

Solothurn, Nov. 25, 2008

**LSD - unterstützte Psychotherapie
bei Personen mit Angstsymptomatik**
in Verbindung mit fortgeschrittenen lebensbedrohenden Erkrankungen.
**LSD - assisted psychotherapy
in persons suffering from anxiety**
associated with advanced-stage life threatening diseases.

First annual reporting

Dear friends,
Dear people interested in the above mentioned study

After one year of full approval of the LSD-psychotherapy study on Nov. 30, 2007, I would like to inform you about the actual state of our work and the development of the study during this year.

First I want to apologize for writing in English only, I hope that the German speaking people among you will understand my reporting as well, then I want to apologize that my English is not perfect at all. I hope you will understand what I want to say.

The first months after the approval were happy, even euphoric. It was (and still is) a big success to get the permission to do LSD-assisted psychotherapy. In December I did an interview with a local radio journalist, this was a snowball that started an avalanche. A huge public interest started in Switzerland and abroad and I tried my best to give good information to the public about what LSD-psychotherapy is. A highlight of course was the national TV news "10vor10" on December 19, where Albert Hofmann gave his last public interview, expressing his joy about the approval of the study. Around the LSD Symposium in Basel on Easter I experienced a backlash in this "policy of open information". I didn't want to risk the withdrawal of the permission by making the study too much a political and thus contradictory issue. So I decided to remain much more calm and first to do the scientific and therapeutic work. Only after that with hopefully positive results I plan to inform more openly again.

This was a good decision, since April it became much more open for me and Barbara Speich, the co-therapist, we can do our "core-business", i.e. the treatment of the patients who qualified for the study.

The recruitment was not as easy as I thought first. Despite the fact that thousands of people knew about the study because of the reporting in the media only few people did contact me and of course even fewer met all the criteria for participating.

This may have several reasons. First we have a very cautious plan of inclusion/exclusion criteria because we don't want to include high-risk patients and also we had to limit to a peculiar population of patients. This is scientific standard. Second the therapy itself is still controversial and especially the colleagues among the physicians who are critical about LSD-psychotherapy will not refer their patients. Third is that up to now I did not initiate an intense campaign of recruitment because the patients still come slowly and Barbara and me, we cannot treat more than two, maximum three patients simultaneously.

So until today we treat and treated four patients. The first ended the study in August with good, positive results, with improvement in all testings we did and with gratitude to the two LSD-sessions he experienced. The second had placebo and will enter the second phase with full LSD dosage on Nov, 27, the third has had his two LSD sessions and maybe also had placebo but the psychotherapy session with the unblinding has not taken place yet. The fourth just passed the screening and will have his first session of LSD or placebo just before or after Christmas. Then there is a fifth patient just coming for the first meeting with me this week. She would be the first woman if she qualifies for the study.

A few days ago I did the annual reporting to the Ethics Committee, the Drug Regulation Authority (swissmedic) and to the Ministry of Health (BAG). The most important there was the notion that we didn't have any serious adverse events that means side effects who were disturbing or dangerous for the participants. That is crucial because we do this pilot study to show that LSD-psychotherapy is not only effective but also safe.

The conclusion therefore is: the ship "pilot study" still is on the right course, maybe the race will last a bit longer than we estimated before.

At the end of my reporting again I want to thank everybody who gave and gives thier energy for the realization of this only small but very big pilot study.

Yours

Peter Gasser