

# Psychedelics Then & Now

AS EARLY AS  
**5000 BCE**

Indigenous groups in North America used peyote and psilocybin for thousands of years in healing ceremonies, communal rituals, and vision quests led by religious shamans who guided through song.



**1938**

Dr. Albert Hofmann, working for Sandoz laboratories, synthesizes LSD-25. He states, "I had planned the synthesis of this compound with the intention of obtaining a circulatory and respiratory stimulant".



**1955**

R. Gordon Wasson and Allan Richardson are the first two Americans to ingest mushrooms at a ritual under the supervision of Maria Sabina. The ritual and the mushrooms were popularized by Wassons' book *Mushrooms, Russia and History*.



**1962**

The "Good Friday Experiment" – Walter Pahnke, researcher at Harvard University, administers psilocybin in a double-blind study and establishes that when both mental "set" and physical "setting" are arranged to encourage the occurrence of a mystical experience, it occurs with higher probability.



**1986**

Rick Doblin, PhD establishes the Multidisciplinary Association for Psychedelic Studies (MAPS). It continues to support and conduct pioneering research demonstrating the safety and enhanced benefits of MDMA-assisted psychotherapy.



**1999**

Dr. Roland Griffiths initiates a research program at Johns Hopkins University investigating the effects of psilocybin. His research includes studies of psilocybin-occasioned mystical-type experiences in healthy volunteers; psilocybin-facilitated treatment of psychological distress in cancer patients; psilocybin-facilitated treatment of cigarette smoking cessation; and psilocybin effects on religious leaders.



**2016**

The results of research on the efficacy of psilocybin as a treatment for clinically significant depression and anxiety in patients with life-threatening cancer are published. Imperial College London also publishes a first open trial of high dose psilocybin for treatment-resistant depression.



**2018**

The FDA grants Breakthrough Therapy designation to Compass Pathways for its psilocybin therapy for treatment-resistant depression. Compass begins the first large-scale psilocybin therapy clinical trial in Europe and North America.

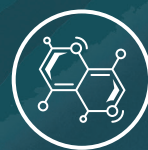


**2019**

Psychedelic research centers are launched at Johns Hopkins and Imperial College London, the first of many academic centers to come into existence over subsequent years.

**1897**

Arthur Heffter demonstrates that mescaline is the main psychedelic component in peyote by consuming 150 mg of mescaline hydrochloride. This is the first psychedelic experience with a purified compound.



**1943**

Bicycle Day – Albert Hofmann takes 250 µg of LSD. This was the first time a human intentionally used LSD.



**1958**

Albert Hofmann isolates and determines the structure of the two active agents in mushrooms. He names them psilocybin and psilocin.



**1970**

The Controlled Substance Act is signed into law by Richard Nixon. LSD, psilocybin, psilocin, mescaline, peyote, cannabis, MDA and n,n DMT become Schedule I drugs, the category for substances with "no currently accepted medical use and a high potential for abuse." Approximately 1,000 studies were conducted prior to these agents being placed on Schedule I.



**1990**

Dr. Rick Strassman begins five years of DEA-approved clinical research at the University of New Mexico, where he administers DMT to 60 volunteers.



**2014**

Using a scanning technique that displays the electrical activity in the brain, Dr. Robin Carhart-Harris and his team at Imperial College London produce a map of the brain's internal communications. During normal consciousness, the brain's various networks communicate primarily with themselves, with little communication across networks. Under the influence of psilocybin, thousands of new connections form across networks, resulting in a more integrated brain.



**2017**

Research being conducted by MAPS on MDMA-Assisted Psychotherapy for PTSD is granted Breakthrough Therapy designation by the FDA. The FDA approves the MAPS protocol for Phase 3 clinical trials.



**2019**

The movement to decriminalize psilocybin in the United States begins, with Denver, Colorado becoming the first city to decriminalize psilocybin in May 2019. More cities, states, and territories followed suit.



**2019**

The FDA grants Breakthrough Therapy designation to the Usona Institute for its psilocybin therapy for major depressive disorder. Usona's phase 2 clinical trials will include 100 volunteers at seven sites around the U.S.



**2021**  
Sept. 17-19

**Sana Symposium Launches**  
Educating mental health and addiction professionals on the successful practice of psychedelic-assisted therapies.