



## Jill Sitnick

A Patient's Perspective – The Process of Healing PTSD with Psychedelic-Assisted Psychotherapy

### Presentation Abstract:

In this session, Jill shares her experience with healing childhood-trauma-induced PTSD with psychedelic-assisted psychotherapy. Jill will start at the beginning with how she crafted journey intentions as she learned to read her body's trauma signals. Then, Jill will share transcripts from an MDMA journey that showcase healing while she was in an altered state.

THE  JOURNEY  
Sage

Here are the analogies I used in this presentation.

# **First Analogy:**

*Trying to explain trauma to my friends*

**Wrinkles = Trauma**

**Iron = Psychedelic**



A vintage television set with a blank screen, mounted on a wooden cabinet. The TV has a dark wood-grain finish and a control panel on the right side with a dial and three buttons. The screen is a light, off-white color.

**Second Analogy:**

**Memories after MDMA journey = Just like watching TV Shows (much less emotion)**

**Third Analogy:**

**Integration = Washing Dishes**

**Water = Taking time (meditation,  
journaling)**

**Plates = Memories**

**Stuck on Food = Trauma**

**Dish Soap = Psychedelic**





Fourth Analogy:

Air Bubbles = Trauma Memories  
that MDMA “found” during my  
journey