

INTERVIEWS AND APPEARANCES

[TEDx: OPEN WIDE AND SAY AWE](#) (LINK)

“On April 15, 2012, I was flying home from a conference. And on the first leg of my trip, somewhere between Tucson and Las Vegas, I died.” Join Katherine as she explores the wild and magical terrain of death, psychedelics and healing, from the clinic at Johns Hopkins to her sister's hospital room and beyond.



[BEFRIENDING THE BELOVED MYSTERY WITH MAGIC MUSHROOMS](#)



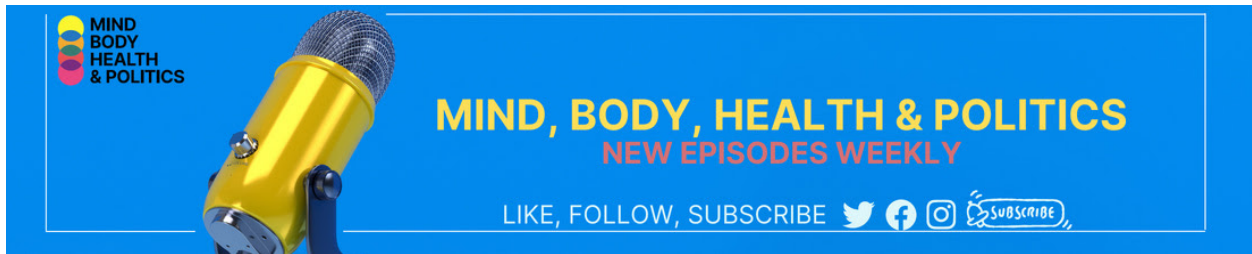
Psychedelics have officially re-entered mainstream consciousness, through clinical research trials at major universities, corporate-sponsored pharmaceutical drug development, and decriminalization efforts in major America cities. Everyone from Alexandria Ocasio-Cortez to Michael Pollan now has a story to tell about how mushrooms can save humanity. But let's not forget the original love stories that the mushrooms have been quietly sharing with humans for millennia. In this talk, Dr. Katherine MacLean weaves a tale of scientific discovery,

mystical love, super-natural intelligence, and personal redemption from the perspective of individual humans and their amazing encounters with psilocybin mushrooms. ([LINK](#))



[HOW TO RETURN TO NORMAL LIFE AFTER A CRAZY TRIP](#) (LINK)

A *Vice* article exploring emerging programs that provide support and guidance for people in the wake of psychedelic experiences, in which Katherine MacLean features prominently for her director role in The Psychedelic Continuing Care and Education Program.



THE GOOD, THE BAD & THE UGLY OF PSYCHEDELICS: Katherine MacLean, Ph.D., on her groundbreaking research with Roland Griffiths into the healing potential of psilocybin with Dr. Richard L. Miller

Pharmaceutical companies often hide or downplay the adverse effects of their medicines. They call them “side” effects, when we all know that they affect the whole person.

I prefer to call these unwanted complications “adverse effects” for the sake of honesty. Likewise, it is essential that those of us working the field of psychedelic science are transparent about both the positive and negative effects—“the good, the bad and the ugly”—of these compounds.

I am beginning a new series that will serve as a PSA on the unwanted complications of psychedelics medicines. For me, this work is not about financial gain, but about bringing something with great potential for healing and creativity to humanity.

My guest this week is Katherine MacLean, Ph.D., an expert on the effects of mindfulness meditation and psychedelics on cognitive performance, emotional well-being, spirituality, and brain function. Katherine is also a research scientist and the author of a forthcoming book, *Midnight Water: A Psychedelic Memoir*.

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I first interviewed Katherine back in 2014, when she was a postdoctoral research fellow and faculty member conducting clinical trials of psilocybin with Dr. Roland Griffiths at Johns Hopkins University School of Medicine. Their groundbreaking research on psychedelics and personality change suggested that these medicines can enhance openness to new experiences and promote mental health and emotional well-being throughout one’s lifespan.

However, we must not give in to the temptation to overhype these remarkable results, or use them as an excuse to gloss over the potential downsides. Our conversation touches on their findings regarding potential adverse effects. We differentiate between unpleasant and adverse experiences, noting that the former can be an occasion for positive growth, while the latter should be minimized through careful preparation and screening of high-risk patients. These medicines are not for everyone.

Finally, we delve into the hot-button issue of abusive and inappropriate relationships between therapists and their patients. Rather than sweep these ugly realities under the rug, Katherine and I confront them head-on.

We will never remove the stigmas and taboos surrounding psychedelic medicines if we attempt to suppress the truth. ([LINK](#))