



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: Jill@thejourneysage.com

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. [LinkedIn](#)

Speaking Topics

- *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 Psychedelics
- *Therapeutic Psychedelic-Assisted Psychotherapy Session 101 - The Basics of a Therapeutic Journey

Audience Value

- *Available on TheJourneySage.com are *Rescuing Jill* memoir chapters. One shows a healing reframing of an old belief.
- *The Body is Available to download on TheJourneySage.com and was my most used psychedelic-assisted psychotherapy intention prompt.
- *YouTube channel content library where I answer questions about my healing experience that spanned a year with three psychedelic-assisted psychotherapy sessions.

[Rescuing Jill: How MDMA with a Dash of Mushrooms Healed my Childhood Trauma-Induced PTSD](#)

[Rescuing Jill Companion Workbook: Intention Prompts for Psychedelic-Assisted Psychotherapy](#)

[The Journey Sage YouTube Channel](#)

