**2023 Departmental Day**  
**Psilocybin: Clinical Potential and Mechanisms**  
**November 16, 2023**  
McGill Faculty Club (3450 McTavish St., Montreal, QC)

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<td>12:00 – 12:40</td>
<td>Sign-in and sandwich buffet</td>
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| 12:40 – 12:50 | Welcome.  
Dr. Gustavo Turecki (Chair, Department of Psychiatry)                                |
| 12:50 – 13:30 | Virtual presentation  
**Psychedelic therapies as new frontiers in addiction treatment: state of the science**  
Dr. Albert Garcia-Romeu (Assistant Professor of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine)  
- Describe psychedelic-assisted psychotherapy, and how it differs from typical psychotherapy and other psychiatric approaches.  
- Evaluate research to date on using psychedelic-assisted psychotherapy for the treatment of substance use disorders.  
- Identify hypothesized mechanisms of psychedelic-assisted interventions for substance use disorders.  
Q & A: 13:20 – 13:30                                |
| 13:30 – 14:30 | Microdosing: Fact or Fiction?  
Dr. Harriet de Wit (Professor of Psychiatry and Behavioral Neuroscience, University of Chicago)  
- To review evidence regarding the beneficial effects of microdosing psychedelic drugs.  
- To illustrate how controlled laboratory studies can be used to evaluate the pharmacological and behavioral effects of microdoses of drugs.  
Q & A: 14:15 – 14:30                                |
| 14:30 – 14:50 | Coffee Break                                                                           |
| 14:50 – 15:50 | The psychopharmacology of psychedelics: where the brain meets the spiritual mind  
Dr. Gabriella Gobbi (Professor, Department of Psychiatry, McGill University)  
- To learn more about the psychopharmacology of psychedelics and the role of 5-HT2A receptors.  
- To learn more about the recent clinical trials with psilocybin and LSD demonstrating their efficacy in treating depression and anxiety.  
- To learn more about the capacity of psychedelics to trigger spiritual experiences and explore their impact on mental health.  
Q & A: 15:35 – 15:50                                |
| 15:50 – 16:50 | Implementing psychedelics into clinical practice  
Dr. Emma Hapke (Associate Director, UHN Psychedelic Psychotherapy Research Group Lecturer, University of Toronto)  
- Explore the principles of psychedelic-assisted psychotherapy including set, setting, preparation and integration.  
- Describe the mechanism of action for how this model works at different levels.  
- Identify some of the risks and challenges of this paradigm.  
Q & A: 16:35 – 16:50                                |
| 16:50 – 17:20 | Clinicians’ Roundtable  
Dr. Emma Hapke (Associate Director, UHN Psychedelic Psychotherapy Research Group Lecturer, University of Toronto)  
Dr. Gabriella Gobbi (Professor, Department of Psychiatry, McGill University)  
Dr. Daniel Zigman (Assistant Professor, Department of Psychiatry, McGill University)  
- Understand controversies regarding the implementation of psychedelics into clinical practice.  
- Appreciate gaps in current knowledge about psychedelics.  
- Clarify any misunderstandings that may arisen during presentations.  |
| 17:20 – 17:30 | Conclusion                                                                             |
Overall Learning Objectives

- Understand evidence for and against the clinical potential of psychedelics
- Understand mechanisms that could account for clinical effectiveness
- Understand how to implement the use of psychedelics in clinical practice

Speaker Biographies

Albert Garcia-Romeu, PhD is an Assistant Professor of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine. His research examines the effects of psychedelics in humans, with a focus on psilocybin as an aid in the treatment of addiction. His current research interests include clinical applications of psychedelics, real-world drug use patterns, diversity in science, and the role of spirituality in mental health. He is a founding member of the Johns Hopkins Center for Psychedelic and Consciousness Research and the International Society for Research on Psychedelics. He serves on the Board of Directors for the College on Problems of Drug Dependence (CPDD) and is an Associate Editor for the journal Psychedelic Medicine.

Daniel Zigman, MD completed medical school and residency at McGill University. He completed fellowships in psychopharmacology at University of Ottawa and in medical education at McGill University. He is currently the Director of Outpatient Services at the MUHC and an Assistant Professor at McGill University. He works in the Mood & Anxiety Program and in the MEL/Crisis program. He is the co-director of Continuing Professional Development for the McGill Department of Psychiatry. His clinical areas of interest include treatment resistant depression, bipolar disorder and obsessive compulsive disorders.

Emma Hapke, MD is a psychiatrist, psychotherapist and psychedelic researcher at the University Health Network in Toronto. She is the co-founder and associate director of the UHN Psychedelic Psychotherapy Research Group. She has expertise in women’s mental health, the treatment of trauma, psychosocial oncology and psychedelic-assisted psychotherapy. Dr. Hapke worked with MAPS as the principal investigator for the Montreal site of the phase 3 trial of MDMA-assisted psychotherapy for PTSD. She is also the co-founder and co-director of the Michener Foundations of Psychedelic Psychotherapy Program. She currently leads research projects on psilocybin therapy for end-of-life distress and caregiver distress, experiential training of psychedelic therapists and surveys of psychedelic use in the community.

Gabriella Gobbi, MD, PhD leads a laboratory of basic science, known as the Neurobiological Psychiatry Unit, holds the Canada Research Chair in Therapeutics for Mental Health, and works as a Staff Psychiatrist at the Mood Disorder Clinic of the McGill University Health Center. Her research approach spans from bench to bedside, bridging the gaps between fundamental and clinical research. Dr. Gobbi received her MD in 1991 and her specialty in Psychiatry and Psychotherapy in 1995 from the Catholic University of Rome (Italy). She also earned a PhD in Neuroscience at the University of Cagliari (Italy) and completed a post-doc at McGill University (Montreal, Canada) in 2001. A trilingual speaker, she has been invited to speak at conferences around the world and has served as a reviewer/editor for many journals and international grant agencies in Europe and the USA. Dr. Gobbi also served as an expert witness for the Canadian Senate (2012), the Ministry of Health (2019), and the Ministry of Justice (2019) of Quebec for cannabis legislation. Her studies on cannabis have influenced policies, resulting in raising the age of cannabis consumption from 18 to 21 years old in Quebec and banning the advertisement of cannabis.

Harriet de Wit, PhD is a Professor in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago. She obtained her PhD in Experimental Psychology from Concordia University, where she worked with Dr. Jane Stewart. She studies the behavioral and neurobiological effects of psychoactive drugs in human volunteers. Dr. de Wit has studied effects of a wide range of drugs in humans, including alcohol, nicotine, stimulant drugs, cannabis and, most recently, MDMA (“Ecstasy”) and LSD. Her research has been funded continuously by the National Institutes of Health for the past 40 years.

Scientific Organizing Committee
Nicola Casacalenda, Marco Leyton, Daniel Zigman