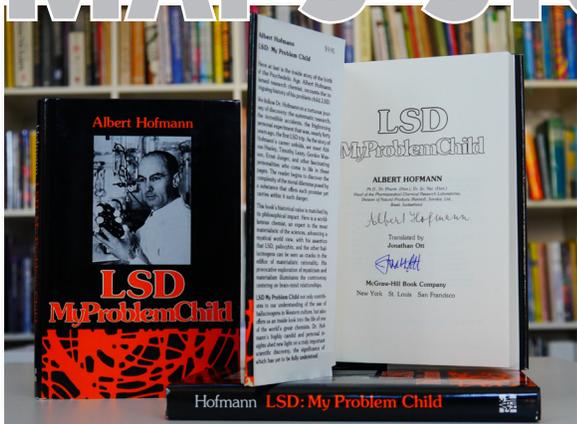
Goals for this study include (1) providing therapists with direct experience of MDMA when taken in a therapeutic context to enhance their ability to conduct effective MDMA-assisted psychotherapy, and (2) collecting additional data on the safety of MDMA-assisted psychotherapy in healthy volunteers taking MDMA in a therapeutic context.

UK Brain Imaging Study to Explore MDMA's Effects on PTSD without Therapy

Upcoming study
Location: Cardiff University, UK
Principal Investigator: Prof. Jon Bisson
Study Lead: Ben Sessa, M.D.
 Funded in part by MAPS.

“Hooking up with the neuroimaging expertise of Robin Carhart-Harris, Ph.D., and Dr. David Nutt at Imperial College London and Richard Wise’s fMRI department at Cardiff University, we designed a study that looks primarily at the neurobiological mechanisms behind MDMA’s effects on the core features of PTSD. There have already been neuroimaging studies on patients with PTSD and on healthy people taking MDMA, but ours will be the first time fMRI has looked specifically at patients with PTSD under the direct effect of MDMA. This study will be funded by MAPS, Beckley Foundation, and an anonymous donor. There is no therapeutic component to the study, but subjects will be able to request therapeutic support if they feel it is necessary since for most of their MDMA experience they will not be in the scanner. This study will also explore MDMA’s potential beneficial effects without delivering formal therapy.” —Dr. Ben Sessa MBBS (MD) BSc MRCPsych, Consultant Child and Adolescent Psychiatrist in Substance Misuse and Psychedelic Researcher, Bristol and Cardiff, UK.

MAPS STORE



Shop for rare books like this signed, original hardcover edition of *LSD: My Problem Child* by Albert Hofmann, Ph.D.

maps.org/store

MDMA-Assisted Therapy for Social Anxiety in Autistic Adults

First Three Subjects Enrolled;

New Website Launched *Ongoing study*

Location: Los Angeles, California

Principal Investigators: Charles Grob, M.D., and Alicia Danforth, Ph.D.

Estimated study budget: \$452,000

Already raised: \$1,000 raised + \$15,000 raised by partners

Needed to complete this study: \$418,000

On July 18, 2014, the third subject was enrolled in our new study of MDMA-assisted therapy for social anxiety in adults on the autism spectrum. The first and second subjects were enrolled on May 17 and June 20, respectively. The first treatments are scheduled to take place in August. On March 26, we officially launched **mdma-autism.org**, with background on the goals of the study, plus educational resources about autism, social anxiety, and MDMA-assisted therapy. Based on the known effects of MDMA, as well as individual reports, this exploratory pilot study in 12 subjects will focus on enhancing functional skills and quality of life in autistic adults with social anxiety.



Principal Investigators Alicia Danforth, Ph.D., and Charles Grob, M.D. in the treatment room.

“We’re looking for something to facilitate positive, ongoing change,” Principal Investigator Charles Grob, M.D., told the *Los Angeles Daily News* on August 2. “You can’t take an autistic person and make them un-autistic, but you can treat the overwhelming social anxiety.” This study

is being conducted in affiliation with the Los Angeles Biomedical Research Institute.

Goals for this study include (1) gathering evidence for the safety and effectiveness of MDMA-assisted therapy for autistic adults diagnosed with social anxiety, (2) determining if additional studies in this area are warranted, and (3) initiating a new program of research into a possible beneficial use of MDMA building on collected case accounts.

“You can’t take an autistic person and make them un-autistic, but you can treat the overwhelming social anxiety.”

—Principal Investigator Charles Grob, M.D.

LSD-Assisted Therapy for Anxiety

LSD Annual Report Submitted to FDA

Study completed

Location: Solothurn, Switzerland

Principal Investigator: Peter Gasser, M.D.

This study is complete and has been fully funded.

On May 16, 2014, the annual report for LSD-assisted psychotherapy for anxiety associated with advanced-stage illness was submitted to the U.S. Food and Drug Administration. The required report provides an overview of the clinical and study methodology issues related to our Swiss LSD-assisted psychotherapy research from February 2013 through February 2014. Our completed study of LSD-assisted psychotherapy was published in the *Journal of Nervous and Mental Disease* on March 4, 2014. That same day, *The New York Times* reported on the study and explained how results like these are helping bring psychedelic research “back into the fold of mainstream psychiatry.”

This was the first study of the therapeutic use of LSD in humans in over 40 years. The double-blind, placebo-controlled pilot study in 12 subjects found statistically significant reductions in trait anxiety following two LSD-assisted psychotherapy sessions. The results also indicate that LSD-assisted psychotherapy can be safely administered in these subjects, and justify further research. Eleven of the 12 subjects had never used LSD previously. “The study was a success in the sense that we did not have any noteworthy adverse effects,” reports Principal Investigator Peter Gasser, M.D. “All participants reported a personal benefit from the treatment, and the effects were stable over time.”

Goals for this study were (1) gathering evidence for the safety and effectiveness of LSD-assisted psychotherapy for subjects with anxiety related to advanced-stage illness, and (2) completing the first study of LSD in humans in over 40 years.



MAPS supports research into the safety and effectiveness of **ayahuasca-assisted treatment for drug addiction**.

We also support conferences, meetings, and publications about the scientific, therapeutic, sustainable, and spiritual uses of ayahuasca.

Learn more at maps.org/ayahuasca.

Ibogaine-Assisted Therapy for Drug Addiction

14th and Final Subject Enrolled in New Zealand Ibogaine Study *Ongoing study*

Location: New Zealand

Principal Investigator: Geoff Noller, Ph.D.

Donations are needed to support ibogaine research.

On April 27, 2014, the 14th and final subject was enrolled in our ongoing observational study of ibogaine-assisted treatment for opioid dependence in New Zealand. Since July 2012, Principal Investigator Geoff Noller, Ph.D., has been collecting follow-up data from subjects undergoing treatment at an independent ibogaine center in New Zealand. Eight participants have finished their long-term follow-up and the study is likely to be completed in Spring 2015. Data from this study will be compared to the results of our completed observational study in Mexico.

Goals for this study include (1) gathering preliminary evidence about the safety and potential benefits of ibogaine-assisted therapy for opiate addiction, (2) supplementing the data from our completed observational ibogaine study in Mexico, and (3) initiating and encouraging psychedelic research in New Zealand.

Data Entry Completed in Mexico Ibogaine Study *Study completed*

Location: Mexico

Principal Investigator: Thomas Kingsley Brown, Ph.D.

This study is complete and has been fully funded.

On April 11, 2014, data entry was completed for our observational study of ibogaine-assisted therapy for opioid dependence in Mexico. Data cleanup has begun in preparation for submitting the results for publication in a peer-reviewed scientific journal. In this study, Principal Investigator Thomas Kingsley Brown, Ph.D., observed the long-term effects of ibogaine treatment for individuals undergoing treatment for opioid dependence at an independent clinic in Mexico.



Developing MDMA into a prescription medicine



Phase 1 trials

Small studies in healthy subjects to collect basic safety data.

COMPLETED



2014

Phase 2 trials

Medium-sized studies to collect preliminary data about whether MDMA-assisted psychotherapy helps people with PTSD.

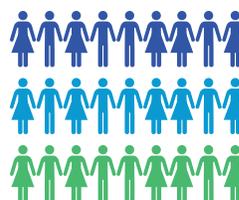
ESTIMATED COMPLETION: SEPTEMBER 2015



End-of-Phase 2 meeting

MAPS meets with the FDA to come to an agreement on how Phase 3 studies will be conducted.

ESTIMATED DATE: MAY 2016



2016

Phase 3 trials

Large, multi-site studies of hundreds of subjects to gather more information about the safety and efficacy of MDMA-assisted psychotherapy, and to compare the results in different populations.

ESTIMATED COMPLETION: SEPTEMBER 2021



2021

New Drug Application

MAPS files a request with the FDA for MDMA-assisted psychotherapy to be approved for marketing in the United States.

ESTIMATED DECISION: NOVEMBER 2021

Medical Marijuana

Petition Receives 100,000 Signatures (and Counting) for Medical Marijuana Research in Arizona

Study pending

Location: Pending

Clinical Investigator: Sue Sisley, M.D.

Estimated study budget: \$876,000

Already raised: \$11,000

Needed to complete this study: \$865,000

A petition launched on Change.org by Arizona veteran Ricardo Pereyda has gathered over 105,000 signatures in support of MAPS and Dr. Sue Sisley's efforts to initiate medical marijuana research in Arizona. Launched on July 10, the petition reached 100,000 signatures in just 21 days.

The public outcry against Dr. Sisley's dismissal from the University of Arizona has reached a national audience. On June 27, the University of Arizona notified Dr. Sisley that her university appointments would be terminated as of September 26. On July 28, the University of Arizona expectedly denied Dr. Sisley's appeal for reinstatement, forcing Dr. Sisley to seek a new location for the study. On July 30, the University of Arizona proposed a replacement investigator, ignoring MAPS' repeated public statements that we will stand behind Dr. Sisley wherever the study is ultimately conducted.

MAPS and Dr. Sisley are seeking a new location for the study within Arizona with reinstatement at the University of Arizona no longer a possibility. Multiple universities outside Arizona have already offered to host the study.



Clinical Investigator Sue Sisley, M.D. is interviewed by CNN's Dr. Sanjay Gupta on July 12, 2014.

On July 22, Dr. Andrew Weil, founder of the Arizona Center for Integrative Medicine at the University of Arizona, wrote a letter to University of Arizona President Dr. Ann Weaver Hart expressing his support for Dr. Sisley's work.

"Dr. Sisley has passionately chosen her professional obligation to patients over political pressure; she has chosen science over dogma; and has chosen integrity over censorship. This is the type of individual any University should want on their faculty."

Dr. Sisley has been working with MAPS since 2010 to initiate a study of the safety and effectiveness of whole plant marijuana, smoked or vaporized, in 70 U.S. veterans with chronic, treatment-resistant posttraumatic stress disorder (PTSD).



University Drops Marijuana Researcher
by Sanjay Gupta, M.D.
July 12, 2014



Vets Rally Behind Pot Researcher Set To Be Fired by the UofA
by Steve Krafft
July 22, 2014



Pot Researcher Firing Unleashes Rising Veteran Backlash
by Bill Briggs
July 29, 2014



Pot-for-PTSD Researcher Denied Reinstatement
by Patricia Kime
July 29, 2014



Reefer Research Madness
by Mari Herrerias
Front page: July 17, 2014



Medical Marijuana Research Hits Wall of U.S. Law
by Serge F. Kovalski
August 10, 2014

In Memoriam

Dr. Richard Rockefeller January 20, 1949–June 13, 2014



ON JUNE 13, 2014, AT THE age of 65, Dr. Richard Rockefeller passed away while piloting a small plane that crashed in Westchester County, NY.

Richard was a generous man concerned with improving the world. “Mr. Rockefeller was what is commonly called a Renaissance man, a Harvard-trained family doctor who could, among other enthusiasms, play the bagpipe, take polished photographs, carve wood, and ski, hike and sail expertly. But he devoted himself to a half-dozen causes, among them healing the wounds of post-traumatic stress disorder (PTSD), curing sleeping sickness in Africa and saving the seas,” wrote Joseph Berger of *The New York Times* (June 23, 2014).

Richard worked closely with MAPS Executive Director Rick Doblin, Ph.D., over the past three and half years to further our efforts to develop MDMA-assisted psychotherapy into an FDA-approved prescription treatment for PTSD. “Richard and I became a well-matched team and were building a strong friendship,” said Doblin. “My email account says we exchanged 2,379 messages. His passion for exploring the potential of MDMA-assisted psychotherapy to heal PTSD matched my own. He realized that new approaches to treating PTSD were needed to avoid ongoing cycles of multigenerational traumatization, and that human suffering cuts across artificial boundaries of nationality, race, religion, and class.”

Richard wasn’t put off by the fact that making MDMA into a medicine is a long, uphill battle. Paradoxically, it may have been part of the appeal—along with the way having these tools available to physicians might have given his chosen profession something he felt it lacked. Coming to terms with his unique family history, being a fourth-generation Rockefeller, Richard was willing to utilize what he called “his name” and his most precious possession, his time. Richard’s moving speech at the San Francisco Commonwealth Club (December 9, 2013) about the use of MDMA-assisted psychotherapy to treat PTSD was just one example of his willingness to lend his time and reputation toward this cause.

During his talk at the Commonwealth Club, Richard gave the audience some insight into his motivations. “One of the reasons I care so much is because I am hopeful. With major policy changes affecting availability of AIDS treatment and the eradication of smallpox we have seen that something of enormous danger to the world can be changed very quickly,” he

explained. “In the year 2000, I was diagnosed with a form of leukemia that had no effective treatment. It happened that the most effective drug ever produced for cancer became available within six months of my diagnosis. My life would not have been saved without accelerated approval of that drug. My work here is paying forward my gratitude.”

Richard was the person most responsible for moving the Department of Defense (DoD) and the Department of Veteran’s Affairs (VA) from resistance to collaboration in the effort to explore MDMA’s potential as an adjunct to psychotherapy for PTSD. Richard’s fundamental accomplishment has profound consequences that will bear much fruit over the coming years. DoD and VA involvement in MDMA/PTSD research brings with it mainstream acceptance and credibility, connects us with the leading PTSD researchers, and creates the possibility of future DoD funding.

Only very recently, aided by Richard’s passion, hard work, wisdom, warm and insightful manner with people, as well as his connections, have we been able to move forward in partnership with the VA and DoD. We overcame barriers together that MAPS alone had been unable to surmount for over 20 years. “Richard would create the opportunities for dialogue and shep-

Richard Rockefeller was instrumental in building conversations between MAPS and the U.S. Department of Veterans Affairs National Center for PTSD.



herd them to a successful resolution,” Doblin said.

As a direct result of Richard’s intervention, the potential of MDMA-assisted psychotherapy to treat veterans suffering from chronic, treatment-resistant PTSD is now being explored with the full cooperation of the VA and DoD. Last year, the VA spent over \$5.5 billion in PTSD disability payments to over 275,000 veterans, numbers which are increasing each year. “While that staggering sum and the human misery that it represents would seemingly have been enough to motivate the DoD and VA to explore all possible treatment options for PTSD,” Doblin continued, “it was only when Richard began his efforts to help us overcome the political resistance that this potential is finally beginning to be explored at the DoD and VA.”

VA National Center for PTSD Executive Director Paula Schnurr wrote to Doblin after he informed her of Richard’s death. “I think everyone who knew Richard even a little felt the loss. He had an exceptional humanity that touched people immediately,” she wrote. “Sadly, I have been learning more about him through his death than I had learned from working with

him on the MDMA project. His legacy is far-reaching.”

Richard’s obituary in *The New York Times* (June 23, 2014) included a quote from his younger sister Eileen Rockefeller Growald, who “recalled how during the birthday celebration, she and Richard had talked about his latest passion: calling attention to a drug for post-traumatic stress disorder, MDMA. ‘When I asked Richard how is it going, he said, ‘It’s going incredibly well,’ ’ she recalled. ‘“And the strangest thing happened,” he said. “They told me they didn’t need my help anymore. They’ve gotten the word out.”’ ”

In a tribute to Richard, Doblin described a recent dream. “Yesterday morning, I dreamt that Richard and I were meeting at a restaurant with Stuart Feinhor, talking about the progress we were

making with our Boulder MDMA/PTSD study. Richard left the table for a moment and Stuart and I continued our discussion. Richard was gone for some time. Slowly, a terrible feeling started to dawn on me that Richard wasn’t coming back and that I had to carry on without him, a feeling so many now have in our waking lives.”

“PTSD is never a solitary event for the person who has it; like an infectious disease, the ripple effects go on and on. The suffering spreads to their family and their communities.”

—Dr. Richard Rockefeller

Begin with the end in mind
then work backward to plan for reaching ambitious goals

—Ashawna Hailey, who left \$5.5 million to MAPS in her will

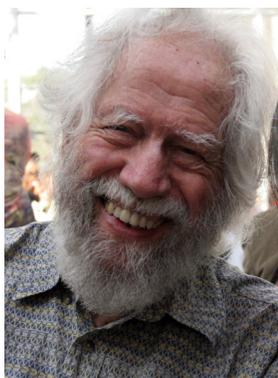
Help create a world where psychedelics are integrated into society by including MAPS in your end of life plans. If you tell us about your plans, you can join our *Next Horizon Society*, and we will invite you to receptions, learning opportunities, and other special events.

Please contact MAPS Development Director Virginia Wright to discuss your plans.
(831) 429-6362 x107
virginia@maps.org



Alexander “Sasha” Shulgin, Ph.D.

June 17, 1925–June 2, 2014



ON JUNE 2, 2014, AT THE age of 88, pioneering psychedelic researcher Alexander “Sasha” Shulgin died surrounded by friends and family at his home in Lafayette, California. In addition to discovering hundreds of novel psychedelic compounds, Sasha was best known for introducing the world to the therapeutic use of MDMA. If it were not for Sasha’s work, MAPS—and much of the world-

wide psychedelic research community—would not exist.

After an early psychedelic experience with mescaline, Sasha had an epiphany. “I understood that our entire universe is contained in the mind and the spirit,” he said. “We may choose not to find access to it, we may even deny its existence, but it is indeed there inside us, and there are chemicals that can catalyze its availability.”

It was in 1976 that he first made MDMA in his home laboratory, after finding a relatively easy way to make the compound

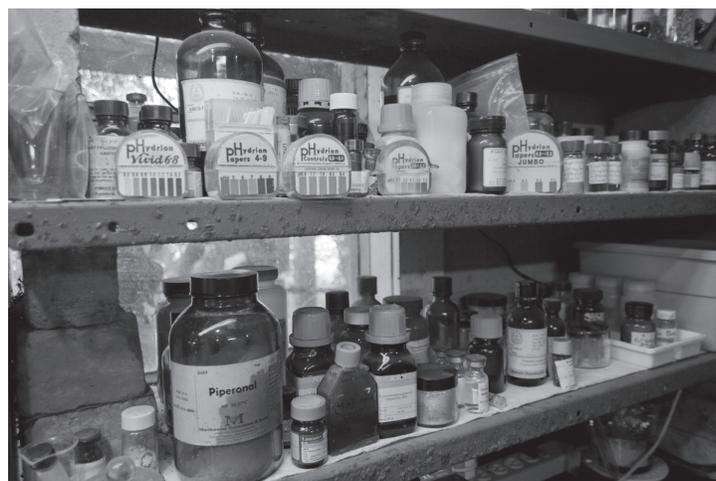
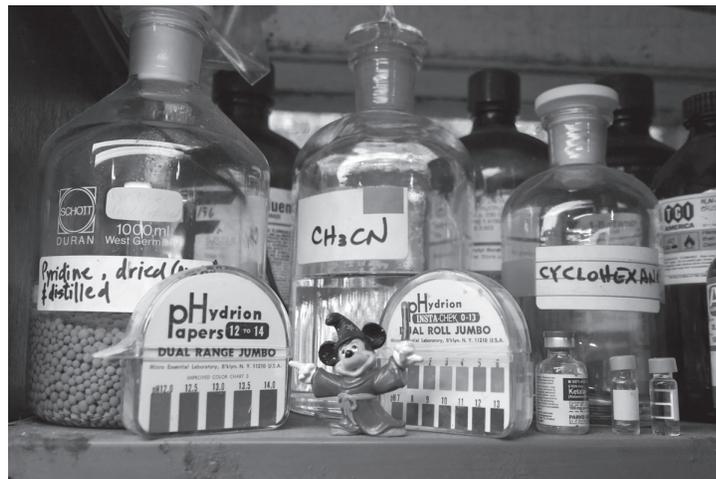
that had been patented by Merck in 1914. He wrote that he was “overcome by the profundity of the experience” and later passed along a small amount to Leo Zeff, encouraging its use in a therapeutic setting.

Sasha published, along with his wife Ann, two books in the 1990s: *PiHKAL: A Chemical Love Story* and *TiHKAL: The Continuation*. The books describe his work creating and experimenting with psychoactive compounds. He encouraged their use for personal growth, cautioning readers to “Use them with respect as to the transformations they can achieve, and you have an extraordinary research tool. Go banging about with a psychedelic drug for a Saturday night turn-on, and you can get into a really bad place.”

In 2011, his life’s work was published in *The Shulgin Index, Volume 1: Psychedelic Phenethylamines and Related Compounds*. While the first volume contains over 1,300 compounds, there is more to come. *The Shulgin Index, Volume 2* will be published in the near future. Sasha understood that the exploration of novel psychoactive compounds—and ways to use them—would not be completed in his lifetime, so he preserved his research in these volumes for future generations.

Sasha lived to see a worldwide renewal of psychedelic science and medicine, and our gratitude for his life and work is limitless.

Sasha Shulgin’s Laboratory by Geneva Photography (sublime-visions.org).



Christina Grof, Ph.D.

December 30, 1941–June 15, 2014



ON JUNE 15, 2014, AT THE age of 72, Christina Grof passed away unexpectedly from pneumonia. Along with her husband Stan, Christina co-created Holotropic Breathwork, founded the International Transpersonal Association (ITA), and founded the Spiritual Emergence/Emergency Network (SEN).

In Memoriam of My Beloved Christina

by Stanislav Grof, M.D., Ph.D.

Now, several weeks after my beloved Christina's unexpected and untimely passing, I can see more clearly than ever before that I enjoyed for almost four decades that we spent together the rare blessing of having a true soulmate. As expected in an intense relationship like ours, our spiritual journey in tandem took us occasionally into stormy waters, but cruising through life we hardly ever encountered doldrums and boredom. We experienced countless extraordinary adventures in the inner world as well as crisscrossing the globe and doing our work on all the continents except Antarctica. And it seemed that our relationship actually grew deeper, stronger, and richer after we had encountered and overcome various challenges on the way.

Christina belonged to the rare breed of people who walk their talk. Spirituality was not something that she reserved for her lectures, workshops, and books; it constantly penetrated her entire life, including the most mundane everyday activities. She did not miss an opportunity to start conversation with little children in parks, people walking dogs in the street, or employees checking-out merchandise in grocery and department stores. She usually found something beautiful about them to make a compliment about. But her special attention belonged to homeless people. Being aware—on the basis of her own experience—of the menaces of alcoholism and addiction, she never gave these people money, but bought them a sandwich and fruit juice or took them for a meal in a restaurant. She was also the major inspiration for our family trips on Thanksgiving Days and Christmas holidays to Glide Memorial Church to prepare and serve meals for the homeless.

Another important channel for Christina's creativity was art and appreciation of beauty. Early in her career, she was a very gifted, resourceful, and original art teacher who cultivated and nourished in her pupils their natural talents. Later she became an accomplished painter who used art for pleasure, as well as an important tool in her healing process and self-exploration.

One of the powerful forces in Christina's life was her unconditional love for our daughter Sarah, son Than, daughter-in-

law Debora, and our five wonderful granddaughters. It was very interesting to witness the ingenious ways in which she was able to lead her children and grandchildren lovingly to desirable behavior without using disciplinarian method.

I feel deep appreciation for the role Christina played in my life as a Muse, who directed my attention to various areas in which I would not have otherwise been interested. On her 50th birthday, Roger Walsh said something that I believe best characterized Christina's role in this lifetime: "I do not know any other person who has been able to transform major problems in his or her life into projects that serve humanity."

Christina and I cooperated in many endeavors—from our early psychedelic training sessions for the staff of the Donwood Institute in Toronto, Canada, through thirty Esalen monthlong workshops, and a number of International Transpersonal Conferences to the development of the concept of "spiritual emergency" and of the method of Holotropic Breathwork, including workshops and training worldwide. Our cooperation was so close that it was not always easy to separate our individual inputs from each other. Unfortunately, because we live in a patriarchal society, Christina often did not receive any credit for projects that she had created single-handedly such as founding the Spiritual Emergency Network (SEN) or bridging between the addictions field and transpersonal psychology, as well as those to which she made substantial contribution, such as Holotropic Breathwork, Esalen monthlongs, and International transpersonal conferences.

Because of her modesty and humility and in spite of major appreciation that she received from our workshop participants, trainees, readers of her books, and professional colleagues (including three honorary Ph.D. degrees), I do not think that she realized the extent to which she positively influenced and even transformed thousands of human lives. I will certainly remain forever grateful for the blessings she brought into my life. In spite of all the hardships and challenges that we encountered on the way, it was a wondrous and magnificent journey that I would not trade for anything in the world.



Christina resting in her and Stan's Buck Creek House in Big Sur: memory from their Esalen days.

Psychedelic Harm Reduction



zendoproject.org

The Zendo Project

THIS YEAR, MILLIONS OF PEOPLE will use psychedelics outside of supervised medical contexts. It is not uncommon for psychedelic users to have difficult psychedelic experiences, such as due to taking too much or being in a challenging environment or emotional

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

The Zendo Project is an onsite harm reduction service providing tranquil space, water, and compassionate care for individuals having difficult psychedelic experiences. Our mission is to provide a supportive space to help guests obtain some benefit from difficult psychedelic experiences, reduce the number of psychedelic drug-related arrests and hospitalizations, and train volunteers to provide compassionate care. The four basic principles of Psychedelic Harm Reduction are:

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

MAPS' harm reduction program has expanded since its reestablishment in 2012, and now has a presence at five major events: Burning Man (Black Rock City, Nevada), Envision (Costa Rica), AfrikaBurn (South Africa), Bicycle Day (San Francisco, CA), and Lightning in a Bottle (Bradley, CA). Trained volunteers offer compassionate support to individuals having a difficult psychedelic experience, in order to reduce the number

of drug-related hospitalizations and arrests. Since 2012, we have assisted 462 guests and volunteers have donated 6,248 hours of their time. Zendo coordinators also offer in-person and remote trainings to groups and individuals who seek to learn more about psychedelic harm reduction.

- **Envision 2014:** 45 guests, 24 volunteers
- **Bicycle Day 2014:** 10 guests, 13 volunteers
- **AfrikaBurn 2014:** 50 guests, 30 volunteers
- **Lightning in a Bottle 2014:** 61 guests, 30 volunteers

As we build deeper relationships with various festival organizers, our model has become an integral part of these five events. Each year we continue to work more closely alongside medical staff and are seeing more cooperation with law enforcement and security.

Burning Man 2014

This year the Zendo will be hosted in FauxMirage, and the art car Rainbow Bridge will again shuttle guests and volunteers between the Zendo and the Full Circle Tea House. Volunteers will offer onsite support and will also roam the playa to help event attendees in the field who are in need of support.

Many of our volunteers are medical and mental health professionals who are interested in receiving training to be involved in a MAPS-sponsored Phase 3 MDMA/ PTSD clinical trial.

Support the Zendo Project by making a donation today. maps.org/donate.

The Zendo Project is sponsored by the Multidisciplinary Association for Psychedelic Studies (MAPS). The Zendo structure is built entirely from recycled materials and was donated by Vanja Palmers as a gift to celebrate MAPS' 20th anniversary in 2006.



Harm Reduction volunteers at Envision 2014 (above); Zendo Project/Harm Reduction Coordinator Linnae Ponté at AfrikaBurn 2014 (right).

MAPS in the Media

**The
New York
Times**

LSD, Reconsidered for Therapy by Benedict Carey

March 3, 2014. *The New York Times* announces the publication of the results from MAPS' completed Swiss study of LSD-assisted psychotherapy for anxiety associated with advanced-stage illness. The study, published online in the *Journal of Nervous and Mental Disease*, is the first study of the therapeutic use of LSD in humans in over 40 years. The results indicate that LSD-assisted psychotherapy can be safely administered and justify further research. "It's a proof of concept," MAPS Executive Director Rick Doblin, Ph.D., explains. "It shows that this kind of trial can be done safely, and that it's very much worth doing."

**Los
Angeles
Times**

Exploring Therapeutic Effects of MDMA on Post-Traumatic Stress by Alan Zarembo

March 15, 2014. *The Los Angeles Times* puts the spotlight on how international researchers and independent therapists are finding benefits in MDMA-assisted psychotherapy for treating PTSD. Through interviews with therapists, veterans, and researchers, the article takes a skeptical stance while underscoring the importance of further research. "I feel like I found meaning again," says U.S. Army veteran Tim Amoroso, who used MDMA on his own and found that it helped his PTSD symptoms. "My life wasn't as bad as I thought it was."

TIME

LSD Therapy Lowers Anxiety, Study Finds by Alexandra Sifferlin

March 4, 2014. *TIME* covers the publication of study results in the *Journal of Nervous and Mental Disease* indicating that LSD-assisted psychotherapy can help reduce anxiety associated with life-threatening disease. The MAPS-sponsored study was conducted in Switzerland by Dr. Peter Gasser and found that anxiety levels improved by 20% in volunteers who received a full dose of LSD.

Science
AAAS

High Hopes by Kai Kupferschmidt

July 4, 2014. *Science* catalogues the reemergence of international research into the therapeutic use of psychedelics. The article details work conducted by MAPS to develop psychedelic-assisted psychotherapy into prescription treatment options for a variety of medical conditions, highlighting clinical research into LSD-assisted psychotherapy for anxiety associated with advanced-stage illness, ibogaine-assisted therapy for opiate addiction, and MDMA-assisted psychotherapy for PTSD. "I believe in people's basic human right to use molecules to explore their consciousness," says MAPS Executive Director Rick Doblin, Ph.D.



Iraq nearly broke James Hardin. Ecstasy is helping him rebuild.

by Paul Bowers

July 16, 2014

Charleston City Paper writes about U.S. Army veteran James Hardin's experiences in MAPS' MDMA-assisted psychotherapy for PTSD study in South Carolina. The story recounts Hardin's time in combat in Iraq and Afghanistan, and how he eventually turned to alcohol to numb himself. After his initial session in the study, Hardin says he felt an immediate difference. "It gave me that safety that I had not felt," he says. Now that he has completed treatment, Hardin says, "I still know that I'm different than many people, but it's more of a conscious decision at this point to do exactly what I want to do and be who I want to be."

For more psychedelic and medical marijuana research headlines, visit maps.org/media.



First Study Of LSD's Psychotherapeutic Benefits In Four Decades Breaks Research Taboo
by Jacob Sullum
March 4, 2014



Veteran: Ecstasy Drug Saved Me From My Battle With PTSD
by Jeremy Bender
April 16, 2014



End the Ban on Psychoactive Drug Research
by The Editors
February 1, 2014



The '60s Are Gone, But Psychedelic Research Trip Continues
by NPR Staff
March 9, 2014



Can Ecstasy Treat PTSD?
by Bridget Nasor
March 27, 2014



Ex-Soldiers Are Being Given MDMA to Help Them Forget About War
by Jack Gilbert
April 22, 2014



Still Saying No
by Tyler Trykowski
March 28, 2014



Psychedelic Science: The surge in psychiatric research using hallucinogens
by Stephanie O'Neill
May 19, 2014



A new way to heal: Santa Cruz nonprofit navigates politics, science to put MDMA on path to clinical use
by Jason Hoppin
May 24, 2014



MDMA-Assisted Psychotherapy Study Participant Tony Macie Hosts Q&A on reddit
by Tony Macie
April 16, 2014



Dharma on the Playa
by Allan Badiner
April 5, 2014

For media coverage of medical marijuana research, see page 8.

Videos



Science Not Fear—Drug Policy and Medical Research: Virginia Wright at TEDx Santa Cruz
TEDx Santa Cruz
by Virginia Wright
March 8, 2014



Ecstatic States: Treating PTSD with MDMA
The Verge
by Lessley Anderson
April 29, 2014



How Psychedelics Are Saving Lives
Reset.me
by Amber Lyon
May 21, 2014



LEGALIZING Psychedelic Therapy

Our largest study is nearly complete, and we need your support. Help make MDMA-assisted psychotherapy a legal, FDA-approved treatment by 2021.



Help us transform medicine.

LegalizePsychedelicTherapy.org



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