



HEAL THE MOMENT

REALITY SANDWICH

BOLD
JOURNEY

Microdose

PSYCHEDELIC SCENE

Jill Sitnick is redefining how we understand and approach emotional healing. As the creator of *Heal the Moment*, she replaces abstract, overwhelming ideas about “healing trauma” with a precise, structured framework that teaches people how to identify and resolve the exact moments that shaped their emotional survival patterns.

Her work helps individuals stop reacting from outdated emotional imprints and start responding from who they are today.

With over two decades of experience spanning education, instructional technology, and leadership development, including roles at Microsoft and Amazon, Jill brings both analytical rigor and deep human insight to her work. She is a Certified Executive Coach, Certified Life Coach, and Certified Psychedelic Coach, uniquely positioned at the intersection of leadership, nervous system regulation, and enhanced-state-informed healing.

Jill's methodology is rooted in empowerment, not dependency. Rather than keeping clients in long-term cycles of processing, she equips them with a repeatable framework they can use independently across life transitions, emotional triggers, and growth phases. That framework is grounded in lived experience. In her late 40s, Jill discovered she had been living with PTSD from childhood trauma. Her healing through MDMA-assisted therapy — documented in her memoir *Rescuing Jill: How MDMA with a Dash of Psilocybin Healed My Childhood Trauma-Induced PTSD* — became the foundation for the work she does today. She understands from the inside what it takes to move through survival patterns, not just explain them. Her work integrates seamlessly with modalities like breathwork, meditation, and psychedelic experiences, while standing fully on its own as a structured, results-driven approach.

At the core of Jill's mission is a commitment to advancing the field of trauma healing as it moves toward mainstream adoption. She is a leading voice ensuring that integration, relational repair, and nervous system safety remain central, creating a future where healing is not only faster, but safer, more ethical, and deeply sustainable.

- Creator of the Heal the Moment Method, a structured trauma healing framework
- Certified Executive Coach, Teleos Leadership Institute
- Certified Life Coach, iPEC Energy Leadership Program
- Certified Psychedelic Coach, Third Wave's Psychedelic Coaching Institute
- 20+ years of experience in education, leadership development, and instructional technology
- Former Technology Strategist and Program Manager at Microsoft and Amazon
- Pioneer in integration-centered, enhanced-state-informed healing practices

Digital Reach & Impact

Jill's impact is driven by the depth and precision of her work. Her audience is composed of growth-oriented individuals, leaders, and seekers who are ready to move beyond surface-level healing and into true emotional mastery. Through thought leadership, teaching, and content, she is building a highly aligned community centered around transformation that is structured, repeatable, and sustainable.

Podcast Guest

Jill Sitnick is a compelling podcast guest who brings clarity to complex conversations around trauma, emotional patterns, and healing. She speaks on topics including nervous system regulation, psychedelic integration, and how to break free from reactive patterns, offering listeners practical, actionable frameworks they can immediately apply.



Thought Leader & TV Personality

Jill Sitnick is emerging as a leading voice in the evolution of trauma healing and integration-based practices. As enhanced-state therapies gain broader visibility and legitimacy, she stands at the forefront, advocating for a structured, ethical, and results-driven approach. With a grounded yet authoritative presence, Jill translates complex emotional and neurological concepts into clear, accessible frameworks, making her a powerful fit for media, television, and live stages focused on personal transformation, mental wellness, and human performance.

Book

RESCUING JILL:

How MDMA with a Dash of Mushrooms Healed My Childhood Trauma-Induced PTSD

AVAILABLE ON AMAZON

