

## Mind and Brain in the Psychedelics Renaissance: The case study of microdosing

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### Introduction

Current *psychedelics renaissance*:

**a)** Growing scientific research, mainly in clinical psychiatry and neuroscience, on psychedelics' uses in brain science and mental health therapy, **b)** move towards increased commodification of psychedelics, **c)** advocacy movement for the decriminalization of psychedelics.

**Microdosing** psychedelics is the regular use of sub-perceptive threshold doses of substances such as LSD and psilocybin magic mushrooms. Self-reported benefits include enhancements in cognitive performance and mood, increased self-awareness and emotional regulation, decrease in depressive and anxious symptomatology.

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### Methodology

To explore the place of 'mind' and 'brain' concepts in this new wave of psychedelics research and popular discourse, I approach microdosing as a case study and undertake discourse analysis of various sources (user interviews on microdosing, official platforms and public communications of psychedelic organisations, mainstream media coverage).

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### Results

**Brain** → public sphere of externalisable, measurable human functions – performance paradigm – work + productivity oriented - biohacking ethos – language of computers

**Mind** → internal sphere of experience, emotions and relations with other humans and nature – notions of balance and harmony – language of spirituality and wellness

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### Discussion

'Mind' and 'brain' concepts ► occupy a central place in the psychedelics renaissance.

They serve as a vehicle for representing middle class values of self-control and self-optimisation ► (microdosing as instrumental, responsible, measured Vs hedonistic, risky, chaotic).

'Mind' and 'brain' concepts align microdosing with dominant discourses ► cultural legitimacy, proper selfhood, distinction, and a shared communication code for a type of substance use that is both new and illegal.

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