

Report On Psychedelic Concert In The Netherlands Sponsored By Red Light Holland

This report will provide an overview of a first of its kind live classical music concert attended by people consuming Red Light Holland's natural psilocybin truffles.

The event was held on April 16, 2022 at the Museum 't Kromhout in Amsterdam.

27 people attended the event which was led by therapist and classical musician Jeff Hamburg. Mr Hamburg was accompanied by 2 other experienced psychedelic facilitators, Susanne and Marie Louise as well as 6 musicians from the New European Ensemble. The event started at 12:00 and lasted 6 hours. There were no significant adverse effects reported, and many participants reported benefits, some of which continued beyond the event itself.

Following the event, a survey was sent out to participants who wished to provide feedback and information. 12 participants answered the survey. Statistician Yoav Blonder conducted an analysis of the results.

Event description

Preparation

Prior to the beginning of the event each participant discussed with Jeff Hamburg about their previous psychedelic experiences and what they were wanting to achieve.. Based on that, we chose a dose between 1-8 grams of truffles. Which according to company lab testing at Ccrest labs contains (up to 20% variance) approximately 1mg/g of psilocybin (or the equivalent of in psilocin)

The event began with an introduction explaining the history and effects of psychedelics, especially of consuming smaller doses. Participants were given a chance to ask questions.

Dosing

As the participants entered the venue, they were greeted by Jeff Hamburg who discussed the dosing with each participant. Most participants were content with a dosage of 3-4 grams. When everyone was settled, the facilitators gave each participant the truffles in a cup. Porcini bouillon was then offered to each participant to consume together with the truffles.

Integration

Following the event, a possibility to attend an online one hour integration session was offered to the participants. Unfortunately, just one participant showed up for the event though there was some email contact with other participants after the event. The one participant appreciated the integration call.

Event goals

The event was meant to provide people with a safe and unique group experience in which they could explore combining use of lower doses of natural Psilocybin truffles with a live classical music listening experience. This pilot was an opportunity to learn and improve. While the event was originally focused on doses up to 3 or 4 grams, some participants requested a higher dosage. The results show that this did not negatively impact the event.

Facilitators feedback

Jeff Hamburg as lead facilitator was happy with how the event went. The planning went according to schedule and there were no major glitches. It would have been no problem to have accommodated about five more participants without any problem. Although there were enough facilitators, Jeff could have been better supported with one or two production assistants during the build-up to the event.

During the event Jeff was not aware of anyone experiencing any difficulties. Susanne, one of the facilitators, felt that the two facilitators together with Jeff were enough during the concert. They supported a few participants to the toilets and Susanne had a little check in with one of them. The extra hands during set-up and clean up at the end were really helpful since there was not a lot of time allotted for the setup and clean up. Hanneke felt that if more participants were present, it would be better to have another facilitator present, mostly for the setting and space. They felt there should be a facilitator not further than a few steps away from each participant. Susanne also thought that the combination of the live music with the microdosing made this experience deep and meaningful. Some of the guests shared that they had a profound experience.

Marie Louise, the other facilitator, thought that the number of facilitators was enough. She also mentioned that the extra help setting up and cleaning up was very welcome. She also did not notice any negative effects, just healing and enjoyment.

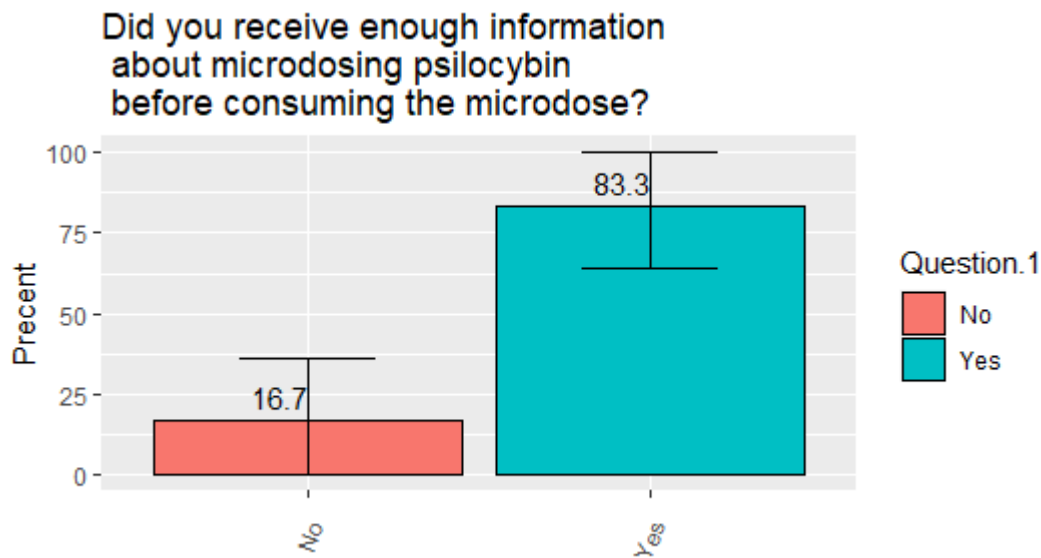
One improvement the facilitators suggested is to allow more time at the end of the concert for the participants to connect for a longer period of time. There was only one hour scheduled and participants seemed interested in more.

Musicians feedback

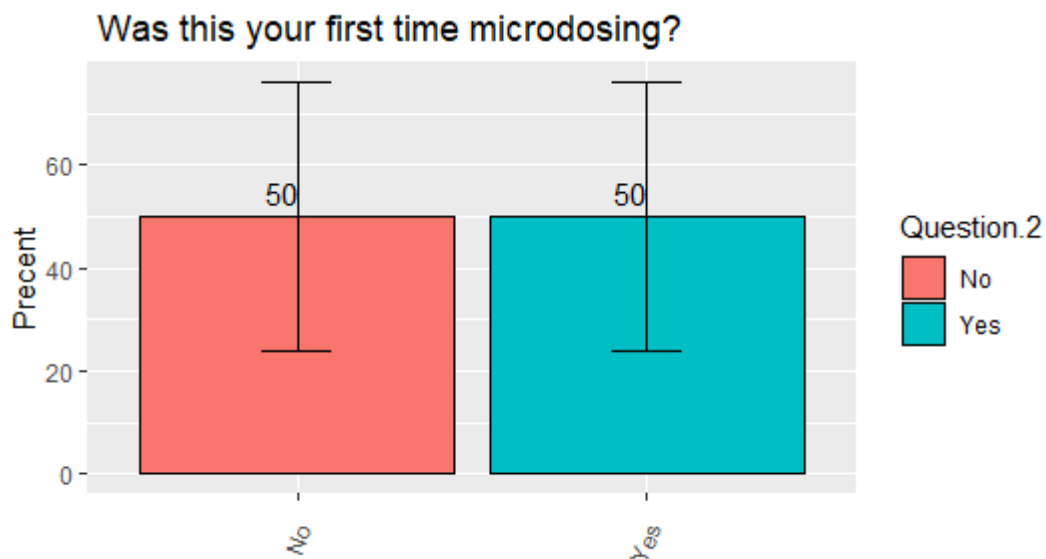
Musicians enjoyed the performance and said they could feel the unique attention from the audience and how the music was impacting the audience. They suggested slightly longer breaks between sets.

Survey Analysis

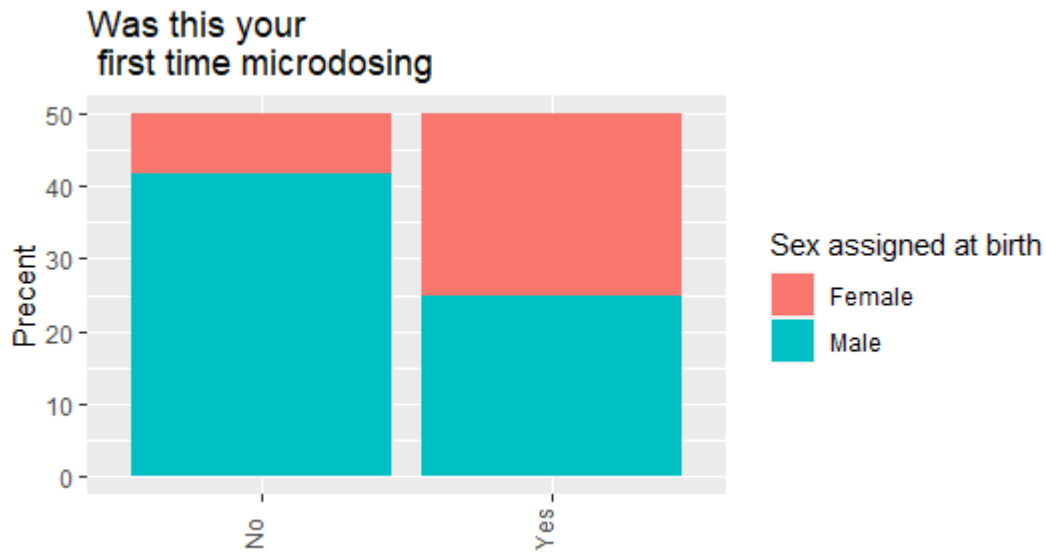
For the yes and no questions, confidence intervals for proportion at a significance level of 90% were built using a T distribution with 10 degrees of freedom. Due to the small sample size the breakdown based on demographic data or correlations between the questions was not found to be statistically significant however we present them here as potential avenues for larger scope research.



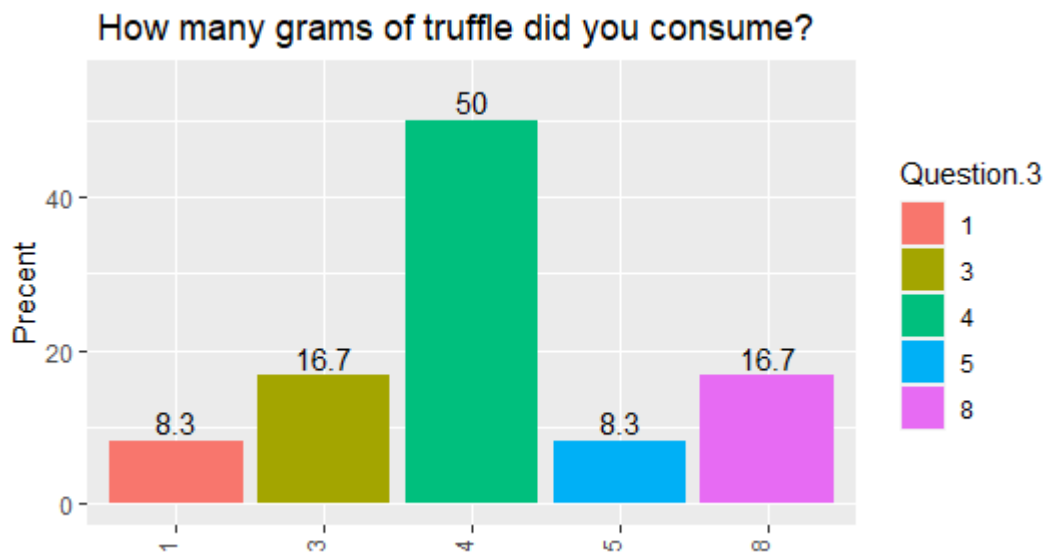
While the vast majority did feel they received enough information, (83.3%) 2 people (16.7%) did not. This was the first experience for both those people showing that we can improve on conveying information and perhaps assign a specific assistant facilitator for first time people who can provide them with extra attention and ensure they have an optimal experience.



The event was balanced (50% each) between people who have never experienced psilocybin and people who had previous experience .

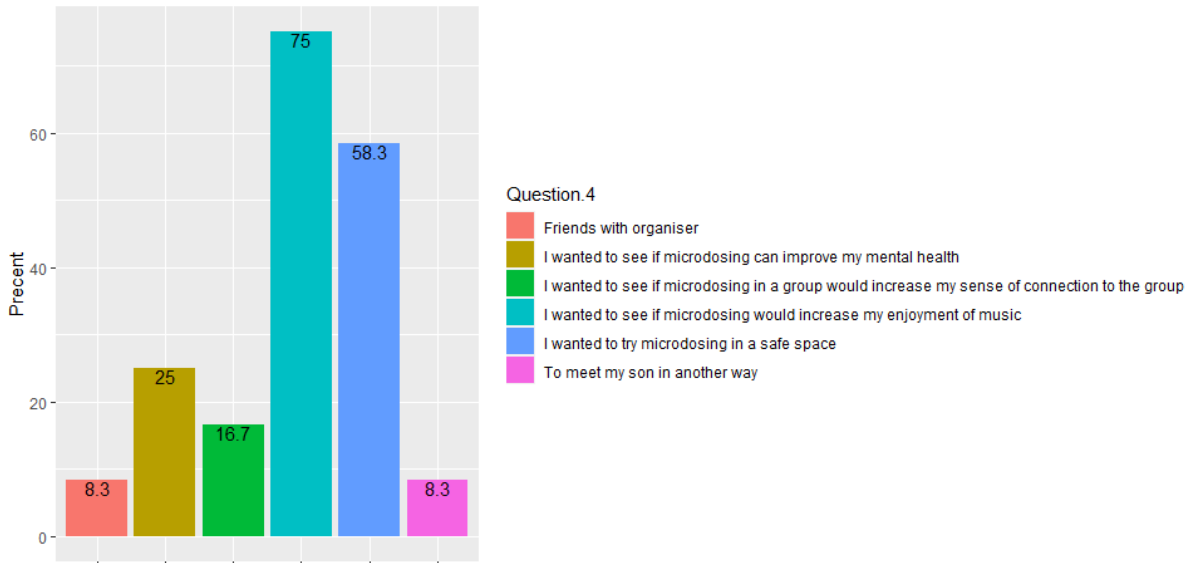


While only a small sample size, we see the potential of these events in increasing accessibility and inclusivity in the psychedelic community to allow for more females to try Psilocybin for the first time.

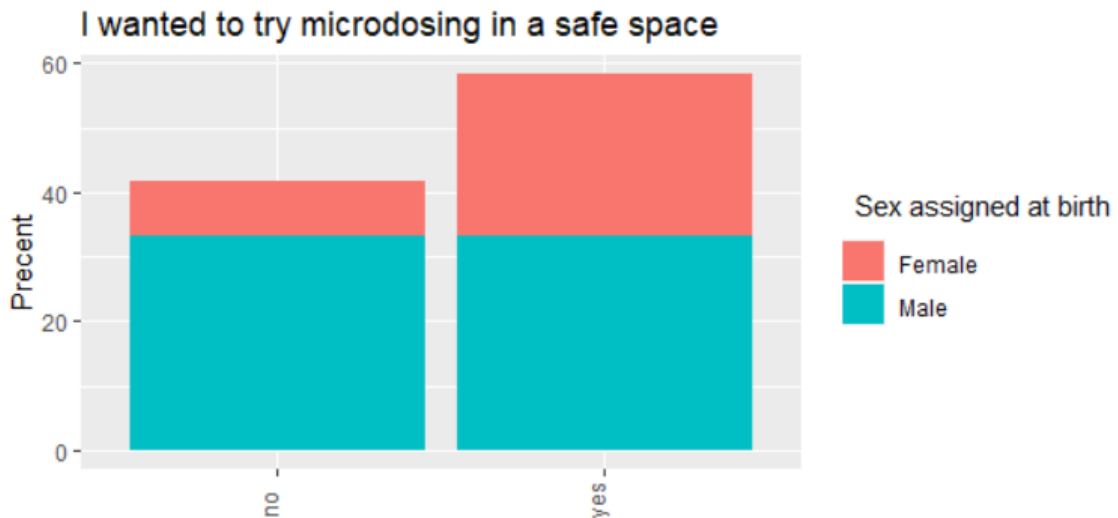


While originally the event was focused on doses up to 3 or 4 grams some participants with previous experience requested a higher dosage.

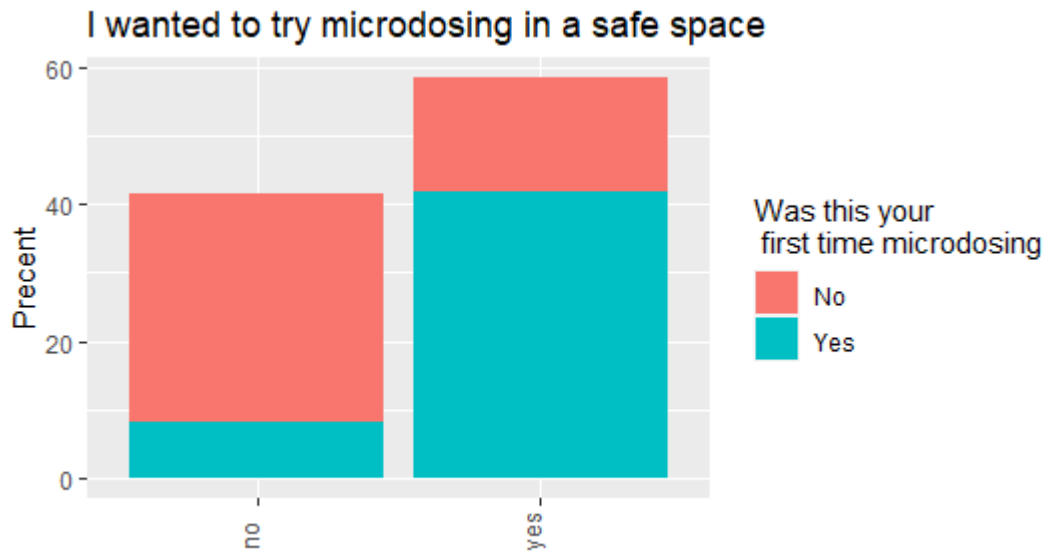
Why did you want to join the event? Please check all that apply.



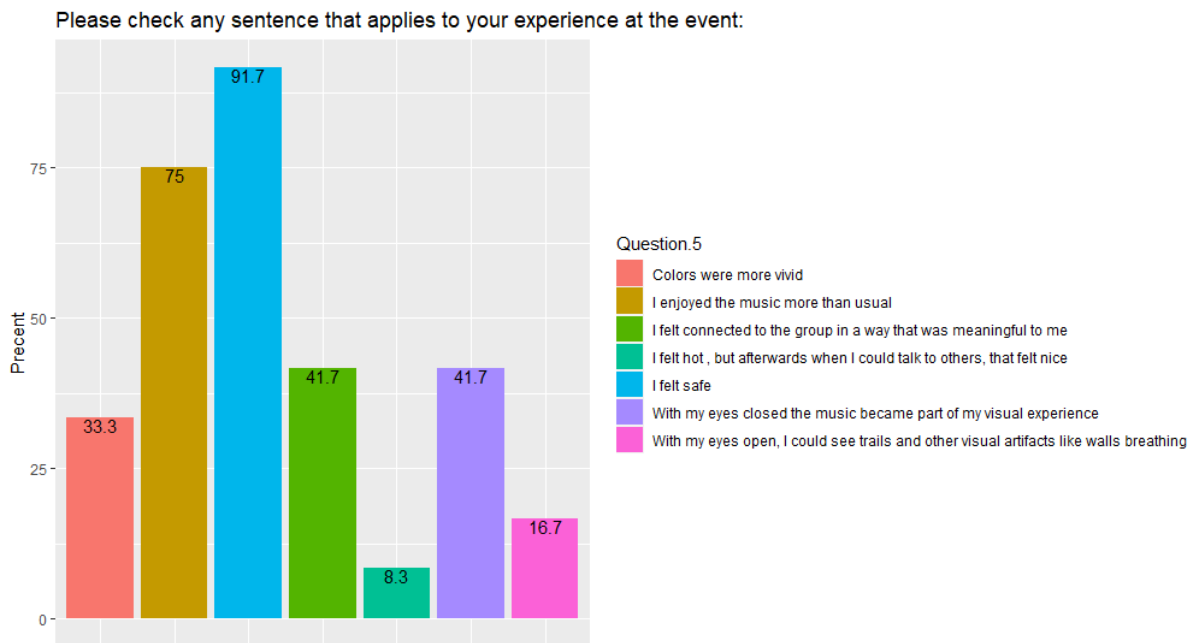
The main reason for joining the event was to explore the joy of music in combination with psilocybin (75%) as well as to try psilocybin in a safe environment (58.3%). Despite the event not specifically focusing on improving mental health 25% of participants in the survey did claim that was one of their reasons for joining.



While there is no statistical significance due to the small sample size we see the potential of these events in increasing accessibility and inclusivity in the psychedelic community to allow for more females to try Psilocybin in a safe space as proportionally it might be a larger barrier for entry for females.

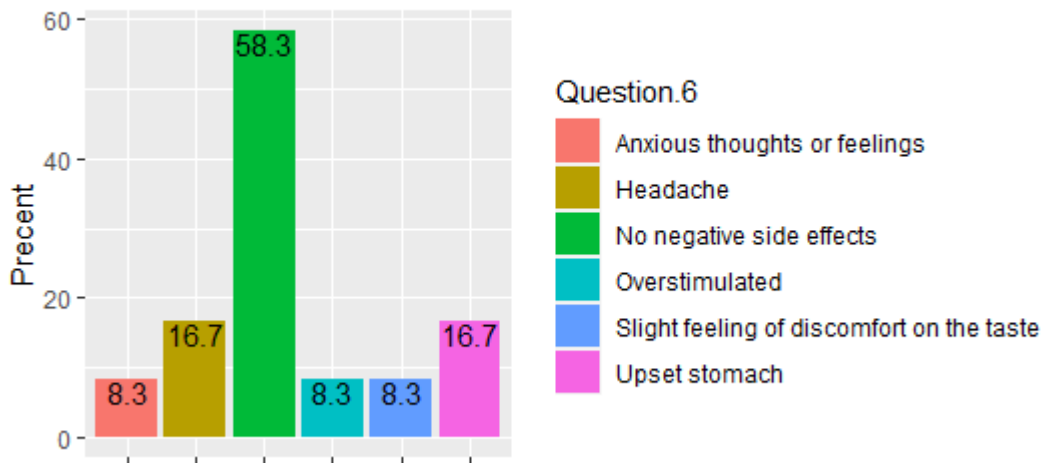


While there is no statistical significance due to the small sample size we see the potential of these events in increasing accessibility for newcomers to the psychedelic community as newcomers might be more interested in trying psychedelics in a safe environment supervised by experts.

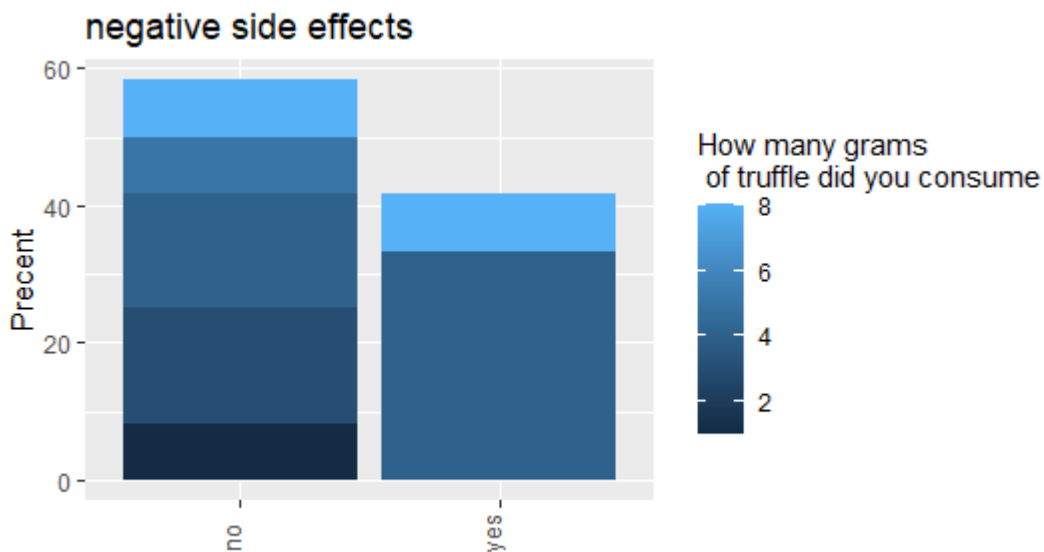


All but 1 participant reported explicitly that they felt safe (91.7%). A vast majority (75%) of participants enjoyed the music more than usual, and 41.7 felt connected to the group in a way that was meaningful to them. The only 2 participants that reported open eye visual artifacts were the participants that consumed 8 grams of truffles. Indicating that 4 grams of truffles is likely to not cause visual artifacts in most people although a larger sample size is needed to confirm.

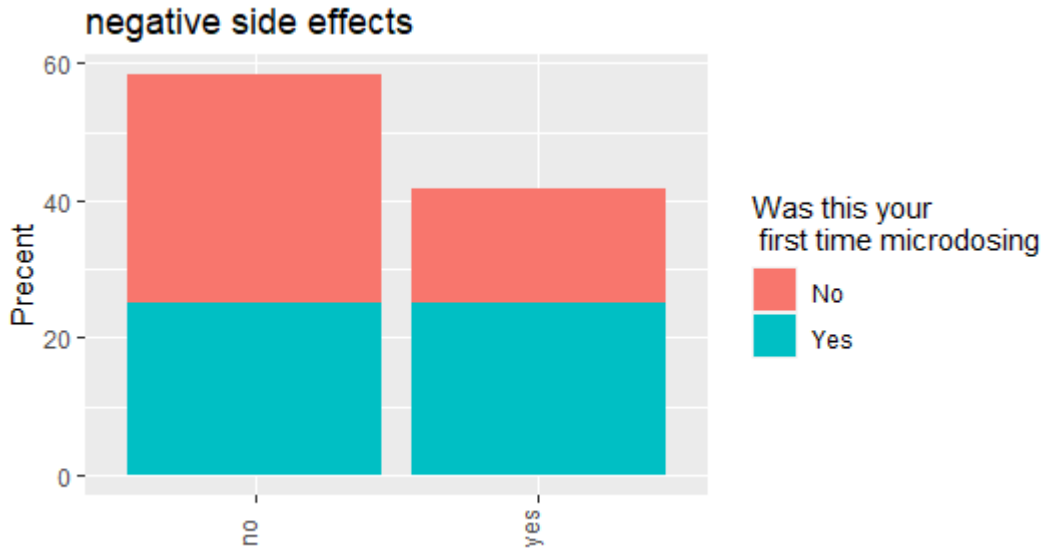
Did you experience any negative side effects? Please check all that apply.



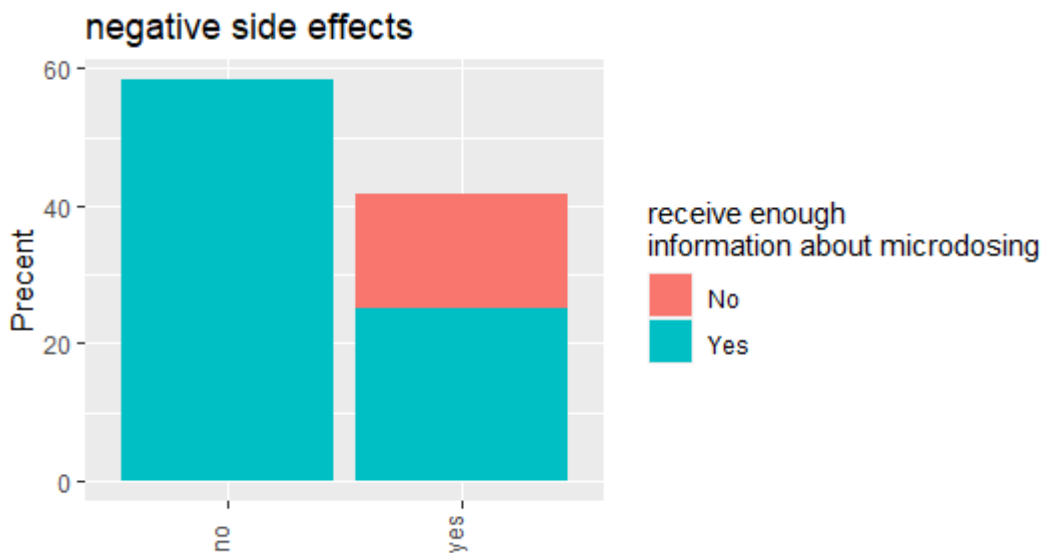
While the majority of participants did not experience any negative side effects (58.3%) some participants did experience mild negative side effects such as upset stomach (16.7%) or headache (16.7%). Due to the small sample size the next graphs are not statistically significant but might help with focusing on future research and planning of future events.



While people consuming doses up to 3 grams did not have any negative side effect higher doses were not necessarily correlated with negative side effects.

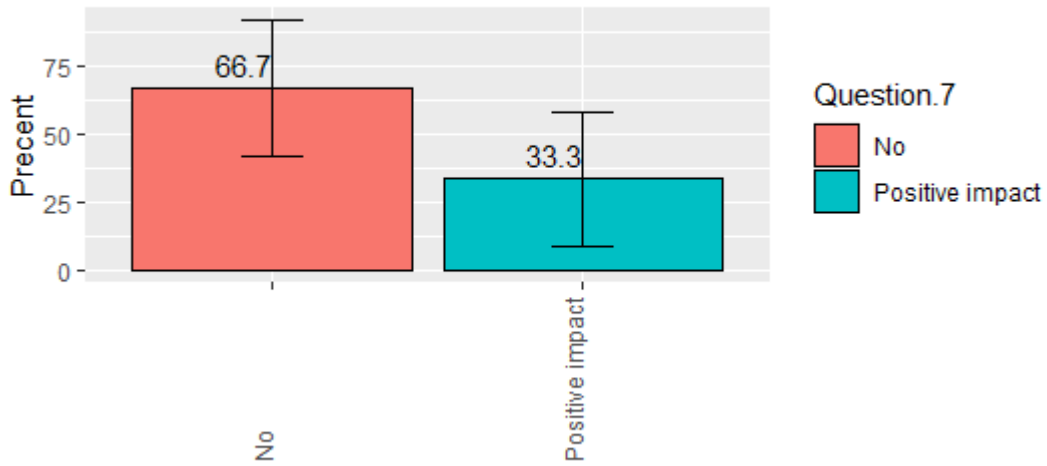


There was no connection between the novelty of consuming psilocybin to negative side effects.



Both people who expressed they did not receive enough information reported mild negative side effects including upset stomach, headache and overstimulation. While only a small sample size this might indicate the importance of participants feeling that they received enough information to help reduce side effects.

Were there any longer-term benefits for you that were extended beyond the event itself?

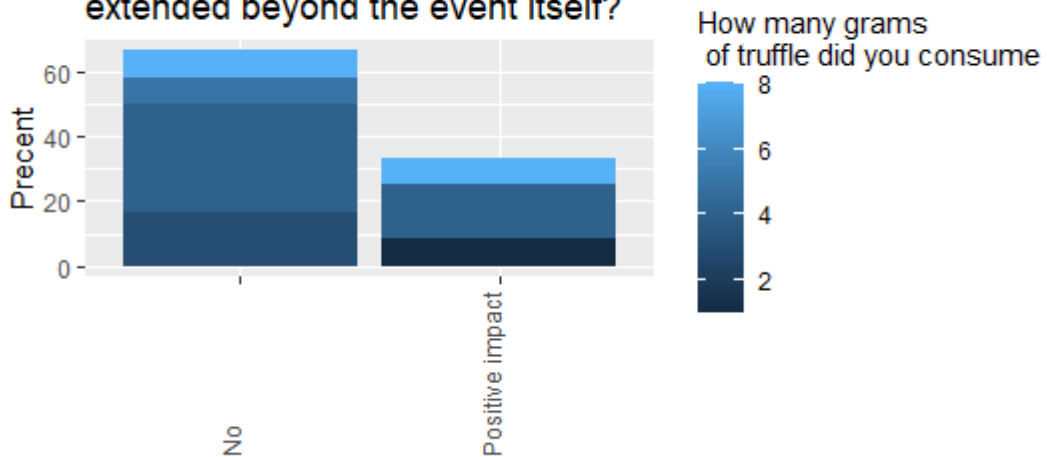


A third of participants (33%) reported long term benefits. These included "Uplifted mood", "A few days in a special mood. Calm.", "During the event I faced a lot of negative emotions, that release helped me enjoy more the days after".

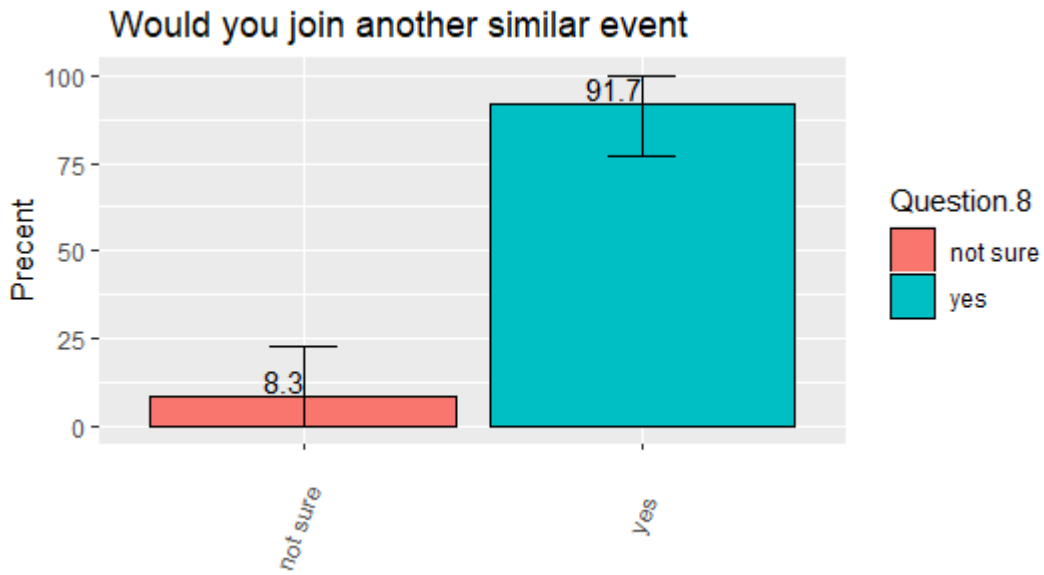
Some participants also gained insight that helped them "I gained insight into how I should manage some personal and professional relationships"

"It helped me to drown out all the external thoughts and really think and feel what I want without the noise. Even weeks later, I still agree with my insights."

Were there any longer-term benefits for you that were extended beyond the event itself?

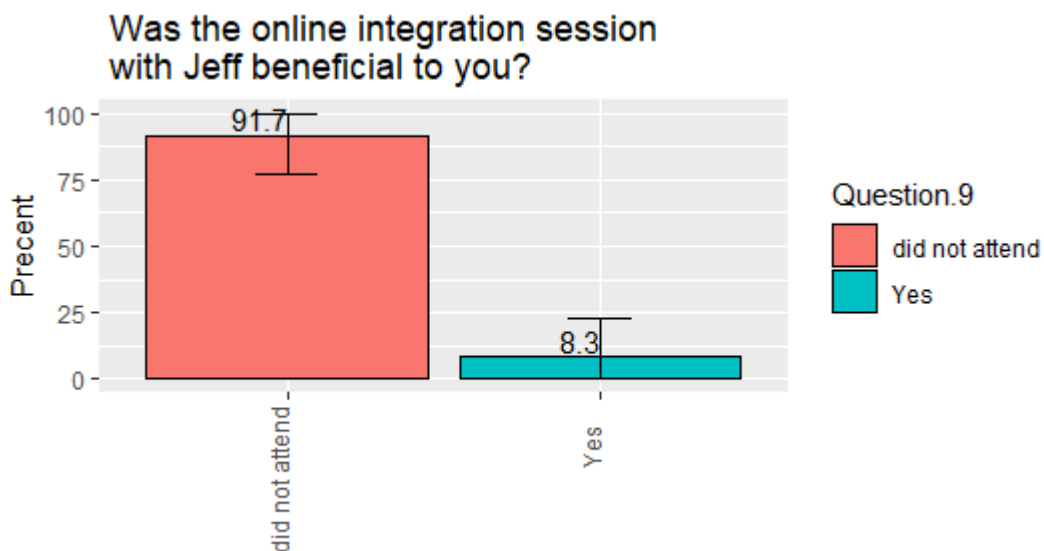


Due to small sample size this graph does not have statistical significance but we see also the low dose of 1 gram gave the participant long term benefits.

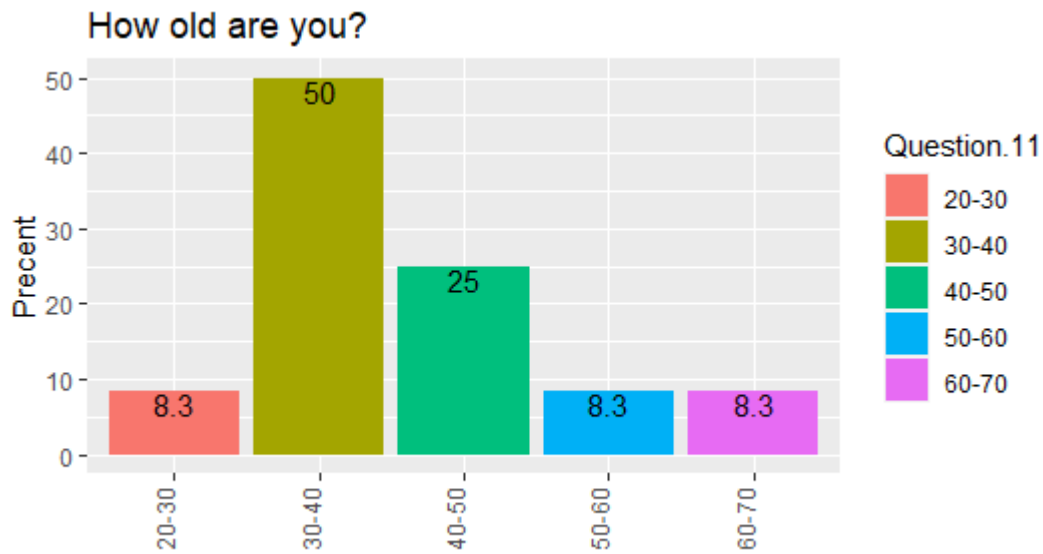


Only one participant wasn't sure if they wanted to join another event, the rest (91.7%) would like to join another event. Their reasons were the joy from music and meeting like minded people. Even those who reported negative side effects wrote: "Yes in combination with the music it was an amazing experience" and "For sure. The experience was more intense than normally with a classical concert."

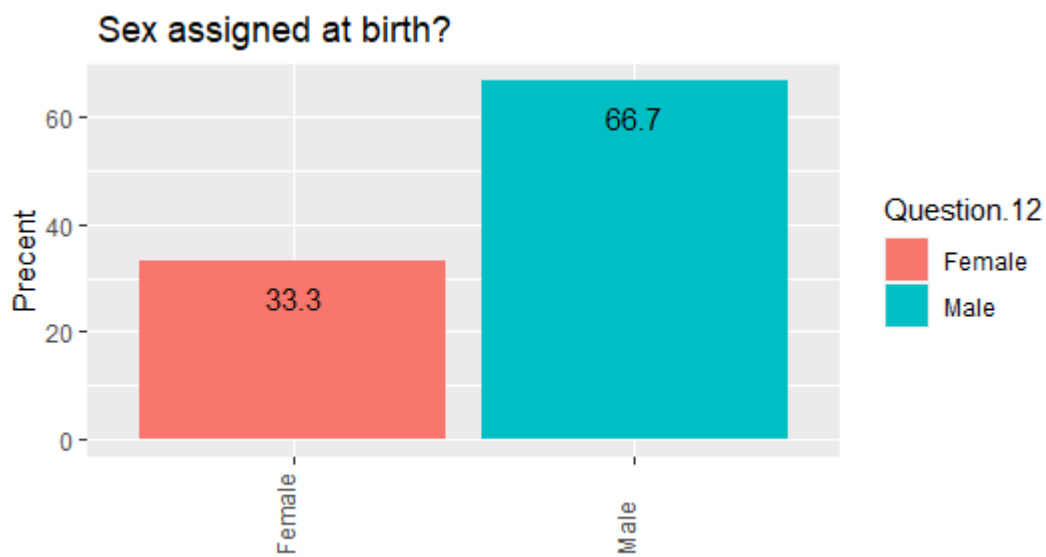
Some participants also explained their reasoning included potential future benefits for their mental health: "Yes I would love to do this several times per year as a sort of preventive therapy". "Yes. Was lovely. I liked how it was still recreational but also quite "deep". I like how I felt healthy after and like I did something positive."



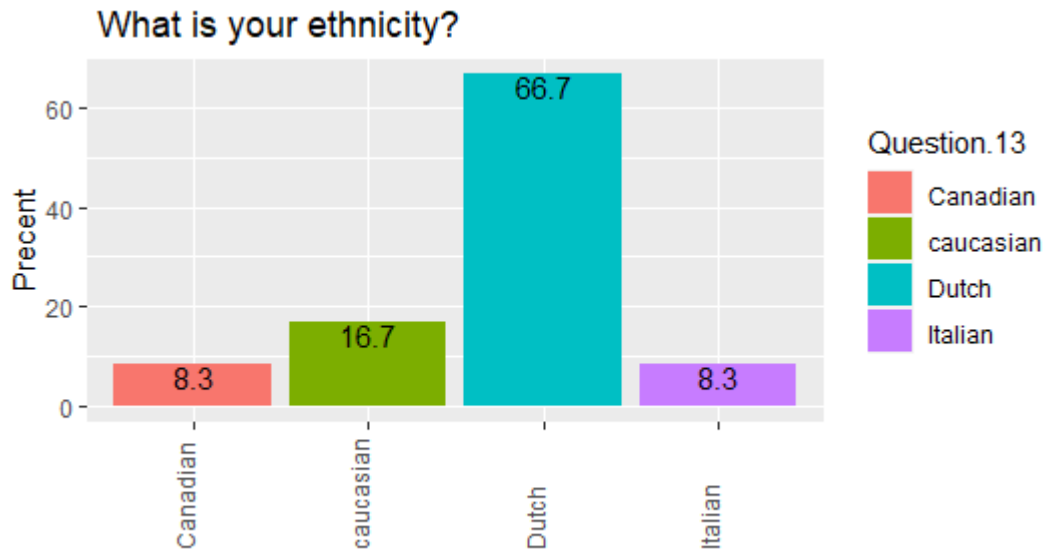
Demographic Data



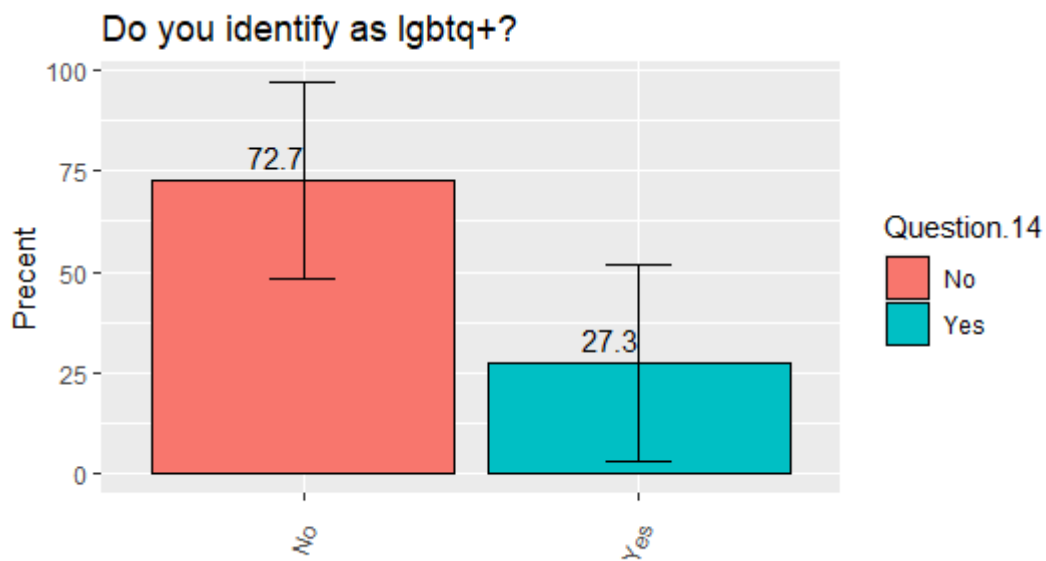
The majority of participants (50%) were between the ages of 30 - 40. There is an opportunity for future events to target other age groups.



While only a small sample size we do see less Female participants which is something we can focus on in future events.



While most participants were Dutch future events can focus on increasing ethnic diversity and promoting the event to minority groups that live in the Netherlands such as Turkish, Moroccan and Indonesian.



There was a high inclusivity (27.3%) for LGBTQ+ community

Conclusions

- The high percentage of people certain they want to return to another event is a large measure of success for the event.
- Despite the event not making any claims relating to improving mental health the significant percentage of people who experienced longer term benefits, such as improved mood and deep insights after attending is very promising both for future events in the Netherlands and potentially for group Psilocybin Services that could be offered at an affordable price in Oregon in alignment with measure 109.
- The ratio of 1 facilitator per 9 participants was adequate and there is a possibility to explore a slightly higher ratio of up to 1 facilitator per 11 participants.
- The event also shows promise to increase the number of females and first time psychedelic explorers who are looking for safe environments to experience psychedelics.
- The event shows promise in the approach of allowing participants to customize their dose based on a consultation with an experienced psychedelic guide.
- For first time participants who might be afraid of mild side effects it might be optimal to consume up to 3 grams.
- Even at doses of 4 or 5 grams participants did not experience open eye visual artifacts.
- In future events extra special attention will be given to first time Psilocybin users to ensure they feel they have received all the information they want and make sure they know how to ask for assistance from facilitators.
- In future events facilitators will wear an identification bracelet or vest to ensure they are easily identifiable by participants.
- In future events we will continue to work to increase the diversity of participants.