



83rd International Scientific  
Conference of the  
University of Latvia 2025

## **‘New Methods for Stabilising Psycho-emotional States and Psychedelics: Risks and Benefits’**

An international hybrid conference. **4 March 2025**

As research has shown, psychedelics and other consciousness-expanding techniques are promising and effective tools for the treatment of various psychiatric disorders, addictions and other diseases. Especially in a context where, according to the World Health Organization, new tools are vitally needed to tackle the mental health pandemic. At the same time, it is not a simple solution for all and involves both benefits and risks.

Research over the past few decades has demonstrated the potential of psychedelics to alter consciousness by producing lasting neurological effects in the brain – helping one to gain new perspectives and insights, leading to significant and lasting improvements in mental health. The unique pharmacological effects of psychedelics promote cognitive plasticity as well as creative approaches to problem solving. In addition, they deepen our phenomenological understanding of consciousness and thereby embody promising therapeutic potential.

At the same time, this new paradigm – which also includes a more holistic approach to mental health problems – raises the need for careful regulation and high ethical criteria in the therapeutic use of psychedelics.

Initiated by the association *Veselīga Latvija*, (Latvian: “Healthy Latvia”) this is the second conference in a series of discussions focusing on modern integrative methods in medicine – especially in cases of mental and oncological disease, palliative care, and addiction treatment – using consciousness transforming methods and psychedelic substances. The first one took place on 17 May 2023 and featured a total of 14 renowned international and local experts. Among them were Paul Stamets, Dennis McKenna, David Nutt, Ethan Nadelmann, Mendel Kaelen and Indriķis Muižnieks.

The conference **‘New Methods for Stabilising Psycho-emotional States and Psychedelics: Risks and Benefits’** will explore the multifaceted aspects of psychedelics as a consciousness-expanding tool, their potential therapeutic benefits, and their wider impact on public health and well-being. It will highlight the need for rational drug policies and the safe availability of psychedelic-assisted therapy as a complementary tool to address mental disorders and other health problems.

### **The conference will focus on:**

- the need for responsible attitudes towards the use and promotion of psychedelics and other consciousness-expanding techniques;
- responsible integration of consciousness-expanding experiences into one’s life;
- recent research on the therapeutic potential of psychedelics (in regard to psychiatric disorders, addictions, cancer patients, palliative care, etc.);