






SUNNY STRASBURG, LMFT

Psychology | Psychedelics | Technology | Art

CONTACT

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EDUCATION

Certification in Psychedelic Assisted Therapy: California Institute of Integral Studies. San Francisco, CA.

Master of Counseling Psychology. Pacifica Graduate Institute. Santa Barbara, CA. Thesis written and illustrated, published book: The Alchemist's Path: Navigating and Reclaiming the Depths of Your Psyche

Bachelor of Art. University of Utah. Salt Lake City, UT Awarded four year, full tuition merit scholarship.

SKILLS

PROFESSIONAL

- Creative Thinking
- Knowledge of several psychological methods
- Interpersonal Relationship Building and Networking
- Management Skills
- Tenacious
- Realistic Goal Setting
- Ability to Prioritize
- Brainstorm Collaboratively
- Excellent Problem Solving
- Visionary and Forward Thinking
- Critical Thinking
- Big Picture Problem Solving

EXPLORING CONSCIOUSNESS WITH INNOVATIVE HEALING SOLUTIONS

I am a certified and licensed psychedelic trauma psychotherapist, merging novel technology, art and science. This alchemy fosters deep and enduring positive change. Humanity is in a psychological crisis, trauma is epidemic, and mental healthcare is inaccessible for most. I develop novel approaches to healing by delivering therapy, presentations and interviews, training, retreats, virtual reality and mobile app content, and psychedelic exploration to optimize and expedite healing.

Utilizing effective and attuned communication and support, we can remove the blocks of trauma, cultural conditioning and self doubt. Then, the true self yearning to step forward is not only revealed, but activated. I serve to inspire all people, including therapy clients, mental health clinicians and other professionals through the exploration of consciousness and self actualization.

When the message received resonates with what the inner self already knows, we feel deeply seen and inspired. By creative thinking and leaning into challenges, we learn to trust ourselves more than the limitations by which we've been conditioned. Using my multidisciplinary expertise, there is movement toward wholeness. We may then see the magic and potential in everyday life. I hold a lantern to illuminate your path towards what you are meant to become.

WORK EXPERIENCE

CLINICAL DIRECTOR OF OPERATIONS

TRIPP PsyAssist | 2021 - Present

- Oversight, development and research for psychedelic support products via mobile app and virtual reality platforms.
- Clinically Oriented Voice Guidance for Psychedelic Journeys.
- Clinically Oriented Voice Guided Meditation and Mindfulness Breath Recordings.
- Primary Investigator Feasibility and Proof of Concept/Feasibility Study for Anxiety Reduction and VR Prior to Ketamine Assisted Psychotherapy.
- Completed NIDA Good Clinical Practice and PHRP Certifications.

LEAD KETAMINE TRAINER

Ketamine Training Center | 2020 - Present

- The Ketamine Research Foundation with leadership by Dr. Phil Wolfson.
- Lead KAP training with Dr. Dick Schwartz, Dr. Bessel van der Kolk, Dr. Gita Vaid.
- Advanced KAP Training, Somatic and Trauma Processing with KAP, IFS/ KAP Best Practice Training for Clinicians.

PRESENTER & SPEAKER PSYCHEDELIC THERAPY AND EMDR

Sunny Strasburg, LMFT P.C. | 2020 - Present

- Social Justice Summit: Keynote Presentation and Panel Discussion, 2022.
- EMDRIA Worldwide Virtual Conference: EMDR and Psychedelics Presentation, 2021.
- Shrink Rap Radio Psychedelics Interview, 2020.
- The K Dome Psychedelic Interview, Women of Ketamine, Magic and Psychedelics, 2020.
- Speaker/Presenter CIIS CPTR Alumni Association Ketamine Assisted Psychotherapy, 2020.

LICENSED PSYCHOTHERAPIST

Sunny Strasburg, LMFT, P.C. | 2009 - Present




- Consultation and Advising for Ketamine and Psychedelic Assisted Therapy Protocol Development and Oversight.
- Ketamine Assisted Psychotherapy Group, One Day and Multiple Day Retreats
- Certified EMDR Trauma Specialist (Eye Movement Desensitization and Reprocessing)
- Certified Psychedelic Assisted Therapist
- Ketamine Assisted Psychotherapy for PTSD, Anxiety and Depression



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MENTORSHIP

- Dr. Brian Richards, PsyD Aquilino Cancer Center, Sheppard Pratt Hospital
- Phil Wolfson, MD Ketamine Research Center
- Mike Dulle, LPC Odyssey House of Utah Adult Inpatient Drug and Alcohol Rehabilitation Treatment
- Andria Miller, LCSW Volunteers of America Outpatient Drug and Alcohol Rehabilitation Treatment
- Dr. Bruce Riggs, PhD. Attachment Theory
- Dr. Peter Nicholas, PhD. Pingree School for Autism

INTERESTS

- Psychology
- Technology AI, VR, AR
- Crypto and NFT
- Visual Art
- Outdoor Fitness
- Travel
- Research

TRAINING

CERTIFIED PSYCHEDELIC THERAPIST AND RESEARCHER

- PSILOCYBIN: Training in psilocybin assisted therapy. Compass Pathways. Mentored by Dr. Brian Richards, Sheppard Pratt. Residency. Synthesis Psilocybin Retreat. Zandvoort, Netherlands.
- KETAMINE: Trained in Ketamine Assisted Therapy. Mentored by Dr. Phil Wolfson.
- MDMA: Trained in MDMA Assisted Psychotherapy. Michael and Annie Mithoefer, MAPS
- AYAHUASCA: Lived and supported participants with preparation and integration at an Ayahuasca Retreat Center, located in San Gerardo de Rivas, Costa Rica.

TRAINING IN ADVANCED PSYCHOLOGICAL MODALITIES

- IFS Trained
- EMDR Certified. EMDR Basic and Advanced Training Trained with Drs Gerard Puk and Curtis Rouanzoin
- Training in advanced trauma techniques using EMDR. Ego State Therapy, Dr Carol Forgash, Mourning and Grief Trauma training.
- Gottman Couples Method Trained with Drs John and Julie Gottman

HOST, PRODUCER, SPEAKER

KETAMINE ASSISTED PSYCHOTHERAPY RETREATS

- "Elemental Healing" Psychedelic Retreat Costa Rica, 2022
- One Day Ketamine Assisted Psychotherapy Retreats, Salt Lake City, Utah
- Healing for Healers: Ketamine Assisted Therapy Group Retreats California, Utah, Maryland, Washington D.C., Wyoming and Costa Rica
- Holotropic Breathwork Co-facilitator and Therapist
- Therapy Volunteer, The Children's Center. SLC, UT
- Therapy Volunteer, Head Start of Utah. SLC, UT
- Therapy Volunteer, Rocky Mountain Hospice. SLC, UT
- Therapy Volunteer, YWCA Women's and Children's Center. SLC, UT
- Therapy Volunteer, Volunteers of America Women and Children's Shelter. SLC, UT

PRESENTER AND LEAD TRAINER

- Lead Trainer Somatic and KAP with Bessel van Der Kolk, Menla Retreat Center 2021
- Social Justice Summit: Keynote Presentation & Panel Discussion 2022
- EMDRIA Worldwide Virtual Conference: EMDR and Psychedelics Presentation 2021
- Speaker/Trainer: Ketamine Research Foundation 2021
- Speaker/Presenter: EMDRIA Worldwide Conference Psychedelics and EMDR 2021
- Speaker/Interviewee: Indra's Net Coalition Shrink Rap Radio 2021
- Speaker/Interviewer and Interviewee: Infinite Playa 2020
- Speaker/Producer: Mindbender 2007, 2008 featuring Dr Ralph Metzner, Stacia Butterfield and Andrew Jones. Sundance Film Festival
- Speaker/Producer: Archetypal Art & Psychology at SLC Library, UT