

## **Introduction to Psychedelic Science**

### **Psychology 198, 2 Unit**

#### **University of California, Berkeley -- Fall 2022**

This DeCal will give students a survey knowledge of the growing field of Psychedelic Science, including neurobiological, psychological, and anthropological perspectives, weaving our discussion into the history and culture of psychedelics across the globe. Our class is for anyone from psychedelic experts to curious newcomers; we hope to offer material that will interest anyone, whether you are passionate about understanding the brain, promising mental health treatments, criminal justice reform, or philosophy of mind. We are offering a list of readings on current research in the field, the history of psychedelics in the West, indigenous cultures' use of psychedelics, and more. As we get to know each other and learn together we will get to hear from expert guest lecturers on their research, practice, and experiences. Our goal is to create a learning environment open to anyone who is curious, where we can share in the exploration of this new, exciting field!

**One REQUIRED, in person class per week**

**Check syllabus WEEKLY for updates**

**Class safe word: TBD**

Class consists of lecture and Q&A with our guest speaker during the first two hours (5-7pm), followed by one hour of discussion (7-8pm).

**Location:** HFAXB5

**Date and Time:** Monday 5-8pm

**Office Hours:** TBD

**Join the Psychedelic Science Club (PsySci) Discord:** <https://discord.gg/BhGwftacxU>

**Class email:** [itpsdecal@gmail.com](mailto:itpsdecal@gmail.com) ← use this one

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## Course Requirements

An open mind and an eagerness to learn! While there are no official prerequisites or background knowledge required to take this DeCal, we will be taking a multidisciplinary approach to exploring the topic of psychedelic science. The course should appeal to students of all majors, pulling readings from scientific research and papers covering aspects like psychology, history, philosophy, and non-western tradition.

## Course Objectives

We aim to cultivate curiosity in and provide an overview of the re-emerging field of psychedelic science from a holistic and interdisciplinary approach. We will provide students with the opportunity to integrate into the psychedelic science community through guest speakers if they wish to do so. This course will also put an emphasis on practicing mindfulness and meditation skills, which lie at the heart of psychedelic culture.

## Grading

The line between pass & non-pass will be at an overall grade of 70%. The grading breakdown is below.

**Attendance & Participation:** Attendance and participation is essential in co-creating a class community. We ask that you commit to attending every class. More than 3 unexcused absences will result in a no-pass (NP). *Please be sure to fill out the attendance sheet at the beginning of every class!*

To excuse an absence, you must email [itpsdecal@gmail.com](mailto:itpsdecal@gmail.com) in advance of the class you will be absent for.

**Sick Policy:** If you are feeling sick, **DO NOT COME TO CLASS.** Communicate this with us and we will work something out.

## Grading Breakdown

Attendance + Participation	50%
Reflections	30% (10% each)
Creative Project	20%

**Reflections:** There will be three assigned reflection assignments (due dates below).

Completing all the reflection assignments is also required to pass. We allow one missed reflection to be made up - do one of the make-up assignments that will be detailed below.

As fellow students, we wholeheartedly want to support each of your learning journeys. As part of the course, we include 3 reflection assignments for synthesis of course content. We feel that it's important to engage with the material to get the most out of this course, so please, complete them on time. While they are graded, these are not meant to be stressful.

**Creative Project:** The goal for this project is at the end of the semester, to have a class archive of creative materials to illustrate key concepts from the course. Each student will sign up to create a project on their chosen key topic from the class. Take this as an opportunity to dive deeper into a topic you don't know much about, or as an opportunity to share with others a topic you are passionate about. Finished projects will be due two weeks after the presentations they correspond to, but the deadline can be very flexible, especially if you are passionate about a project and need more time on it (reach out if necessary). Basically, you have until the end of RRR week to turn in your project, but just make sure to communicate with us.

Creative projects are meant to embody their corresponding lectures' main takeaway motifs/themes. Submissions can be a resource/study guide, poster/illustration, poem, write-up, reading list. You can code something that's your jam, create a model of some kind, or ANYTHING else. We want projects to be unique, so these are suggestions only – you can ultimately create whatever you resonate with most.

We ask that you [sign up](#) for a class by one week after the first class. This is to avoid putting off thinking about what general topic you want to do. You are welcome to change your topic ANYTIME (be sure to change it on the sheet, so someone else can have the opportunity to sign up for your topic if you switch).

Because the facilitators are engaging with the lectures along with you, we are not aware of all of the key concepts ahead of time. We have added a few, but if there is a topic that comes up during a lecture that you resonate with, add it to the sheet and sign up for it!

**Due Dates (ALL 11:59 PM):**

**9/19** - [Creative Project Signups](#) (not graded)

**Two weeks after speaker presentation of associated topic** - Creative Project

**9/19** - Reflection 1 (discussion post)

**TBD** - Reflection 2

**TBD** - Reflection 3

**Late Policy:** If you are struggling we don't want you to worry; To incentivize students to engage with the reflections before subsequent lectures, late work will be marked down 10%/day.

**However, if you don't think you can finish the reflection by the due date - send us an email and we can work with you to find a solution.**

**We want to support everyone in passing this class, so if anything comes up, please communicate with us! Help us help you.**

**Readings:** Readings are not graded, but our speakers pick them to prepare us for lecture. If you haven't read/listened to/watched the reading, the class will be less interesting, and you'll look like a dope when the speaker asks a question about the reading and you're caught looking around avoiding eye contact. Many of our speakers are leading experts in their field so please do make the most out of the opportunity to engage with them.

### **Discussion Sections**

Discussions are intended to give students time to integrate material learned from lectures, through a synthesis of intrapersonal journaling and interpersonal discussion. Sections also give students a chance to connect with classmates in smaller group discussions.

#### **Approximate Discussion Section Structure :**

7.00-7.15 - Break/Hang with speaker, chill

7.15-7.25 - Journaling

7.30-7.40 - Small group discussion

7.40-8.00 - Large group discussion

Exact timings will be experimented on and iterated throughout as well as played by ear.

### **Make-up Assignments**

Optional assignments to make up points from missing a class or reflection assignment (Will be updated throughout the semester)

- Lead or attend a journal club session
  - PsySci holds journal reviews for members to learn about research associated with the science of psychedelics, reach out to one of the facilitators if interested. Announcements will be made on Discord as well as the email listserv.
- Present or attend a PsySci Townhall

- Reach out to a facilitator if interested. Townhalls will happen at the end of every month, stay in the loop on Discord and Listserv.

**Accommodation of disabilities:** Please feel welcome to let any of the facilitators know if you need accommodations for any physical, psychological, or learning disability, and we will be happy to work with you to help ensure your needs are met.

**Honor Code:** The student community at UC Berkeley has adopted the following Honor Code: “As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”

In the context of this course, the honor code means that students are asked to be respectful and kind to their fellows and to submit only their own work.

Date	Class Topic	Due Before Class
Week 1: 9/12	“Introduction and Fundamentals of Psychedelics”	Nothing
Week 2: 9/19	“Framework of Thought” Ayize Jama Everett	TBD
Week 3: 9/26 (Rosh Hashanah)	“Plant Teachers and Fungal Allies” Bob Otis Stanley	TBD
Week 4: 10/3	“Policy, Advocacy, and Law” Larry Norris	TBD

Week 5: 10/10 Indigenous People's Day	"Neuroscience of Psychedelic Action"  Michael Silver	TBD
Week 6: 10/17	"Psychedelic-Assisted Psychotherapy"  Jennifer Mitchell	TBD
Week 7: 10/24 (Diwali)	"Indigenous Perspectives"  Acacea Lewis	TBD
Week 8: 10/31 Halloween	"DMT"  Rick Strassman	TBD
Week 9: 11/7	"Healing in the Time of Capitalism"  David Alder	TBD
Week 10: 11/14	"Ketamine-Assisted Psychotherapy in Practice"  Bob Grant	TBD
Week 11: 11/21	"Non-Substance Induced Altered States"  Inez Consuelo	TBD
Week 12: 11/28	"Access and Integration"  Kufikiri Imara	TBD

