






SUNNY STRASBURG, LMFT

Psychology | Psychedelics | Technology | Art

CONTACT

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"The privilege of a lifetime is being
who you are."

-Joseph Campbell

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

BIOGRAPHICAL SKETCH

As a certified and licensed psychedelic trauma psychotherapist, Sunny Strasburg, LMFT merges 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. Mrs Strasburg develops novel approaches to healing by delivering therapy, presentations and interviews, training, in-person retreats, virtual reality and mobile app content, and psychedelic exploration to optimize and expedite healing.

Mrs Strasburg is passionate about creating containers of healing and awakening through in-depth retreats and trainings. She has developed retreat curriculums which follow the path of what Joseph Campbell called the Heroine's/Hero's Journey. Her events include somatic movement and dance, group therapy process, collaborative art creation, meditation and individual therapy, EMDR and Internal Family Systems processing. Sunny sees an essential need in creating a sense of belonging to a community. This belonging then follows a natural process of finding self reflected through relationship. She offers Ketamine Assisted Psychotherapy Group, One Day and Multiple Day Retreats. She also offers Elemental Healing retreats in Costa Rica and California. Mrs Strasburg provides consultation and advising for Ketamine and Psychedelic Assisted Therapy protocol development and oversight to licensed healthcare practitioners.

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 her multidisciplinary expertise, Sunny seeks to facilitate movement toward wholeness. We may then see the magic and potential in everyday life. Sunny holds a lantern to illuminate the path towards what her clients are meant to become.

Sunny is the Clinical Director of Operations at TRIPP PsyAssist where she provides oversight, development and research for psychedelic support products via mobile app and virtual reality platforms. She offers clinically oriented voice guidance for psychedelic journeys. Mrs Strasburg specializes in authoring and voice recording clinically oriented voice guided meditations and mindfulness breathing exercises. She is the Primary Investigator of a Feasibility and Proof of Concept/Feasibility Study for Anxiety Reduction and VR Prior to Ketamine Assisted Psychotherapy and has completed NIDA Good Clinical Practice and PHRP Certifications.




Mrs Strasburg is a Lead Trainer at the Ketamine Training Center, operating under the Ketamine Research Foundation with leadership by Dr. Phil Wolfson. Trainings she has organized, directed and lead are KAP trainings with Dr. Richard Schwartz, the creator of Internal Family Systems, Dr. Bessel van der Kolk, author of the Body Keeps the Score as well as the Ketamine Therapy specialist, Dr. Gita Vaid. Sunny has served as lead trainer at the Advanced KAP Training, Somatic and Trauma Processing with KAP, IFS/ KAP Best Practice Training for Clinicians. As a Certified EMDR Trauma Specialist (Eye Movement Desensitization and Reprocessing), Sunny is a presenter at the EMDRIA Worldwide Virtual Conference: EMDR and Psychedelics Presentation, 2021. She was a keynote speaker at the Worldwide Social Justice Summit on Trauma and Psychedelics in 2022.



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"Life is without meaning.

You bring the meaning to it.

The meaning of life is whatever you
ascribe it to be.

Being alive is the meaning."

-Joseph Campbell

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BIOGRAPHICAL SKETCH CONTINUED

Mrs Strasburg has been featured on podcasts such as Shrink Rap Radio Psychedelics Interview 2020, The K Dome Psychedelic Interview, Women of Ketamine 2020, Magic and Psychedelics, 2020. She was a speaker at the CIIS CPTR Alumni Association Ketamine Assisted Psychotherapy, 2020 and presenter at Pacifica Graduate Institute on the Archetypal Map of The Psyche and Dream Journaling in 2010.

Sunny's education and training includes Certification in Psychedelic Assisted Therapy: California Institute of Integral Studies, San Francisco, CA. Master of Counseling Psychology: Pacifica Graduate Institute, Santa Barbara, CA. Sunny's thesis is a written and illustrated, published book: The Alchemist's Path: Navigating and Reclaiming the Depths of Your Psyche.

Sunny's clinical specialties include, psychotherapy for PTSD, anxiety and depression. She is trained in Internal Family Systems and Ego State Therapy, Dr Carol Forgash, Mourning and Grief Trauma training. Also trained in Gottman Couples Method Trained with Drs John and Julie Gottman. Sunny is the co-director of the Indra's Net Coalition, a nonprofit organization offering free support groups for those suffering with trauma.

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. Sunny serves to inspire all people, including therapy clients, mental health clinicians and other professionals through the exploration of consciousness and self actualization.

Sunny is also a visual artist and loves nature. She spends time with friends and family hiking, mountain biking, camping, traveling and enjoying diverse landscapes. Sunny lives in Salt Lake City, Utah.