

Shannon Carlin, MA, LMFT CA #124255

831-239-1044 shannon@mapsbcorp.com

WORK

MAPS Public Benefit Corporation (MPBC) 2011-current

Chief of Therapy Training and Supervision

Lead clinical training and supervision programs for psychedelic psychotherapy research and real-world practice. Create international strategy for upholding high quality of care in a new and growing modality. Establish meaningful training and ethics programs that can be delivered and adapted globally. Develop therapeutic approaches that support psychedelic experiences and states of consciousness to facilitate deep and lasting therapeutic benefits.

CIIS Certificate for Psychedelic Therapies and Research 2018 and 2022

Mentor

Provide mentorship to professionals in psychedelic therapy training. Facilitate group and individual mentor meetings, evaluate academic work, offer guidance and feedback related to discovering one's role in a growing field.

Private Practice 2021-current

Psychotherapist offering psychedelic integration and talk therapy for anxiety and mood disorders.

Zendo Project 2013-2018

Lead Supervisor

Oversee around-the-clock psychedelic harm reduction services at music festivals. Train volunteers in psychedelic peer support services. Coordinate with emergency medical professionals and crisis response. Develop resources for psychological support, integration services, and peer support groups. Sit with Zendo guests presenting with difficult psychedelic experiences using the core tenets of psychedelic harm reduction.

An open-label, multi-site phase 2 study of the safety and effect of manualized MDMA-assisted psychotherapy for the treatment of severe posttraumatic stress disorder.

Sub-investigator, Co-therapist 2018-2019

Principal Investigator Cole Marta, M.D.

A phase 2 randomized pilot study of MDMA-assisted psychotherapy for anxiety associated with a life-threatening illness.

Sub-investigator, Co-therapist 2016-2017

Principal Investigator Phil Wolfson, M.D.

Youth Services, Santa Cruz City Schools 2013-2014

School Counselor, MFT Trainee

Mid-Peninsula Housing, Soquel, CA 2010-2011

Program Coordinator, develop programs serving families and youth in a low-income residential setting, with resources for immigrants with various citizenship statuses and

monolingual Spanish speakers in a multicultural community.

Community Connection via AmeriCorps, Santa Cruz, CA 2010-2011

Volunteer Coordinator, establish job training opportunities for adults with dual-diagnosis schizophrenia, bipolar, and substance use disorder within a milieu setting.

YMCA, Santa Maria, CA 2007

Youth Activities Counselor

Lassen's Natural Foods, Santa Maria, CA 2005-2007

Vitamins and Supplements Manager

EDUCATION

California Institute of Integral Studies 2011-2014

Masters in Integral Counseling Psychology

University California Santa Cruz 2008-2009

Bachelors in Cultural Anthropology

Allan Hancock College 2003-2008

Associates in Liberal Arts, Associates in Psychology

Professional Academy of Massage Therapy 2008

Massage Therapist 500-hour License

VOLUNTEER

Wisdom 2.0 2018

Project 180/180 2013

Interfaith Rotating Winter Shelter 2012-2013

Cooperative Food Empowerment Directive 2010-2011

Kresge Food Co-Op 2009-2010

Suicide Prevention Hotline 2009

Homeless Garden Project 2008-2009

SELECTED PRESENTATIONS

MDMA-assisted psychotherapy for posttraumatic stress, [co-presenter with Marcela Ot'alora G.] Horizons Perspectives on Psychedelics pre-conference workshop, New York, NY. (2019, Oct. 10-11).

MDMA-assisted psychotherapy for anxiety associated with life-threatening illness, International Trauma Conference, Boston, MA. (2018, May 30).

Psychedelic State of the Union, Lightning in a Bottle, Lake San Antonio, CA. (2018, May 25).

MDMA in clinical settings, Here We Are podcast by Shane Mauss, Los Angeles, CA. (2018, Jun. 6).

MDMA-assisted psychotherapy for posttraumatic stress, Grand Rounds, Sepulveda VA Medical Center. (2017, Nov. 8).

Vision becomes reality: The making of a legal MDMA therapist, Horizons Psychedelic Conference, Cooper Union, New York City. (2017, Oct. 7).

Making it legal: MDMA-assisted psychotherapy, Women's Visionary Congress, Petaluma, CA. (2016, Jun. 18).

Therapeutic use of psychedelics, Center for Integrative Psychology, San Diego, CA. (2016, Mar. 4).

MDMA-assisted psychotherapy for posttraumatic stress, Greeners Association for Psychedelic Studies, Evergreen College, WA. (2015, Apr. 18).

SELECTED TRAININGS AND CONFERENCES

Anti-Racism for Collective Liberation, Catalyst Project, OAEC (2018, Nov. 28)

COMPASS Psilocybin Therapy Training, Toronto, CAN (2018, Oct. 27-29)

Evolution of Psychotherapy Conference, Anaheim, CA (2017, Dec. 13-17)

Holotropic Breathwork, Stan Grof, Oakland, CA (2017, Apr. 19-20)

Restructuring and Unburdening Trauma, Richard Schwartz and Bessel van der Kolk, Esalen, CA (2017, Feb. 3-5)

Global Harmony, Sacramento, CA (2016, Nov. 30 – Dec. 3 and Dec. 14-17)

National Harm Reduction Conference, San Diego, CA (2016, Nov. 3-5)

Reform Conference, Drug Policy Alliance (DPA), Washington DC (2015, Nov. 18-21)

Undoing Racism, Quaker Meetinghouse, Santa Cruz, CA (2015, Nov. 4-6)

Horizons Psychedelic Conference, New York, NY (2015, Oct. 9-11)

Holotropic Breathwork, Stan Grof, Burlingame, CA (2015, Jan. 16-18)

Motivational Interviewing, Kristin Dempsey, Watsonville, CA (2014, Sep. 30 – Oct. 1)

7 Challenges Training, Drug and Alcohol Youth Group, County Office of Education, Santa Cruz, CA (2013, Sep. 10 and 2014, May 5)

Northern California Women's Herbal Symposium (2013, May 24-27)

Attachment, Neuro-Psychopathology and Treatment, Patricia Crittenden, Monterey, CA (2013, Apr. 17-19)

Trauma, Addiction, and Internal Family Systems, Richard Schwartz and Mark Schwartz, Monterey, CA (2012, Oct. 30)

Positive Parenting Program (Triple P) Provider Training (2010, Oct. 20 – Dec. 16)

National Alliance on Mental Illness (NAMI) Provider Training, Santa Cruz, CA (2010, Sep. 22 – Oct. 27)

Positive Discipline Provider Training, Santa Cruz, CA (2010, Oct. 21-23)

PUBLICATIONS

- Carlin, S. C. (2021). Cultivating inner healing intelligence through MDMA-assisted psychotherapy. In T. Read & M. Papaspyrou (eds.), *Psychedelics and psychotherapy: The healing potential of expanded states* (pp. 151-162). Park Street Press.
- Mitchell, J. M., Bogenschutz, M., Lilienstein, A., Harrison, C., Kleiman, S., Parker-Guilbert, K., Ot'alora G, M., Garas, W., Paleos, C., Gorman, I., Nicholas, C., Mithoefer, M., Carlin, S., Poulter, B., Mithoefer, A., Quevedo, S., Wells, G., Klaire, S. S., van der Kolk, B., Tzarfaty, K., ... Doblin, R. (2021). MDMA-assisted therapy for severe PTSD: a randomized, double-blind, placebo-controlled phase 3 study. *Nature medicine*, 27(6), 1025–1033. <https://doi.org/10.1038/s41591-021-01336-3>
- Wolfson, P. E., Andries, J., Feduccia, A. A., Jerome, L., Wang, J. B., Williams, E., Carlin, S. C., Sola, E., Hamilton, S., Yazar-Klosinski, B., Emerson, A., Mithoefer, M. C., & Doblin, R. (2020). MDMA-assisted psychotherapy for treatment of anxiety and other psychological distress related to life-threatening illnesses: a randomized pilot study. *Scientific reports*, 10(1), 20442. <https://doi.org/10.1038/s41598-020-75706-1>
- Carlin, S. C. & Scheld, S. (2020). Developing ethical guidelines in psychedelic psychotherapy. *MAPS Bulletin, Autumn 2020*: 30(3). <https://maps.org/news/bulletin/developing-ethical-guidelines-in-psychedelic-psychotherapy/>
- Carlin, S. C. (2020). MDMA therapy training for communities of color. *MAPS Bulletin, Spring 2020*: 30(2). <https://maps.org/news/bulletin/mdma-therapy-training-for-communities-of-color/>
- Carlin, S. C. (2018). Cultivating inner growth: The inner healing intelligence in MDMA-assisted therapy. *MAPS Bulletin, Winter 2018*: 28(3). <https://maps.org/news/bulletin/cultivating-inner-growth-the-inner-healing-intelligence-in-mdma-assisted-psychotherapy-winter-2018/>
- Carlin, S. C. (2018). Clinical supervision in MDMA therapy training: An ethical commitment. *MAPS Bulletin, Spring 2018*: 28(1). <https://maps.org/news/bulletin/clinical-supervision-in-mdma-therapy-training-spring-2018/>