



JILL SITNICK

THE JOURNEY Sage
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](#)

Podcast Topics

1. From a patient's perspective, how does MDMA help people heal PTSD?
2. What was the therapeutic process used in your treatment?
3. What are the differences between an MDMA and psilocybin (magic mushrooms) therapeutic journey?
4. When is FDA approval scheduled for what it has called a "breakthrough" therapy?
5. Where can listeners learn about the clinical trials?

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](#)

[Past Podcast Appearances](#)

