

## Webinar 4 September 2023

We showed several video clips, each followed by discussion in smaller break-out rooms. Students can follow the links below, where there are also references to many research papers mentioned in different interviews. The blue 'time' links take you directly to the video selection viewed.

### 1. The “heroic dose” of psychedelics, according to Johns Hopkins | Dr. Matthew Johnson

<https://www.youtube.com/watch?v=HGqFxiQI3is> (watch whole video - 11 minutes)

Matthew W. Johnson, Ph.D., is The Susan Hill Ward Endowed Professor of Psychedelics and Consciousness Research at Johns Hopkins. Working with psychedelics since 2004, he is one of the world's most widely published experts on psychedelics. In 2021 he received as principal investigator the first grant in 50 years from the US government for a treatment study with a classic psychedelic, specifically psilocybin in treatment of tobacco addiction.

### 2. Science behind how it works: Andrew Huberman

<https://www.youtube.com/watch?v=elxVfln02Ss&t=1020s> (total film over 2 hours)

Andrew Huberman, Ph.D., is a neuroscientist and tenured professor in the department of neurobiology and by courtesy, psychiatry and behavioral sciences at Stanford School of Medicine. He has made numerous significant contributions to the fields of brain development, brain function and neural plasticity, which is the ability of our nervous system to rewire and learn new behaviors, skills and cognitive functioning.

We watched the following excerpts (around 18 minutes)

[00:12:00](#) Psilocybin Becomes Psilocin in the Gut, Serotonin

[00:17:00](#) The Serotonin 2A Receptor, Therapeutic Outcomes SSRIs vs. Psilocybin

[00:21:40](#) Serotonin Receptor Expression; Visual Hallucinations & eyes closed.

### 3. Dosing, psychedelic therapy: Huberman interviewing Robin Carhart-Harris

<https://www.youtube.com/watch?v=fcxjwA4C4Cw>

Robin Carhart-Harris, PhD, distinguished professor of neurology and psychiatry at the University of California, San Francisco. Head of the Centre for Psychedelic Research, Division of Brain Sciences, Faculty of Medicine, Imperial College London. One of leading researchers in the study of how psychedelics such as psilocybin, LSD and DMT can change the human brain and in doing so, be used to successfully treat various mental health challenges such as major depression, anorexia, obsessive-compulsive disorder (OCD) and addiction.

We watched the following excerpts: (10 minutes).

[00:36:26](#) Psychedelic Journey: “Trust, Let Go, Be Open”

[00:43:01](#) Negative Emotions, Fear & Psychedelics (to 46.21)

There are also two sections we did not watch but highlight here:

[00:28:28](#) “Psychedelic-Therapy”, Music (to 34.55)

[01:12:56](#) Integration Phase & Psychedelic-Therapy (to 1:19:50)