

Psychedelics as Neuroplastogens: A new paradigm in mental health and brain science

January 2026



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Why support psychedelic research

Millions of Americans continue to struggle with depression, anxiety, addiction, PTSD, and other mental health conditions, despite access to the best available treatments.

A particularly sobering statistic: 15–20 U.S. veterans die by suicide each day, often linked to untreated or unrecognized PTSD.

Because of this unmet need, major institutions including Johns Hopkins, Harvard, Yale, Stanford, the Dept of Veterans Affairs, and the NIH, are now rigorously studying psychedelic-assisted therapies.

Although stigma from the 1960s and 1970s lingers, today's scientific evaluation of these medicines bears little resemblance to the uncontrolled recreational use that shaped public perception decades ago.

Psychedelic research is becoming mainstream neuroscience and psychiatry, grounded in evidence-based methodology with rigorous FDA and DEA oversight. But continued efforts by experienced teams are essential if such therapies are to be FDA approved and be responsibly integrated into modern healthcare.

What we've learned so far from modern psychedelic studies

1. Psychedelics are potent neuroplastogens.

A growing body of evidence from both human and animal studies suggests that all psychedelics are neuroplastogens, meaning they temporarily enhance the brain's ability to form new connections, reorganize dysfunctional circuits, and increase adaptability.

This ability to promote "rewiring" of the brain may explain why, in recent Phase 2 and Phase 3 trials, many individuals with long-standing depression, anxiety, addiction, or PTSD have shown meaningful and lasting improvements in mood, behavior, and outlook, after only one to several sessions.

2. They are safe in controlled settings.

Over the last 25 years, hundreds of human studies have shown that classic psychedelics (such as psilocybin, LSD, and DMT) have no addictive potential and carry extremely low physiological risk when administered in regulated clinical settings. They do not produce physical dependence or withdrawal, and serious adverse events have been rare.

3. They can be effective with only one to a few supervised administrations.

Unlike daily medications for anxiety or depression, psychedelic therapies being assessed in modern placebo-controlled trials typically involve one to four dosing sessions given several weeks apart within structured therapeutic environments. Patients are supported before, during, and after each session by trained mental health clinicians.

**Learn more about psychedelics
and psychedelic-assisted therapy
at PSI Learning Center**

www.psychedelicsci.com/learn

PSI's mission is to advance psychedelic medicine safely, ethically, and with scientific rigor.



**PSYCHEDELIC
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Psychedelic Science Institute (PSI) brings together a highly accomplished team of neuroscientists, addiction medicine physicians, psychologists, and therapists with decades of clinical experience. We believe these treatments may hold the greatest potential to advance mental health and brain health care in over 50 years.

PSI is committed to

- Conducting rigorous FDA-regulated clinical trials to evaluate safety and efficacy.
- Ensuring safe and ethical implementation.
- Training clinicians & educating the public in psychedelic medicine and science.
- Expanding access, especially to underserved communities.

With rigorous science, careful oversight, and experienced leadership, PSI is working to responsibly translate neuroplasticity research into real-world mental health and brain health care.

MEET THE TEAM

The opportunity ahead

Psychedelic-assisted therapy's ability to promote neuroplasticity may enable breakthroughs across multiple conditions:

Mental health conditions

- Depression
- Anxiety
- Addiction
- PTSD
- Grief and existential distress

Neuroscience conditions

- Traumatic brain injury
- Stroke recovery
- Cognitive decline and dementia
- Parkinson's disease
- Chronic pain syndromes

Consider supporting PSI through the nonprofit Psychedelic Innovation Fund.

Giving options via PIF*

- Direct cash donations
- Private foundation grants
- Recoverable grants
- Donor-advised funds (DAFs)



**PSYCHEDELIC
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www.psychedelicsci.com/pif

*PIF is a fiscal sponsorship program of Legacy Global Programs, a public 501(c)(3).

Contact:

Daniel Kelly, MD

dkelly@psychedelicsci.com

Greg Kearns, MHA

gkearns@psychedelicsci.com

Mike Avila

mavila@psychedelicsci.com