Monthly Meeting
Psychedelic-Assisted
Psychotherapy
Speaker Terence H.W. Ching
Monday March 15, 7:00 p.m.

In November 2018 we enjoyed a presentation on Race Politics and Cannabis by attorney Aaron Romano. Knowing that we are interested in the effects of easier access to drugs long inaccessible, he thought we might be interested in current clinical research on psychedelics. And so, thanks to his introduction, we will be treated to a panel of researchers led by Terence H.W. Ching, M.S., who is a Doctoral Student in Clinical Psychology at UConn and a Clinical Psychology Doctoral Intern at the Dartmouth-Hitchcock Medical Center.

In this conversation, they will present a brief overview of psychedelic-assisted psychotherapy at the intersection of MDMA (aka ecstasy or molly) and post-traumatic stress disorder (PSTD), what it is and what it tends to look like procedurally. They also discuss legal and ethical ramifications of the state of psychedelic-assisted psychotherapy research programs. Finally, they have an informational sharing by someone who has received MDMA-assisted psychotherapy for PTSD, to help shed light on the nuances of what it is like to undergo this breakthrough treatment. There will be time at the end for Q&A in which they hope to invite a humanism-and equity-centric conversation about psychedelic-assisted psychotherapy and access.

Zoom Link: https://us02web.zoom.us/j/81819548821

Membership
Thanks to those of you who have already signed up and sent your check in. HAC memberships run on the calendar year. Your membership dues help us meet expenses such as honorariums for speakers, postage, printing and mailing supplies, and monthly space rental payments. Download a copy of the membership form at https://www.cthumanist.org/wp-content/uploads/2020/12/membership-form-2020.pdf

Paper copies of the newsletter are mailed only to registered members who have requested paper copies.

The 2021 CT Darwin Day Celebration -- Over 300 participants attended the zoom event. Based on registration forms, we had at least 11 HAC registrants and 5 from USNH. James Prosek’s presentation was fascinating, and the Science Quiz was excellent and a lot of fun. Thanks to the CTCOR planning committee, which included HAC representatives Richard Siddall and Gayle Walter, the event was a great success.

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Topics of Interest
IRIS Run
Thank you to the HAC members who so generously donated to the IRIS Run for
Refugees fundraiser. Over $300 was contributed.

Save the Date
HAC Annual Picnic and Summer Solstice Celebration
Saturday, June 19, 4:00 - 8:00 PM
USNH Parking Lot and Grounds
BYO Everything! - Chairs, Food, Drink
We will be MASKED when not eating or drinking, and maintain 6’ distancing while
we visit with each other.
Hopefully, we will all be vaccinated as well.
Access to the buildings’ restrooms will be
allowed as needed, one person at a time.
Hurrah! Here Comes the Sun!

Monday Social
- Monday March 1, 7:00 p.m.
Join us online for our Virtual Social Dinner and discuss a wide range of topics with like-minded people.
Link to event: https://us02web.zoom.us/j/83132656752

Humanist Explorations: "But it changes your DNA!"
- Sat. March 6, 2:30 p.m.
Some people claim that the COVID-19 vaccine alters the DNA of the recipient. Enjoy the list of articles at
https://www.meetup.com/cthumanist/events/zxkxcyccfbjb/ that explain how the mRNA vaccine works and discuss other vaccine
advances.
Meeting at https://us02web.zoom.us/j/86886923216

Book Discussion: “Blueprint – The Evolutionary Origins of a Good Society”
by Nicholas A. Christakis
- Saturday March 20, 2:30 p.m.
“...Natural selection has given us a suite of beneficial social features,
including our capacity for love, friendship, cooperation, and learning.
Beneath all of our inventions – our tools, farms, machines, cities, nations –
we carry with us innate proclivities to make a good society.
In "Blueprint", Nicholas A. Christakis introduces the compelling idea that
our genes affect not only our bodies and behaviors, but also the ways in
which we make societies, ones that are surprisingly similar worldwide.” - Amazon
“As he explores human nature and its possibilities, the author touches on all
sorts of fascinating anthropological matters, such as the evolution of
monogamy and the relative friendliness of affluent vs. working-class people.
A refreshingly optimistic view of our kind.” – Kirkus Reviews
Meeting at
https://us02web.zoom.us/j/81122546337?pwd=cXVnM3FqNXUvVXVid2RxZk03OWxIQT09

Monday Discussion – Electric Cars
Monday March 22, 7:00 p.m.
On September 23, 2020, California’s Governor Newsom issued an executive
order banning the sale of new vehicles powered by an internal combustion
engine effective January 1, 2035. But are the electric vehicles available for
sale today even attractive to buyers? Go shopping at
https://www.caranddriver.com/shopping-advice/g32463239/new-ev-models-us/
Meeting at https://us02web.zoom.us/j/83782952532