

JILL SITNICK

AUTHOR | JOURNEY EDUCATOR | ADVOCATE

As a healed survivor of childhood trauma-induced **PTSD** with **Psychedelic-Assisted Psychotherapy,** I am an unaffiliated credible voice who can explain how the therapy works in order to combat the stigma surrounding psychedelics.

I created my memoir, workbook, and YouTube channel to explain the value of this healing modality and advocate for more research focused on psychedelics for mental health. Contact me: <u>Jill@thejourneysage.com</u>

About the Speaker:

With over 25 years of award-winning educational technology experience, including careers at Microsoft, and Amazon, Jill is known for simplifying complicated subjects. She has a Master of Science in Instructional Technology and a Bachelor of Science in Secondary English Education. <u>LinkedIn</u>

Speaking Top	oics	Audi	ence Value
 *A Patient's Perspective - Healing PTSD with Psychedelic-Assisted Psychotherapy *Reframing Beliefs - The Basics of Mental Health Healing *A New Life Can Be One Healed Memory Away *Intention Setting for Healing Success with 		 *Available on <u>TheJourneySage.com</u> are <i>Rescuing</i> <i>Jill</i> memoir chapters. One shows a healing reframing of an old belief. *The Body is Available to download on <u>TheJourneySage.com</u> and was my most used psychedelic-assisted psychotherapy intention prompt. 	
Psychedelics *Therapeutic Psychedelic-Assisted Psychotherapy Session 101 - The Basics of a Therapeutic Journey		*YouTube channel content library where I answer questions about my healing experience that spanned a year with three psychedelic- assisted psychotherapy sessions.	
<u>Rescuing Jill: How MDMA with a</u> <u>Dash of Mushrooms Healed my</u> <u>Childhood Trauma-Induced PTSD</u>	<u>Workbook: I</u> <u>for Psych</u>	<u>Jill Companion</u> Intention Prompts redelic-Assisted hotherapy.	The Journey Sage <u>YouTube Channel</u>
			Overview of Healing PTSD with Psychedelic-Assisted Psy



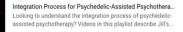




Overview of Healing PTSD with Psychedelic-Assisted Psyc... Looking to understand the big picture of how Psychedelic-Assisted Psychotherapy for PTSD works from a patient's point...

PTSD from Childhood Trauma What does PTSD from child abuse trauma look like in functioning adults? In this playlist, Jill describes her experienc.





Setting Healing Intentions | Workbook Introduction Add description