

Jill Sitnick

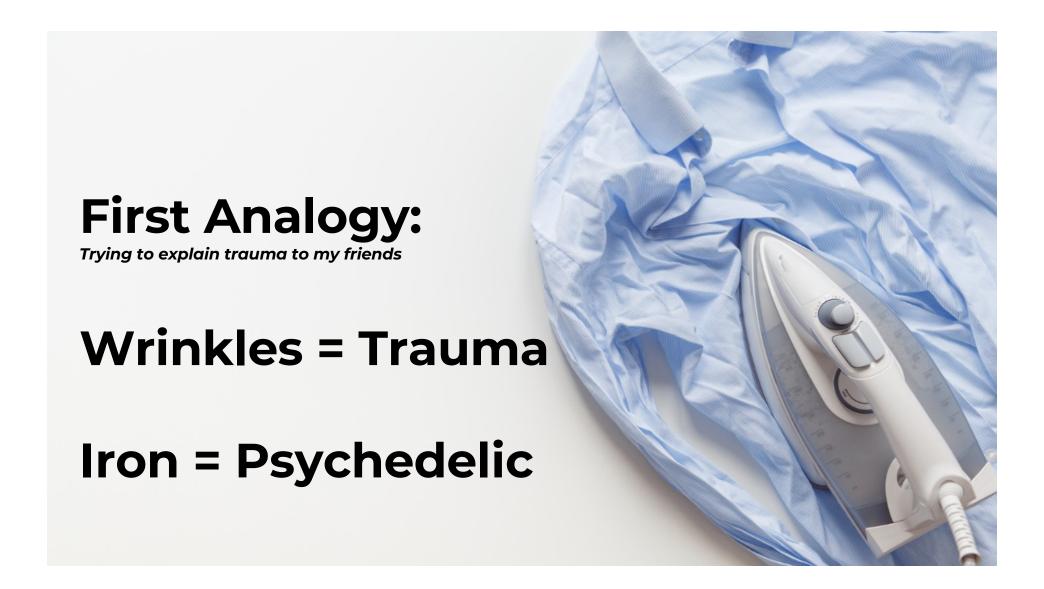
A Patient's Perspective – The Process of Healing PTSD with Psychedelic-Assisted Psychotherapy

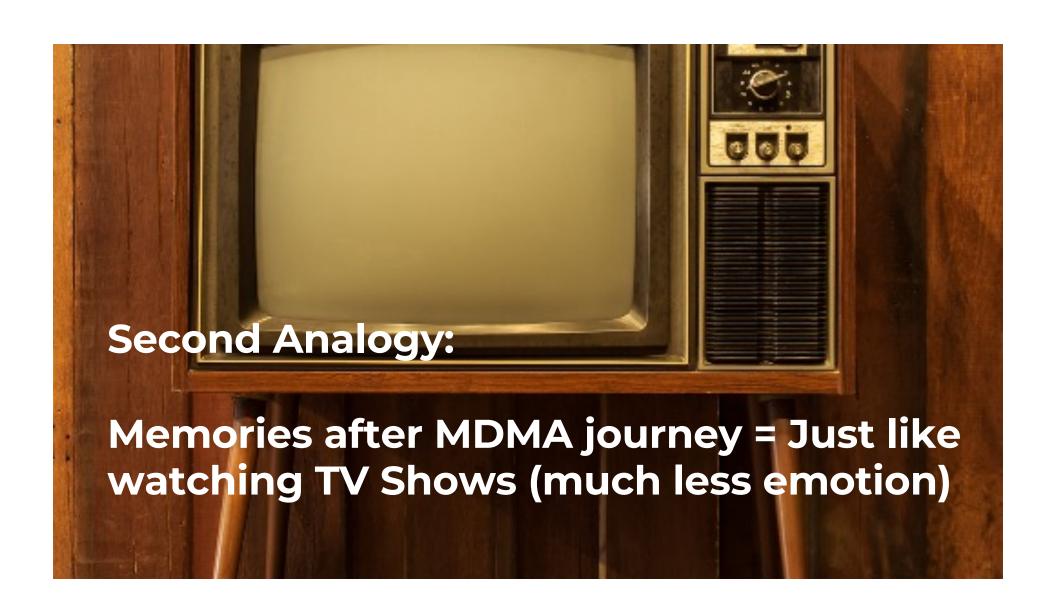
Presentation Abstract:

In this session, Jill shares her experience with healing childhood-trauma-induced PTSD with psychedelicassisted 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.



Here are the analogies I used in this presentation.





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