

INSIGHT 2021

From Science to Implementation

Conference Report

Langenbeck-Virchow Haus | BERLIN + ONLINE Sep. 9-12, 2021

Debating the Scientific Base for Psychedelic Therapies
and their Cultural Implementation

INTRODUCTION

PRESENTING, DISCUSSING & NETWORKING
ON A UNIQUE EUROPEAN PLATFORM

INSIGHT is a transdisciplinary conference series with a focus on research, therapy and human development in relation to psychedelics and psychedelic states.

INSIGHT brings together researchers, clinicians, and experts from various sectors, including the medical field, related disciplines from the natural to social sciences, legislation, public health, and industry.

The conference is open to the public and besides lectures, panel discussions, and networking opportunities it includes interactive workshops, an award ceremony, and an arts and social program.

INSIGHT advances the scientific debate on psychedelics and psychedelic therapies - and integrates its results into mainstream discourses.

INSIGHT 2021 (September 9-12th) was a hybrid conference for the first time. It took place at the Langenbeck Virchow Haus at Charité Universitätsmedizin, Berlin and was also live-streamed via Airmeet.

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MIND Foundation

The host of the INSIGHT conferences

On November 26th, 2016, we established the MIND Foundation to bring a science-based and progressive perspective to the psychedelic field. Our work builds on evidence-based research, and transdisciplinarity. We combine rigor with an open mind.

As a non-profit organization, our primary goal is to bring together researchers, clinicians, and the public to establish the psychedelic experience and psychedelics as a safe and effective tool for therapy and human development. We bring focus to patient equity and access, argue for transparency and ethics in the emerging psychedelic industry, and support a structured, public health-oriented, and reflexive enculturation of psychedelics.

What We Do

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

Bewusstseinskultur - an emerging concept

Bewusstseinskultur translates as “culture of consciousness”. At its core is the “cultivation of valuable states of consciousness”. MIND seeks to help establish Bewusstseinskultur by contributing to a mindful, critical and risk-aware public discourse. It aims to clarify which states of consciousness should be cultivated personally and on a societal level.

We support structured and institutionalized access to such valuable states. With increased awareness of these beneficial states, social norms will likely change for the better and both the individual and society become empowered. Philosopher and MIND Scientific Advisory Board member Thomas Metzinger has elaborated on “Bewusstseinskultur” since the 1990s. We are further developing this idea in the context of creating healthy and ethically sound norms around the psychedelic experience.



“ Developing a consciousness culture has nothing to do with establishing a religion or a particular political agenda. On the contrary, a true consciousness culture will always be subversive, by encouraging individuals to take responsibility for their own lives. ”

Prof. Dr. Thomas Metzinger

MIND Executive Board



Marvin Däumichen,
M.A.

Director of Programs



Dr. sc. hum.
Henrik
Jungaberle

Founder, Executive
Director



Gero Niggemeier

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Sergio Pérez
Rosal, M.D.

Training Advisor
in MIND, CEO and
OVID Clinics Medical
Director



Dr. med.
Andrea
Jungaberle

Founder, Medical and
Ethics Advisor MIND,
OVID Clinics Medical
Director



M. sc. PH.
Maximilian
Von Heyden

Founder, Technical
Advisor MIND



Press

INSIGHT 2021 accredited 25 journalists and media professionals. More than a dozen documentaries, articles, and interviews got published on national and international platforms. Find a selection here on the page and a full press review on mind-foundation.org/press-review

Selection of Publications

German

- » Insight Out - Behandlung psychischer Erkrankungen mit psychedelischen Substanzen. Humanistischer Pressedienst. Author: Boris Messing.
- » Trip-Therapie: Psychedelische Drogen in der Medizin. Focus Online. Author: Matthias von Hein.
- » Psychedelische Therapien und ihre kulturelle Umsetzung. Esanum Ärzteportal

English

- » How psychedelics are returning to the world of medicine. Deutsche Welle. Author: Matthias von Hein
- » INSIGHT 2021: An event on the science and practice of psychedelic therapies. Esanum Ärzteportal.

Spanish

- » ¿Terapia medicinal con drogas psicodélicas contra la depresión? The Clinic.



Skilled Networks: MIND Community Platform

Next to the scientific talks, discussions, the art and social programs, INSIGHT also provides a platform for professional networking and community-building. After the conference this continues at the MIND Community Platform - an international hub for implementing psychedelic therapies and science.

On there, all INSIGHT recordings are published to facilitate high-quality conversations and discussions.

In the first months, the complete INSIGHT replay is accessible for ticket holders and MIND members, later for the general public.

community.mind-foundation.org

Collaboration Partners I

Donors and sponsors supported INSIGHT 2021. Together they financed 23% of the conferences budget. The largest sponsor of INSIGHT was our clinical partner company OVID (11.000 Euro, i.e. 5,4% of the conference budget). OVID played a collaborative role in creating the clinical track through discussions in the program committee. No other sponsors or donors influenced the selection of applying speakers in the research, therapy, public health, and implementation tracks. The four diamond sponsors and donors are displayed below. See page 46 for other collaboration partners. We are grateful and feel honored for both the support of sponsors and donors.

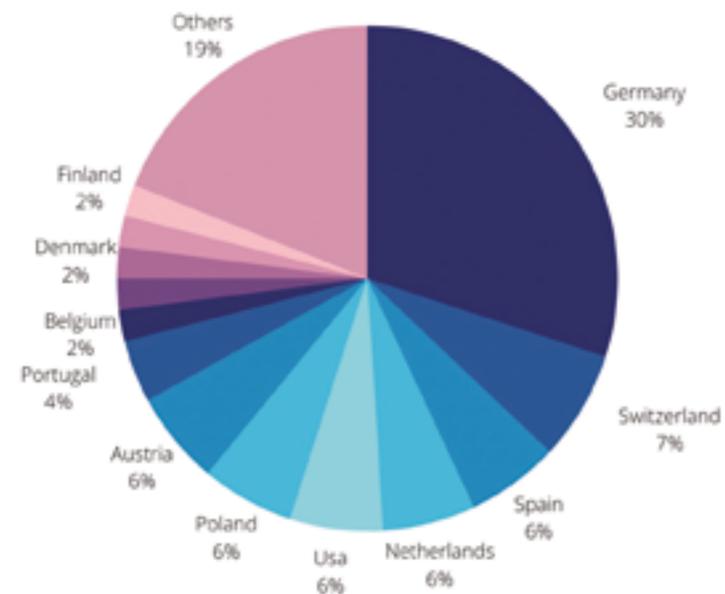




Audience

INSIGHT brought together a mixed audience of more than 1300 on-site and online attendees, consisting of senior and junior researchers, psychiatrists and other medical professionals, clinical psychotherapists, public health and prevention professionals, pharmacologists and neurobiologists, lawyers and juridical professionals, journalists, students, entrepreneurs and investors, and the scientifically interested public.

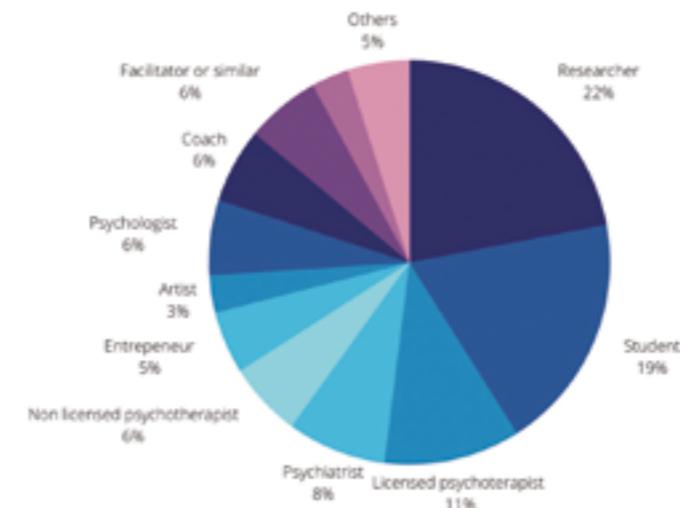
There were 550 on-site participants at the conference in Berlin, and 821 people participated via live stream from all over the world.

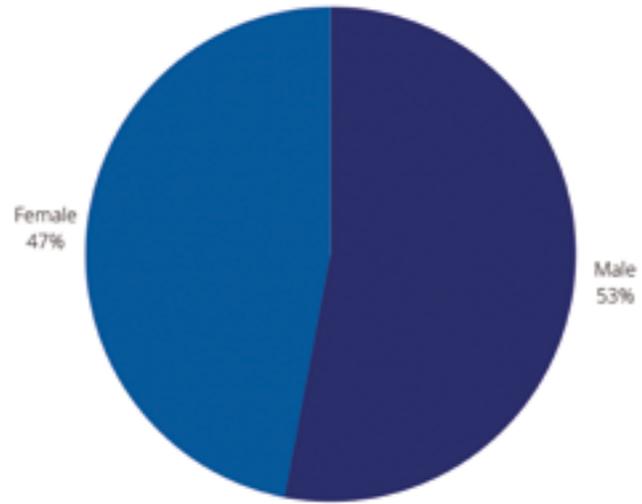


Nationality

According to our after-conference survey (170 respondents), INSIGHT attracted an international audience from 30 countries. While the largest group (30%) were Germans, many attendees had undertaken long journeys. Compared to 2019, many European countries were more strongly represented in the audience, for example, Spain, Poland, Austria, and Portugal. This rise is probably due to increasing interest and research internationally and in the respective countries.

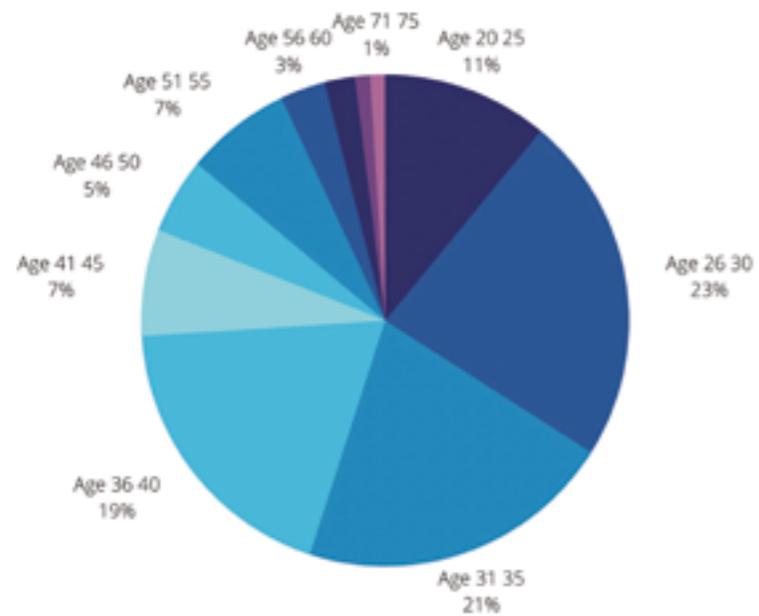
Professional background





Gender

According to our survey of 170 respondents, the distribution of genders was somewhat equal. No non-binary entries were counted.



Age

INSIGHT hosted attendees from diverse age groups. The age group of 31-45 makes half of the attendees of the conference.



Conference Program - From Science to Implementation

In 2021, the presentations and panels were organized into four tracks, allowing for numerous transdisciplinary and practical debates across limitations of single disciplines or practices:

- » Treatment (with the sub-tracks Integration Therapy and Ketamine-assisted Therapy)
- » Basic Research
- » Public Health (with the sub-tracks: Anthropology, History, Non-pharmacological Methods, Political Regulation and Self-development)
- » Implementation (with the sub-tracks: Psychedelic Industry, Philosophy, and Ethics of Psychedelic States)

Arts & Social Program

The arts and social program was curated by both MIND's Arts Section and EDGE, a Berlin-based non-profit association exploring the intersection between neuroscience and creativity. The program included audiovisual and dance performances, art installations, a film screening, an audiovisual room, a chanting meditation room, and an exhibition of paintings.

In 2023, the Arts Section will also build a panel to discuss the significance of aesthetics, symbolization and representation in the field.



INSIGHT hosted a total of 60 speakers that came from all over the world. Both the invited speaker list and the call for presentations guaranteed a first-class selection of internationally renowned scholars, achieved psychotherapists and aspiring young researchers.

The INSIGHT 2021 Program Committee accepted 30 oral presentations from more than 100 applications in the call. The quality and quantity of applications received were generally high. Some applicants that could not be accepted as part of the on-site conference program due to capacity reasons were offered a webinar presentation as part of our INSIGHT after-conference series.



Selected Speakers



Dr. sc. hum. Henrik Jungaberle
Executive Director
MIND Foundation and OVID



Dr. med. Andrea Jungaberle
Anaesthesiologist, Medical Director
OVID Clinic Berlin, MIND Foundation



Gül Dölen, M.D., Ph.D.
Associate Professor of Neuroscience,
Johns Hopkins University Baltimore, USA



Dr. med. Marion Haberkamp
Head of Section Neurology/Psychiatry/
Ophthalmology at BfArM, Germany



Prof. Dr. Harry Sumnall
Professor in Substance Use, Liverpool
John Moores University, UK



Dr. Anna Ciaunica
Research Associate
University of Porto and
University College London



Charles Raison, M.D.
Professor, Department of Psychiatry, School
of Medicine and Public Health, University of
Wisconsin-Madison, Usona Institute, USA



Prof. Dr. David Nutt
Professor of Neuropsychopharmacology
in the Division of Brain Science, Dept of
Medicine, Hammersmith Hospital, Imperial
College London, UK



Prof. Dr. med. Gerhard Gründer
Professor of Psychiatry
Central Institute of Mental Health in
Mannheim, Germany



Prof. Dr. Matthias Liechti
Professor of Clinical Pharmacology and
Internal Medicine, University of Basel,
Switzerland



Dr. Katrin Preller
Senior Researcher, Psychologist, and
Neuroscientist, University of Zürich, and Yale
University, Switzerland



Prof. Stephen Asma
Professor of Philosophy at
Columbia College Chicago, USA



David Bronner
Cosmic Engagement Officer (CEO),
Dr. Bronner's, USA



Rick Doblin, Ph.D.
Founder and Executive Director
of MAPS, USA



Dr. Martha Havenith
Research group leader,
Ernst Strüngmann Institut, Frankfurt,
Germany



Prof. Dr. Matthew Johnson
Professor of Psychedelics & Consciousness
Research, Johns Hopkins University
Baltimore, USA



Dr. med. Peter Gasser
Specialist psychiatry and psychotherapy,
Solothurn, Switzerland



Dr. Elizabeth Nielson
Clinical Psychologist, Co-Founder and
Lead Trainer at Fluence, USA



Amy Emerson
Chief Executive Officer
MAPS Public Benefit Corporation, USA



Prof. Dr. med. Franz X. Vollenweider
Professor of Psychiatry,
University of Zürich, Switzerland



Awards

The MIND Foundation's award program comprises seven prizes. Six of these prizes are awarded during INSIGHT. Five of them concern contributions to the INSIGHT conference, two others go beyond INSIGHT.

In 2022, the **MIND Foundation Award** goes to Prof. Dr. Roland Griffiths, MD for life-long contributions to the advancement of psychedelic therapy and science. It is endowed with 4000 Euros and was selected by the Scientific Advisory Board of the MIND Foundation).

The **Willy Schweitzer Award for Young Researchers** is endowed with 1000 Euros.

- » The Willy Schweitzer Award for Young Researchers is handed out in recognition of outstanding contributions by junior researchers (no more than 5 years since their PhD). It was selected by a jury of the Professional Sections in the MIND Members Association. The Award winner 2021 was: Malin Uthaug, P.hD.
- » Five researchers and clinicians received awards for their presentations at the INSIGHT conference. The conference speakers chose **The Best Basic Research Presentation, The Best Clinical Presentation, and The Best Research Poster** (two winners). The **INSIGHT Audience Award** was selected by conference participants themselves.

The award winners – in the above-mentioned order were: Chris Timmermann, P.hD., Lea Mertens, M.Sc. Laura Kärtner, M.Sc. Samuli Kangaslampi, P.hD., and Anna Becker, M.Sc.

- » MIND's Art Section granted **The INSIGHT Art Award**. In 2021, it was dedicated to all INSIGHT 2021 artists for their important contribution to the discussion of psychedelic research and culture through the medium of art.



Malin Uthaug, P.hD.

Pre-Conference Workshops

On Thursday afternoon before the conference evening at the same day, we offered **fourteen pre-conference workshops** to on-site and online participants.

The workshops at INSIGHT provided a hands-on approach to the various topics of the conference: augmented psychotherapy, psychedelic integration, harm-reduction, and drug emergencies, music as a tool for self-experience, and many more.



Additionally, each Professional Section of the MIND Foundation organized a free on-site workshop that was accessible for online attendees, too. The Section Speakers shared their work and invited both MIND members and non-members to participate in knowledge exchange, networking, and discussion about recent developments in their according fields: **Mental Health, Neuroscience, Philosophy, Psychedelics and Coaching, Law and Ethics, and Arts.**

Panel Discussions & Round Tables

Based on the positive audience feedback from INSIGHT 2019, this year's conference increased the number of panels and round tables to eight. This allowed for more vivid discussions among experts and the audiences.

A wide spectrum of perspectives and controversial opinions were discussed. Particularly, INSIGHT 2021 discussed ethical questions around integrating and implementing altered states of consciousness in the health care system and wider society.



Panel Topics at INSIGHT 2021

1. New paradigm or co-existence? The potential of psychedelics in mental health
2. Building the mental health treatments of the future – between neurobiological effects and phenomenological diversity
3. Is there only one way to approval? Challenges in implementing psychedelic substances in the medical field
4. How useful is integration therapy? The concepts, methods, and science behind practices of integrating psychedelic experiences in clinical settings
5. Transformation of self or society? Understanding the implications of the psychedelic experience
6. Assessing the value of psychedelic therapies to payers and society
7. From the Lab to the Retreat Center? Ethical Science Communication and Psychedelic PopCulture
8. A glimpse of the bigger picture - consciousness in culture and medicine

Audience Interaction & Participation

In their INSIGHT 2019 feedback, participants were asking for more audience interaction. We created two additional timeslots specifically for that purpose. Attendees were able to gather in smaller groups, focusing on different topics such as “Psychedelic Therapist Training”, “Local MIND groups”, “uniMIND - networking for psychedelic researchers and students”. Another timeslot was explicitly designated to gather live feedback about the conference and how to expand it in 2023.

Additionally, every presentation – with only a few exceptions – allowed for questions by attendees at the end, including feedback from online attendees.



Poster Sessions

The Program Committee accepted 42 poster applications that ranged from Basic Research to Treatment, and Philosophy. INSIGHT 2021 hosted both an on-site and online poster session.

The on-site posters were exhibited in the main hall of the Langenbeck-Virchow-Haus and were presented by their authors. The audience engaged in lively discussions with the authors. Many used the opportunity for meet until late in the evening.

Almost all posters were made accessible to our online audience. Additionally, 12 online poster presenters gave an introduction to their research via Livestream. Online attendees were able to join virtual lounge tables to listen and discuss with the researchers via video chat.

The poster prize was awarded based on the conference speaker’s votes. The awards for the Best Research Posters were given to: Laura Kärtner, M.Sc. + Samuli Kangaslampi, PhD.

Arts & Music Program



Arts Program

MIND's Arts Section curated the art and music program in cooperation with EDGE, an international group of artist-scientists studying and researching neuroscience in Berlin. During the conference, visitors (in-person & digital) had the opportunity to retreat from the academic program and play, reflect and immerse into the art exhibited in different media, including paintings, projections, installations, and audiovisual rooms. Again, a stroboscopic lamp experience was a highlight of the experiential program at





Stroboscopic Light Exploratorium

INSIGHT 2021. We used a light device to evoke well-controlable altered states of mind that can affect visual, mental, emotional, and physical aspects.

Numerous visitors were able to attend sessions under the supervision of facilitators - providing positive feedback on this opportunity to transcend the discussions.



Conference Party

The conference party took place in the James June Biergarten located at Straße der Pariser Kommune, Berlin-Friedrichshain - allowing for Corona adequate social interaction. The outside location welcomed more than 500 visitors - with many conference guests bringing their loved ones and friends.

Speakers, MIND staff, attendees, and members mingled and connected in a relaxed atmosphere. It was an excellent way to network and connect. During the party, attendees enjoyed a combination of improvisation and dance music by a live band.



CME Points

A part of the MIND Foundation's mission is to build a value-based social network for individuals and organizations with an interest in evidence-based psychedelic therapy, research, and self-development. Medical doctors, psychotherapists, and other health professionals are among the most represented professions in that community and were equally represented in the INSIGHT 2021 audience.

The conference received 21 CME/CE credits in total from the Berlin Chamber of Medical Doctors and the Brandenburg Chamber of Medical Doctors. 18 CME/CE credits were provided for the conference itself and 3 CME/CE credits for each of the pre-conference workshops.



Access, Equity and Diversity at INSIGHT

As part of MIND'S **Access, Equity and Diversity Program (AED)**, we designed the INSIGHT Diversity Fund to make the conference accessible, regardless of socioeconomic status. Through donations by conference attendees and our funding, MIND supported several dozens of people to participate in INSIGHT.

The support included both reduced or free tickets for attendees and financial support for travel expenses for INSIGHT speakers and attendees who otherwise would not have had the opportunity to join us in Berlin.

Reduced tickets cost less than half of the standard ticket price (169€ compared to 379€) and were reserved for students, pensioners, and other people with low-income. Financial support in the form of free tickets and reimbursement of travel costs constituted several thousand euros. The AED Program helped create a conference with many different perspectives, backgrounds and nationalities, and a wide variety of topics. This fact was also positively highlighted by many conference survey respondents.

Evaluation

In the two weeks after INSIGHT, we conducted an after-conference survey aiming to assess audience member experiences. In total, 170 attendees responded.

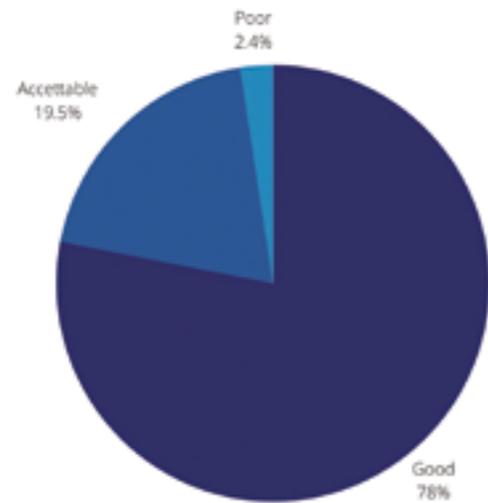
The after-conference survey demonstrated high satisfaction with the conference.

Survey results showed that 92% of participants reported the conference met their expectations entirely or partially. 91% rated the conference as “very good” or “good”. The conference presentations were considered “outstanding” or “above average” by 87% of the survey respondents.

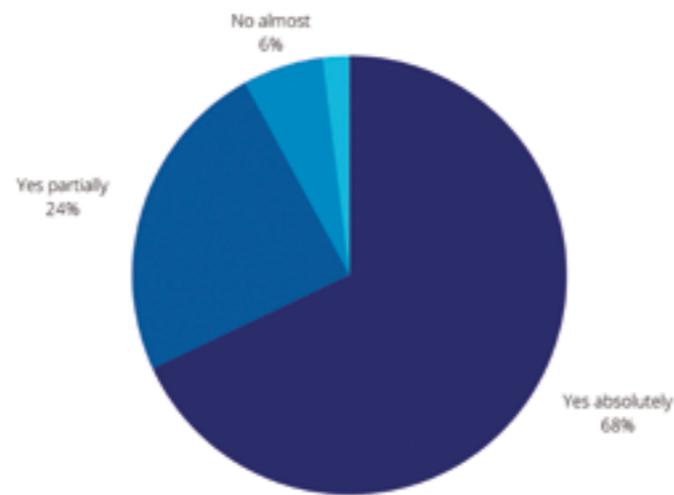
Although online attendees understandably reported some technical difficulties, the overall feedback was quite positive. The user-friendliness of the Airmet platform used in 2021 was rated “user-friendly” or “very user-friendly” by 81%.

Online attendees reported that the communication between MIND Staff and online attendees was “very good” (43%), “good” (32%) or “acceptable” (20%).

How do you rate the overall conference?



Did the conference meet your expectations?

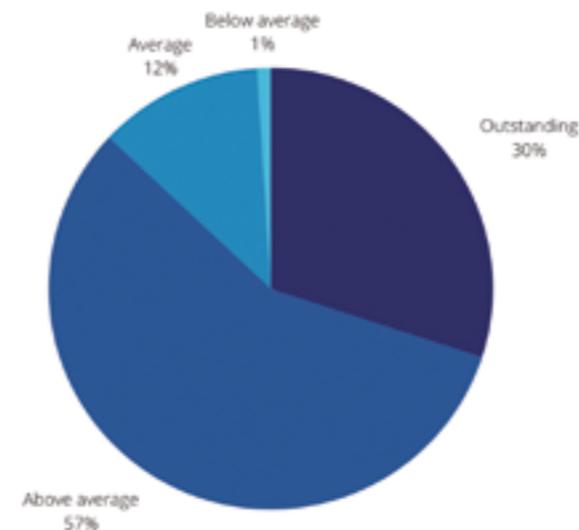


Ticket prices were considered reasonable by 78% of the audience.

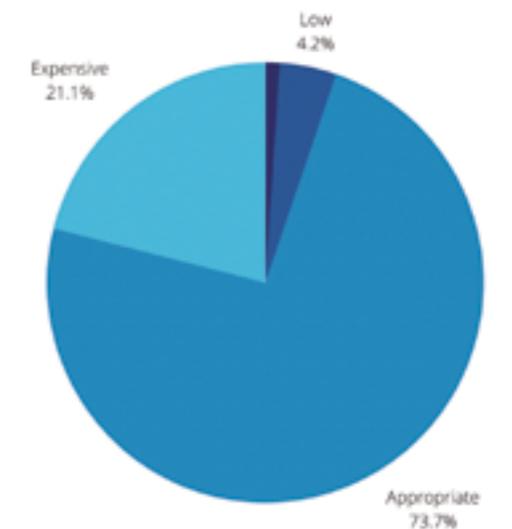
The results from the qualitative survey demonstrate that attendees were most fascinated by the wide variety of topics, many different perspectives and speakers, the scientific community, the stimulating atmosphere, and the excellent balance of scientific talks and the arts.



Quality of Presentations



Appropriateness of Ticket Price



Covid-19 Concept of INSIGHT 2021

INSIGHT 2021 occurred right between the second and third corona wave (in Germany and internationally). Regulations were still in place and only allowed for events that implemented the 3G rule (i.e. vaccinated, recovered, or tested people could enter).

In areas where attendees could not open windows or keep the distance, we recommended mask-wearing at all times. Additionally, we measured all attendees' body temperature at the registration, documented their attendance, and filled all rooms with only 2/3 capacity.

All presentations were live-streamed via the conference platform Airmeeet. To reduce the number of on-site attendees, we also recommended that participants watch some of the talks at home or use their Smartphones and the Airmeeet App. According to the survey respondents, many participants made use of this convenient opportunity.

The feedback regarding the safety and hygiene concept was overwhelmingly positive. No outbreaks were reported to or from the public health authorities.

People reported feeling safe and relaxed.

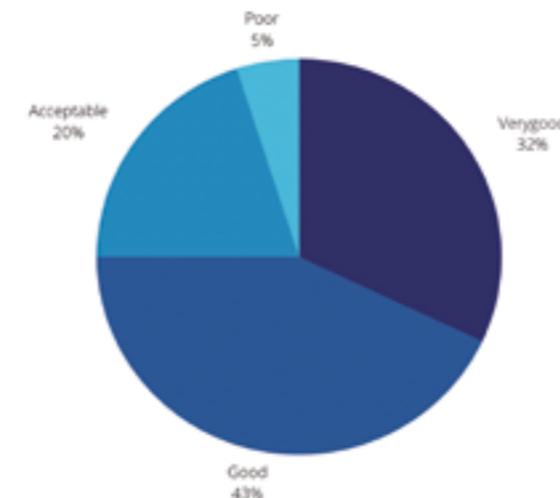


In Airmeeet, the livestreams of the sessions were easily accessible through the timetable. Additionally, attendees could network in a virtual lounge, talk to the INSIGHT partners at virtual booth tables, and enjoy many more features. Although a few online attendees reported technical difficulties, the overall feedback was very positive. The Airmeeet platform was rated “user-friendly” or “very user-friendly” by 81%.

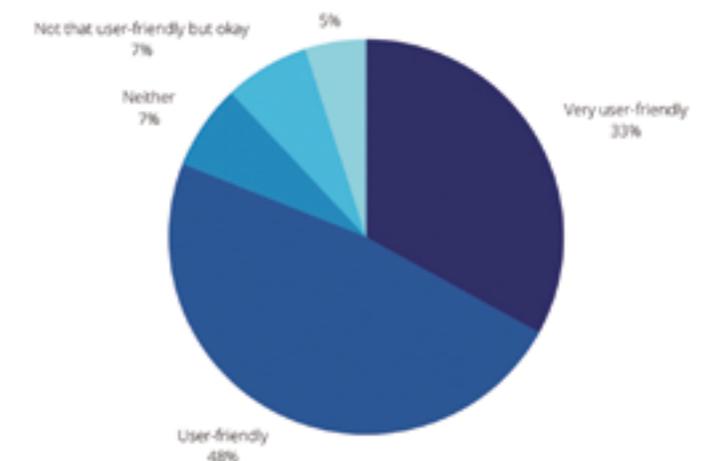
Online attendees reported that the communication between MIND Staff and online attendees was “very good” (43%), “good” (32%) or “acceptable” (20%).



How do you rate the communication between MIND staff & online attendees?



How user-friendly was the Airmeeet platform?





Donations to MIND

As a non-profit organization we can only implement our programs with the support of donors.

Your gift, big or small, will support the further development and implementation of MIND's programs like APT - Augmented Psychotherapy Training, BEYOND Experience, Footsteps, and Molecules, or the Access, Equity and Diversity Program.

Every donation – big or small – makes a difference!

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



Help us expand evidence-based and public education about the therapeutic potential of the psychedelic experience.

Collaboration Partners II

Besides the Diamond partners, INSIGHT 2021 was supported by universities, mental health organizations, publishers, press, sponsors, investors and other stakeholders in the research, clinical and financing field.

OUR GOLD PARTNERS



OUR SILVER PARTNERS



DIGITAL MEDIA PARTNER



PROMOTIONAL PARTNERS



Invitation to INSIGHT 2023 - August 31st - September 3rd

The MIND Foundation will continue to organize the INSIGHT conference as a major global science event. INSIGHT is a dynamic and professional platform on basic research, evaluation, clinical aspects, and the philosophy of science relating to psychedelic experience.

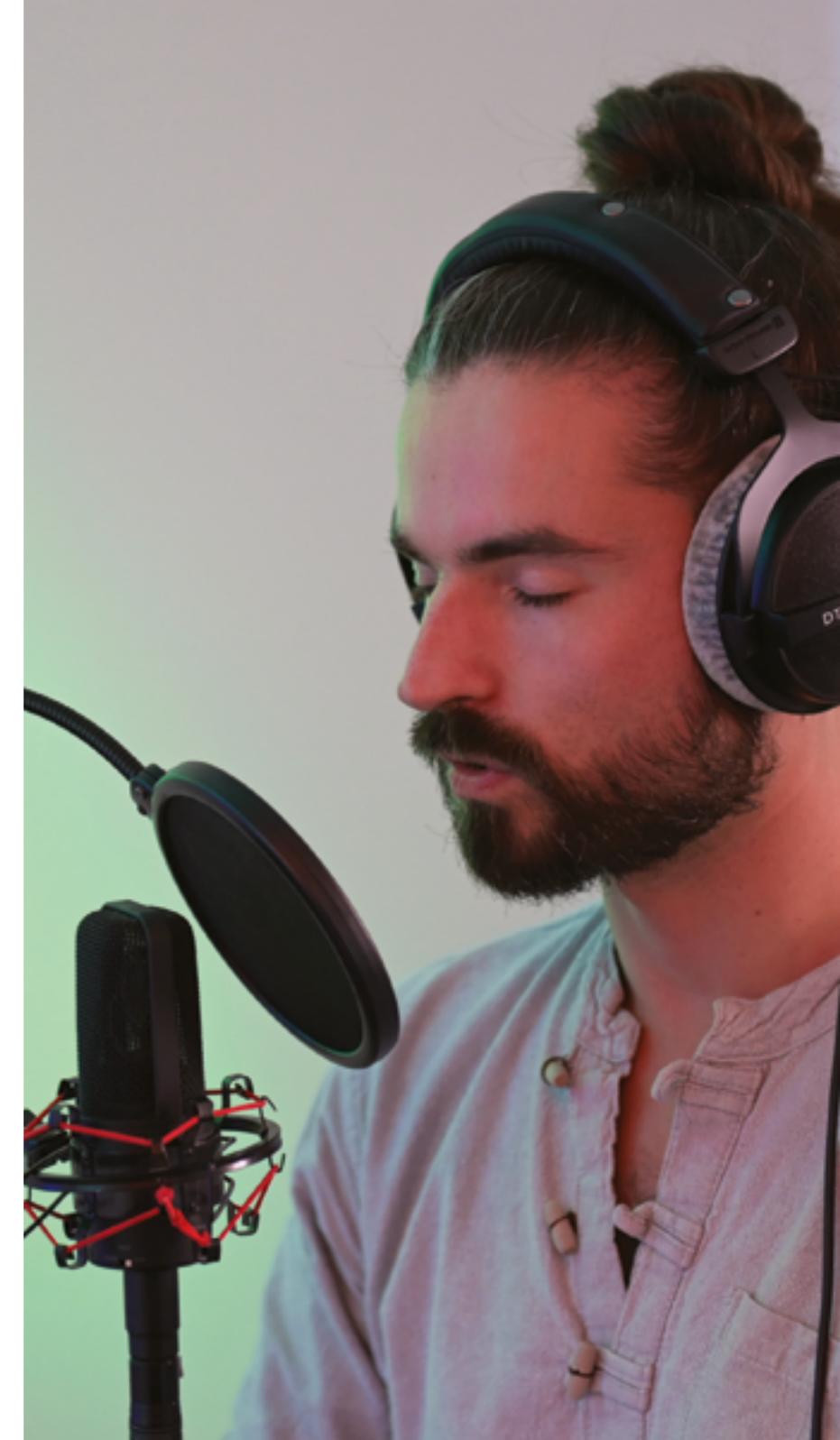
In 2023 we will add new formats to the conference: multilinguality, invited symposia, and policy interaction. And we will thoroughly discuss what it means to re-build and implement



psychedelic therapies professionally. How can we critically learn from the past and the ongoing studies? How are “ritual” and “tradition” problematic concepts for professionals in open societies? Which are the criteria for defining mature patient spiritualities? How are the study protocols improving? Which therapist trainings have evolved?... To name only a few.

Our aim for 2023 is to target even more scientifically oriented professionals from outside the psychedelic field, to increase participation of researchers from outside of the current psychedelic research groups, cooperate with further universities, hospitals and the pharma-industry. Moreover, the organizers will involve actors from international and national regulatory bodies and politicians.

Finally, INSIGHT 2023 will also start to report results from the largest science-initiated psilocybin study so far: the German EPIsoDE trial.



Augmented Psychotherapy Training - APT

The APT program is MIND's professional training for physicians, psychotherapists, and complementary mental health professionals.

Find out more about the training in our info-meetups and on mind-foundation.org/apt

BEYOND EXPERIENCE

Psychedelic Integration Workshop

Learn about the integration of psychedelic experience in a fascinating group process.

For more visit mind-foundation.org/beyond-experience

Explore ONE psychedelic experience in an inspiring online course.

For more visit mind-foundation.org/footsteps

FOOTSTEPS

a 6-step online integration journey

MIND MOLECULES

Achieve an integrative understanding of psychoactive substances through a unique interdisciplinary, evidence-based approach to knowledge.

For more visit mind-foundation.org/molecules

Thank You

To all who have contributed their time & talent to
creating INSIGHT 2021



Oliver Amrehn, B.Sc.
Camile Bahi, M.Pharm.
Samy Bahi, B.Sc.B
Lukas Basedow, M.Sc.
Abigail Calder, M.Sc.
Marvin Däumichen, M.A.
Silvia Däumichen, B.A.
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Alejandra Diaz, M.B.A.
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Nikolaj Gründer, M.Sc.
Dr. Martha Havenith
David Heuer, M.A.
Selina Heuser, M.Sc.
Lucca Jäckel, B.Sc.
Leopold Jedina, M.Sc.
Dr. med. Andrea Jungaberle

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 Amelia Young
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 Jostein Schirrwagen
 Fabian Kuypers
 Martin Gürster
 Bradley Royes
 Marius Bauer
 Tim Beyer
 Katja Fochler
 Alexander Keller

Marc König
 Alexander Schultz
 Felix Rauhut
 Michael Richter
 Henning Eichhorn
 Gabriele Mittag

... and the many we might have forgotten



Natali de Waal, M.Sc.	Annie Rawson, M.Sc.	Samon Bernerale Johnson	Maria Madem	Sabela Garcia Cuesta
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