

Resources:

Psychedelic Books

- *The Psychedelic Explorer's Guide – Safe, Therapeutic and Sacred Journeys* (James Fadiman - 2011)
- *How to Change your Mind* (Michael Pollan – 2018) – *What the New Science of Psychedelics teaches us about Consciousness, Dying, Addiction, Depression and Transcendence*

Psychedelic Websites

- www.erowid.org – can find detailed information on just about any question you have (including doses, anecdotes, even recipes for ingestion). While there are some scientific references, quality assurance cannot be guaranteed, because much of it is anecdotal.

Psilocybin and end-of-life:

- Scientific articles:
 - o Johns Hopkins study (largest high-quality study)
 - [Griffiths 2016](#)
 - o NYU
 - [Ross 2016](#)
 - [Ross 2020 \(follow-up study to the 2016 study\)](#)
 - o Overview
 - [Ross 2018 \(summary of studies done up to that point\)](#)
- Youtube Videos:
 - o Researchers and scientists describing their findings
 - [NYU Anthony Bossis TED Talk \(results of NYU study with patient reports\)](#)
 - o Experiences of previous patients taking psilocybin for end-of-life distress
 - [Thomas Hartle \(first Canadian to receive this treatment legally\) describes his story/experience](#)

Psilocybin and mystical experiences

- Scientific Papers
 - o [Johns Hopkins, Griffiths 2006 \(healthy volunteers\)](#)
 - o [Johns Hopkins, Johnson 2017 \(smoking cessation long-term follow-up\)](#)
 - o [NYU, Bogenschutz 2016 \(alcoholism\)](#)
- Youtube Videos
 - o [Johns Hopkins Roland Griffiths 2015 \(discusses psilocybin, uses for a variety of purposes in medicine, and mystical experiences\)](#)
 - o [Dr. Gabor Mate 31min discussion](#)

Near Death Experiences (recommended by Tracey from the presentation):

Studies:

[Raymond Moody](#), [Life After Life](#)

[Bruce Greyson](#), [After](#)

Kenneth Ring, Lessons from the Light

Personal Experience:

Anita Moorjani: Dying to be Me

***If interested in applying for the treatment, or learning more, check out TheraPsil's website at:
www.therapsil.ca***

TheraPsil is non-profit patient-advocacy group that aims to increase legal access to psilocybin treatment.