Neuroscape News

April 2023

Neuroscape is advancing the world of neuroscience and technology every day. Stay current with this quarterly update, and also follow us on Facebook and Twitter for the latest news.

NOW PLAYING:

How to Focus Your Distracted Mind

Our Executive Director Adam Gazzaley talked with Jim Kwick on the Kwick Brain Podcast about attention and focus and how the work we're doing at Neuroscape can help with the "Cognition Crisis."

Watch Here
OPPORTUNITY:

Participate in Our Studies

We are actively recruiting participants for several exciting studies to advance understanding and improvement of cognition and mental health. You may be eligible if you fit one of these groups:

**POET Study**
- Open to U.S. veterans age 18-76 years old with post-traumatic stress disorder (PTSD). Get more information.

**Video Game Studies Memory and Attention**
- Open to healthy adults 65-85 years old willing to complete a few in-lab visits (fMRI) and multiple at-home sessions. Get more information.

**Study on Emotional Well-Being in Adults**
- Healthy adults 65-85 years of age willing to complete an in-lab fMRI session and to potentially participate in a remote, app-delivered intervention study. Get more information.

We are not currently recruiting for any psychedelic studies, but please check our studies participation page for updates.

STAFF SPOTLIGHT:

Advancing Precision Psychiatry Through Psychedelics
Despite the availability of treatments, traditional pharmacology has yet to crack the problem of effectively treating many severe psychiatric disorders. Depression, anxiety, and addiction, among other disorders, continue to plague humanity, especially vulnerable populations such as veterans and the unhoused. Feeling disillusioned by the lack of progress and growing mental health crisis, Stal Shrestha has turned to a different avenue for exploration: how classic psychedelic drugs can advance precision psychiatry and reach broad populations.

A postdoctoral fellow working with Robin Carhart-Harris at Neuroscape, Shrestha already has worked with many underserved populations while training for his MD/PhD in Boston, Washington, DC, Miami, and rural Nepal. After starting his research career at Harvard, he received his graduate and medical degrees from the tri-institutional NIH, Karolinska Institute, and University of Miami.

“As an academic psychiatrist in training, my goal is to study neural processes and circuit-level changes in human brains resulting from trauma and psychedelics,” Shrestha says. “I want to understand the genetic and environmental factors that lead to individual differences in behavior and develop effective treatments tailored for those who need them most.”

VOLUNTEER SPOTLIGHT:

Cultivating Neuroscience Knowledge to Bring Back Home
Growing up in Chile, Coté Auil saw firsthand the effects limited resources and lack of innovation can have on brain health. Many of her family members were burdened by difficult neurological conditions, unable to get the support they needed from the healthcare system. “The standard of neurology care in Chile is limited and relies heavily on pharmacology, instead of considering opportunities to use technology and learnings from neuroplasticity research for neurorehabilitation,” Auil says.

Frustrated by the neuroscience landscape in her home country, Auil moved to the United States to train in neuroscience, determined to study the “potential of technology to enhance neuroplasticity and improve executive functions in both neurological patients and healthy individuals.” After earning a bachelor of science degree from Dartmouth College in neuroscience, she began working at a digital health startup and sought additional opportunities to learn about cutting-edge neurotechnology, ultimately leading her to volunteer at Neuroscape.

Having followed the work of Adam Gazzaley and Robin Carhart-Harris for years, Auil was thrilled to discover they were now working together at Neuroscape. “Joining Neuroscape has been a dream,” she says. “Less than a year in, it continues to make a big difference in my life and to define the next steps in my career — it gave me direction.”

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**BRAIN NEWS ROUNDUP:**
These news picks include articles about research and technology related to Neuroscape:

- [The First FDA-Approved Video Game Was Developed in San Francisco](#)
- [The Architecture of Contemplation: Conversation with Adam Gazzaley](#) (podcast)

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