



SUNNY STRASBURG, LMFT

Psychology | Psychedelics | Technology | Art

CONTACT

sunnystrasburg@gmail.com
sunnystrasburgtherapy.com
sunnystrasburgretreats.com
thetheradelicapproach.com
<https://www.linkedin.com/in/sunnystrasburglmft>
Utah License: 7306486-3902
Maryland License: LCM785

SKILLS

- Excellent Communication Skills
- Creative Thinking
- Project Management
- 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

Professional Profile

Sunny Strasburg, LMFT, a licensed psychotherapist, educator, and pioneering author, specializes in psychedelic therapies and advocates for future technologies serving social good. As the founder of The Theradelic Approach, she equips clinicians with trauma-informed psychedelic-assisted therapy methods, blending IFS, EMDR, archetypal psychology, trauma-informed care, and her extensive experience. Her debut book, "The Theradelic Approach," delineates these innovative methodologies, elevating therapeutic standards of best practice. Sunny catalyzes transformation among leaders in AI, technology, business, investment, and entertainment, fostering empathy and connectivity.

Collaborating with Dr. Richard Schwartz, she creates impactful experiences inspiring compassion and creativity. Having served as Clinical Director for VR mental health projects, she gained firsthand experience on the ethical challenges of these technologies. This has inspired her to pursue opportunities to ensure responsible AI development. Sunny's expertise resonates through engagements at SXSW, EMDRIA, Psychedelic Science, IFS Conference, and The Expanded States of Consciousness Worldwide Summit.

Clinical Psychotherapy Experience

Private Practice, Salt Lake City, UT, 2020 - Present

- Provide ketamine-assisted psychotherapy for PTSD, anxiety, and depression
- Trauma specialist for treating PTSD and C-PTSD
- Named "Best Psychotherapist in Utah" by Salt Lake City Weekly, 2021

Retreat Experience

- IFS KAP Leadership Retreats with Dr. Richard Schwartz
- One-Day Ketamine Assisted Psychotherapy Retreats
- Healing for Healers: Ketamine Assisted Therapy Group Retreats
- Holotropic Breathwork Retreats
- One-Day Ketamine Assisted Psychotherapy Retreats
- Elemental Healing Group Retreat in Costa Rica
- Healing for Healers: Ketamine Assisted Therapy Group Retreats

TRIPP PsyAssist, 2021 - 2023

Clinical Director of Operations

- 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.
- Co-primary Investigator on *Effects of a Virtual Reality PsyAssist Calm Experience Program on Pre-treatment Anxiety Prior to Ketamine Dosing*, feasibility research study



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SPECIALTIES

- Ketamine Assisted Therapy Certified
- Expert in Trauma, Depression, and Anxiety Treatment
- EMDR Certified
- Internal Family Systems Therapy Trained
- Licensed Clinical Training
- Licensed Clinical Consulting
- Gottman Couples Method Trained
- VR and Mobile Technology
- Archetypal & Jungian Psychology
- Ego State Therapy
- Attachment Theory
- Primary Investigator Scientific Research

Lead Ketamine Trainer

- The Ketamine Research Foundation
- Led 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

Training and Certifications

- Certified in Psychedelic Therapy Protocols: Psilocybin, MDMA, Ketamine
- Licensed and Certified in EMDR and Ego State Therapy
- Trained in Internal Family Systems (IFS) Therapy
- Trained in Gottman Method Couples Therapy
- Trained in archetypal psychology
- Certified in NIDA Good Clinical Practice and PHRP for clinical research

Education

- Certification in Psychedelic Therapy and Research, Clinical Psychology, California Institute of Integral Studies, 2019
- MA, Counseling Psychology, Pacifica Graduate Institute, 2009
- BA, University of Utah, 1993

Presenter & Speaker

- Featured speaker at IFS Conference, Psychedelic Science, SXSW, Psychedelic Summit, Psychedelics Today, Dangerous Wisdom, Expanded States of Consciousness World Summit, Leadership Launchpad, Social Justice Summit, EMDRIA Worldwide Virtual Conference: EMDR and Psychedelics Presentation, Shrink Rap Radio Psychedelics Interview, The K Dome Psychedelic Interviews, CIIS CPTR Alumni Association Ketamine Assisted Psychotherapy, Ketamine Research Foundation, Indra's Net Coalition, Mindbender. Sundance Film Festival
- Interviewed on podcasts including Psychedelics Today, See You on the Other Side, Shrink Rap Radio and Elite Leadership.
- Presented at prestigious events like CIIS CPTR Alumni Association Ketamine Assisted Psychotherapy and Ketamine Research Foundation.

Publications:

- Author of "The Theradelic Approach: Psychedelic Therapy. Perspective, Preparation, and Practice" foreword by Dr. Richard Schwartz.