

ABOUT THE AUTHOR



Katherine MacLean, Ph.D. is a neuroscientist with expertise in studying the effects of [mindfulness meditation](#) and psychedelics on cognitive performance, emotional well-being, [spirituality](#), and brain function.

As a postdoctoral research fellow and faculty member at the Johns Hopkins University School of Medicine, she conducted clinical trials of psilocybin, the primary chemical found in “magic mushrooms,” and other psychedelic compounds. Her groundbreaking research on psilocybin and personality change suggests that psychedelic medicines can enhance openness to new experiences and promote [mental health](#) and emotional well-being throughout the lifespan.

Dr. MacLean co-founded and directed the first center for psychedelic education and training in New York, was featured in the *New Yorker* article entitled "The Trip Treatment" by Michael Pollan, and her TED Talk has been viewed nearly fifty thousand times.