

ECNP Research Internship

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visiting

Prof. David Nutt, Neuropsychopharmacology Unit, Division of Psychiatry, Department of Brain Sciences, Hammersmith Hospital, Imperial College London, United Kingdom

I was lucky to be selected for a research internship at the Imperial College London supervised by professor David Nutt. Due to the ongoing Covid-19 pandemic the internship was postponed to ensure the obtained research experience is fruitful and stimulating (and not limited by the restrictions). It was definitely worth waiting. During the first week of the internship I was introduced to the team of the Centre for Psychedelic Research and they familiarized me with the use of psychedelics in major depression and other psychiatric disorders. I watched a lot of talks and went through a lot of related papers and got impressed by their results. Additionally, I was allowed to observe a clinical trial of DMT microdosing in healthy volunteers with all the pre- and post-administration procedures. The next week I gained an insight into the current health concern of formerly heroin dependent people currently on methadone and the potential pharmacologic ways of opioid cessation (or at least withdrawal symptoms alleviation). Moreover, I learnt about neuroimaging methods, especially fMRI in psychiatric research. All researchers I had a chance to meet were very kind and did not hesitate to spend a considerable amount of time presenting their current projects and answering all my questions. I also joined several present and online meetings and conferences on various research topics in psychiatry. Furthermore, during this short period I accomplished a task to give a short presentation with a colleague about the creation of false memories in relation to psychedelics.

Meeting with the professor was a very pleasant experience, we talked a lot about his projects, new psychiatry research perspectives, and he introduced me to many of his university colleagues and also other co-workers. The internship has brought me inspiration to future research projects and possibly collaborations.

Thank you, ECNP, for this opportunity!