

SPARK in VT

COMMUNITY CONVERSATIONS PSYCHEDELICS

Call to Action

Contact Your Representatives Washington County

Express your support for legislation that prioritizes legal access to psychedelic medicines, decriminalization, and/or personal use.

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About Us

The Society for Psychedelic Advocacy, Research & Knowledge (SPARK) is a collective of licensed clinicians, educators, and researchers committed to advancing thoughtful, ethical, and accessible community education on psychedelics and psychedelic-assisted therapies.

By centering education, dialogue, and community collaboration, SPARK aims to contribute to a more informed, compassionate, and ethically grounded public conversation about psychedelics and their place in individual and collective healing.

SparkInVt.org@gmail.com

<https://sparkinvt.org>

Psychedelic Research/ Books/ Podcasts

Psilocybin produces substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer. Authors: Roland R. Griffiths, Matthew W. Johnson, William A. Richards, et al.

Journal: Journal of Psychopharmacology (2016)

- Design: Randomized, double-blind clinical trial
- Population: Patients with cancer-related depression/anxiety
 - Key findings: Large reductions in depression and anxiety
 - Effects sustained at 6 months
 - ~80% showed clinically significant improvement
 - Outcomes strongly correlated with “mystical-type experiences”

Research

MDMA-assisted psychotherapy for treatment of PTSD: pooled analysis of six phase 2 randomized controlled trials. Authors: Michael C. Mithoefer, Allison A. Feduccia, Lisa Jerome, Rick Doblin, et al.

Journal: Psychopharmacology (2019)

- Design: Pooled analysis of multiple randomized controlled trials
- Population: Treatment-resistant PTSD
 - Key findings: Significant symptom reduction vs control
 - Large effect size (~0.8)
 - Many participants no longer met PTSD diagnostic criteria
 - Therapy involved structured preparation + integration sessions

Psilocybin-based therapy for cancer-related distress: systematic review and meta-analysis. Author: Camile Bahi. Journal type: Peer-reviewed synthesis (PRISMA-guided review)

- Design: Systematic review + meta-analysis of clinical studies
- Sample: Aggregated randomized and controlled trials
 - Key findings: Psilocybin showed significant superiority over placebo for depression/anxiety
 - Strong safety profile in controlled settings
 - Suggests consistent benefit across multiple studies

How to Change Your Mind by Michael Pollan

- Blends neuroscience, clinical trials, and first-person experience
- Covers psilocybin, LSD, and end-of-life anxiety treatment

The Psychedelic Explorer's Guide by James Fadiman

- One of the earliest modern frameworks for set, setting, and intention
- Includes therapeutic, spiritual, and microdosing perspectives

Sacred Medicines: Psychedelics and Religious Experiences by Rachel Harris

- Written by a psychologist involved in psychedelic research
- Integrates:
 - clinical findings (depression, anxiety, trauma)
 - spiritual and mystical experience

Books

Psychedelics Today

Core focus: Education, clinical practice, and the evolving psychedelic ecosystem

Blind Spots: Exploring What We Cannot See. Host: Dr. Chantelle Thomas (clinical psychologist)

Core focus: Ethics, trauma, and overlooked risks in therapy

The Emerald. Host: Joshua Michael Schrei

Core focus: Myth, animism, and spiritual worldview

Podcasts