

Fear Me Out Podcast

Episode 49

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Guest Speaker

Rachel Aidan – PTSD to CEO

Kim Fauskee

Welcome to the Fear Me Out Podcast. Thank you so much for listening. If you enjoy our podcast, please subscribe and give us a high rating. Today we continue our series on psychedelic therapy. I read about our guest in Entrepreneur Magazine, and immediately contacted her. She's an amazing woman, Rachel Aidan. Her story is both incredibly sad and very inspiring. She's the CEO of the synthesis Institute, which is an institute that's designed to educate people on how people using psilocybin as a way of treating emotional trauma. Rachel is a complex PTSD survivor and her story is really incredible. She's one of my new heroes. I hope you enjoy the podcast with Rachel Aidan.

Fear Me Out 00:59

There are two basic motivating forces fear and love. When we're afraid we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance. Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts Kim foskey and Dr. Dana Saperstein.

Kim Fauskee 01:40

All right, so this is an episode that Dana and I have been looking forward to for a couple of months. And we welcome into the podcast studio, Rachel Aden, who is the CEO of a synthesis Institute. And how we came about finding Rachel was Dana was doing his usual reading through periodicals and books, which I guess people still do. I do and not on the on the internet. And there was a fabulous article written in Entrepreneur magazine a couple months ago about Rachel. And as Rachel and I and Dana, were talking about before we started recording. The fascinating part, at least to me was, what Rachel has survived in her life to get to where she is now. So we're gonna talk a little bit about that is we can continue on the podcast, but first, I want to welcome you, Rachel, thanks for being here.

Rachel Aidan 02:37

Yeah, thank you for having me.

Kim Fauskee 02:39

So I'm going to just for a little context, before we get started with a conversation, go through a few of the points that the entrepreneur article stated in there, and so you can correct anything that I either

missed eight or wasn't true in the article. So you grew up in Nebraska, Texas, and in New England. You're one of four children of religious extremists, parents.

Rachel Aldan 03:09

Yeah, they say the parents were involved in Scientology, they they definitely kind of used a broad term. So more specifically.

Kim Fauskee 03:18

Yeah, exactly. Then there was some they also mentioned group ritual sexual abuse, which continued into your early 20s. Unfortunately, you had two siblings that passed before you were five raped at 15. suicide attempts, times two and pregnant at 19. That's, that's quite a life that you've that you've lived prior to coming into adulthood. There. Yeah. And so now you actually have a PhD in psychology. Now, which probably you could have taught that course, from Europe or

Rachel Aldan 04:04

completed it yet, but yes, I'm in the process. Yeah.

Kim Fauskee 04:08

So tell us a little bit. You know, obviously, we hit some of the salient bad points of your upbringing there, but kind of describe to us in more detail about who you are and where you're from, and how you got to where you are now.

Rachel Aldan 04:26

Yeah, thank you. It's good to be here. Tough stuff, but important things to talk about. Yeah, as a child, we kind of came up in Nebraska. I was born into a house where it my oldest sibling was actively dying of Hodgkin's lymphoma. And one of the siblings prior to him, it also passed from I believe, they said, SIDS, sudden infant death syndrome. So you can imagine a household where you've got one of the children are very ill and dealing with Treatment constantly, myself, and then I had one younger sibling. So we were in Nebraska. And you know, I obviously wouldn't have understood at that time, but my parents were involved in Scientology. And so that meant a lot of people around your house that you didn't know, he's know. And there were activities and sexual abuse that would go on with different guests of theirs, I would say. And that was, I was gonna ask

Kim Fauskee 05:37

you, did you did you live in a Scientology community? I mean, was that your neighbor's neighborhood, or just people that happen to be in Scientology that were in that community?

Rachel Aldan 05:49

It was not, to my understanding, I don't believe it was a formal Scientology community. You know, I remember it as a neighborhood. And I remember it as a lot of their, you know, friends, people coming around and visiting and staying with us for various extended amounts of time. And said that that's that's what life looked and felt like up and tell us about five, six years old,

Dr. Dana 06:15

or your that your parents sanction their behavior towards you.

Rachel Aldan 06:21

You know, the, the memories are tough. We've tried to do a lot of work and still working with that. There are times I recall, one of my parents being in the room with others, thus, entrepreneurs caption of ritualistic group abuse, there were multiple adults. So there were times that one of them was there. And there are times that was a stranger. And there were times that there were other children were being forced into that situation with myself and my brother.

Kim Fauskee 07:00

Did you did you go to school with other Scientology children? In in November wouldn't

Rachel Aldan 07:06

have known that. Now. I mean, I don't there's nothing about Scientology outside of the house, that I remember not a neighbor, not somebody that I was playing with. There was, it was it was very much like a secret in the house, even though no one told me it that way. So I don't recall the school. School was actually like my safest place to go. I really loved going to school. Yeah.

Kim Fauskee 07:31

So there was nobody at that point. And how old were you at that point, when you started realizing kind of what was going on that May? In maybe in your mind, it was just normal activity? Not that it was something wrong?

Rachel Aldan 07:46

I mean, I was in my early teens before I really realized what kind of like I was experiencing, I had no idea.

Dr. Dana 07:56

And how did you cope with what was happening to as a younger child,

Rachel Aldan 08:00

I mean, I spent a lot of time alone. Getting out in nature. There really wasn't a side from when family was around, it typically was pretty abusive, and they're very physically abusive, as well, verbally, all the forms are at play. And so it wasn't spending time with my siblings, if I didn't have to, I really didn't, I don't remember having a lot of friends in the neighborhood. And so, you know, anytime I could just get outside and go to the cul de sac, sorry, you know, walk or ride my bike, or, you know, but it's a pretty isolated kid, I think. Yeah.

Kim Fauskee 08:48

And what was your relationship like with your parents? Growing up? You said there was also other forms of abuse that were going on? And yeah, and did your younger siblings suffer from the same?

Rachel Aldan 09:02

Yes, I absolutely witnessed my younger brother, who is the one that later took his life just a couple years ago. The relationship, you know, my, my biological father was not my two older siblings, biological father. And as I understand it, and I've looked at some records of things. You know, I think he was working with Scientologists and he was starting to spend time in Dallas, Texas, where we later moved. Then I think they were forming a business or something was transitioning that way. So my father David, he was not around much and when he was he was pretty violent. And similarly, my mom, you know, there was because of my brother's illness, and she was trying to find him care, which is, you know, feel so ironic in the face of What was going on inside of our house? That was always hard to notice that the care and that kind of fight to get him? Well, we model what's going on for us. And so they weren't around. We had a nanny that would come and go babysitters. But they really weren't around. And when they were it was how, you know, so it's kind of like you didn't you didn't want them around, you almost felt better when

Dr. Dana 10:26

other survive financially? Did they? Are they working people? Or were they independently?

Rachel Aldan 10:33

Yep, they were both working. My dad was a bit of a business consultant. In a variety of ways. I don't I don't know a whole lot about it. My mother has been working. And I'm careful because my father's past and my mother's living. So I don't want to name too much here with her. But she's been working in and around health care. I think most of her career.

Dr. Dana 11:04

She's still involved in Scientology.

Rachel Aldan 11:07

Now, they both left it. I don't remember when. And I can't remember right now, but what the word they call it is when you've been shunned out of Scientology, but I've seen their names and documents where they've been. Yeah, yeah. When it was something like this. And so you know, I think probably around 1011 12. My father shifted gears, I'm not sure when my mother or how much she was involved. That was never as clear as it was with my father. In the end of the story with with David. I've forgiven him. And we had a very powerful kind of final years together, where it's very transformative. And he owned a lot of what went on at that time. My mother and I stopped talking 15 years ago. I think so. Yeah, but but I know, they they left and we're away from the church, I think anyway, probably around 10 to 12 years old,

12:12

with the abuse continued, despite the fact that they weren't involved.

Rachel Aldan 12:17

Yes, it did continue. It did continue. While the sexual abuse lightened, maybe wasn't as frequent, there were things still going on very physical violence. emotional, verbal.

Kim Fauskee 12:42

And again, were these through family friends that this abuse was happening, or acquaintances or relationships that you're having, or

Rachel Aldan 12:51

in the earlier years in Nebraska, there was definitely in the family and the friends that were around. Once we moved, it shifted, it was still mom and dad dominantly. And sadly, there was a babysitter, there was a neighbor. I think that when we're young, and we're exposed, I don't know what that is. But, you know, it feels like we become magnets in some way. So that there were other people in the community that weren't a part of it with my parents, after we moved, but separately, things are happening.

13:27

You know, Rachel, based on my experience of predators are really good at sensing people that have been victimized and they can tell who's gonna fight and who's going to submit. And so it's not at all unusual that people start to show up in your life that can tell that you're not going to fight or that or that you're going to be easily manipulated in a certain way. It's really very sad. Yeah, it's extremely common that that happens.

Kim Fauskee 13:55

In your parents were aware of the continued abuse that you were suffering

Rachel Aldan 14:01

with I mean, those two were the primary abusers their primary

Kim Fauskee 14:04

abusers. Okay, but but they were willing to get your brother help it, but not help you in any way.

Rachel Aldan 14:14

Yeah, I mean, that will forever be a great ironing, as you know, one of us was dying. And so all the care in the world across the country to find the newest care and can really help him and meanwhile this is going on and that's a thread that's I know many other folks like me, have their abusers are shiny members of community and doing wonderful things. And in in the back end, this is going on so yeah, that's That's true.

Kim Fauskee 14:47

So So when When did you finally get to a point that you realized what was happening to you wasn't normal, and that it was that it was wrong and It was affecting your well being.

Rachel Aldan 15:04

One of the first things that happened that I really understood was I was in junior high in Southern New Hampshire, actually. So I must have been about maybe the 1314 year old age and I was in gym class. And they were doing is it scoliosis testing? You know, they check your back. Yes. Yeah, so I, I fought, I said, No, I cannot do that, because I had welts all over my back and legs from my father, who used a belt. And one of my friends was saying, you know, teasing me like, Oh, you don't want the nurse to see,

you know, something, tz. And he pulled away from her in such a way, she grabbed my shirt, and it pulled my shirt up as I went to run away. And she's she, you know, she clearly knew that something was wrong. And she went and got the school nurse immediately in my gym teacher, and said, Rachel's covered in bruises.

Kim Fauskee 16:06

So I'm sorry, go ahead.

Rachel Aldan 16:09

No, yeah, no, it just turned into I got pulled into the nurse's office. And shortly thereafter, a DCYF worker I later understood was there. And I was being interviewed. And it was the nature of the questions, they were asking me because I thought that what they saw on me was nothing compared to what I knew. And so it was these adults reaction and the look on their faces. And I could really feel like, wow, what has been going on for me, and what I'd haven't even told them is really serious stuff. And so that was one of the very first times I understood the nature of what I had been living.

Kim Fauskee 16:49

Do you remember it all going back there? Whether you are trying to minimize the view of abuse during that questioning? Or did you even know what they're asking? Or how to even respond to that? Did you feel any

Rachel Aldan 17:01

guilt that wouldn't be minimized and protected my parents, I was terrified that they would, you know, be in trouble, and I would be taken away. And these things I absolutely minimized.

17:15

do anything to protect you in any way.

Rachel Aldan 17:20

They didn't actually, I'm surprised I was kind of digging around looking for records at that high school, junior high school to kind of see if I remembered it, right. It's in my work now. And no, I it was a long day in the office and the nurse's office. I remember being really busy and different people my dad finally came in, and my parents were there, but I was sent home with them later that day.

Kim Fauskee 17:44

Perfect. And so was a retribution from your, from your parents, because of that action being called in in the nurse's office and, and being questioned, even though it wasn't your fault.

Rachel Aldan 18:01

I think that we it was actually a few days where it was like silent treatment, it was very awkward. And they just they stayed away from me, but it just it, you know, returned shortly thereafter. What's been quiet for long?

Kim Fauskee 18:14

So what kind of kid were you in high school? Were you? Did you have friends? Were you able to connect? Close enough friends where you feel comfortable and confiding in anyone about the abuse that you were suffering? Or do you just kind of shy away from relationships at that point?

Rachel Aldan 18:31

I think you know, and if you'd known me back then I think that we could all look back and say that something's going on with this kid there is an edginess and a defensiveness and a real, you know, attitude. You know, just never had any close friends for long. So I had a lot of friends, like more acquaintances, but not deep friends. And I never told anyone, I was definitely friends that I think notice some things as we got much older towards like the 1718 leaving high school. People often comment, especially around my mom, like, you know, just the, you know, I could tell it was not a good relationship, but I I never disclosed anything.

19:22

Did you finally get help at some point at this point in life, or did they help come later?

Rachel Aldan 19:30

There was one time and this was the first suicide attempt, where I went to a therapist. And the very first meeting I made a comment about well, what we now know is transpersonal lines, right? There's many ways of knowing things and I said something to the effect of you know, connecting to like spirits or feeling feeling guidance from a different place or like something like this and I remember She leaned in and she said, Rachel, are you telling me you're hearing voices? And I remember my skin just like, Oh, don't tell her another word, say anything she wants you to say, but don't tell her anything about that inner landscape. And so I did. I just played the part and was a good girl to get out of doing that. I never spoke to her again. And I'd say it really wasn't until I finished high school and got away from the house, and really had my own space that I really started the journey of understanding what I lived through and starting to integrate reclaim all those parts.

Kim Fauskee 20:39

So that initial therapy visit was that mandated post suicide attempt. Yes. So you weren't going on your own fruition? It was like, okay, something's wrong with Rachel, she needs to go see a therapist. That's right. In was that did that come from your parents or that come from the healthcare system? Or the the legal system? Or who who put you in with this therapist that that wasn't handling you quite correctly there?

Rachel Aldan 21:12

I don't you know, I don't honestly know that I would imagine because I had an attempt later. And I recall that went, I would imagine the healthcare system would have said, Hey, she needs to go in and do this. I don't know that it was mandated. Yeah, I don't know. But it was definitely as a result of that. At first attempt.

21:33

Oh, what was happening in your life that at that point, you decided that suicide was the best option for you?

Rachel Aldan 21:42

Yeah, well, I mean, from zero to 15. You know, your body is now a sexual object for all sorts of adults, right? You're hit you're grabbed, you're pulled, you're pushed your y'all dad. And also, Tavis, my younger brother, you know, witnessing it going on for him. And I think, you know, you just get into a place where like, you cannot change it. You know, you're young, no one listens to you. And at 15, there was a rape by somebody that I was I was dating, actually, and I later found out it was related to some drug use that he had gone into. And, you know, I think guys that, you know, first love for a young girl that age and kind of what that was feeling like and that, you know, and then that happened. It's like nowhere as efficacy, it's never going to be okay. And so yeah, I I wanted, I wanted to die. I remember really, really wanting to die, and I drank a large amount of antifreeze. And next thing you know, I woke up in a hospital said so glad today that it didn't work. But at that time, I really wanted out.

23:07

incredible amount of desperation. So was it so tell us a bit moving forward in your early 20s? You got away from home?

Rachel Aldan 23:20

Yeah, yeah. I got pregnant young with my daughter Kai. And yeah, it was it was just, you know, that that sense of, you know, the love I had for her even in utero wherever she was, like, just that fierce protective. Energy came up. And it meant so much. So, you know, we got we got to move away. And it was really interesting, guys, because the the piece with my dad, it was Kai's birth that changed him. He had a really big reaction to me having a baby.

Kim Fauskee 24:00

How old? How old were you when Kai was born?

Rachel Aldan 24:03

1918 1819 1819

24:09

who was the father, if you don't mind my asking?

Rachel Aldan 24:12

Her biological father is not in the picture. I legally pursued full physical and physical and legal custody that very first year. As you can imagine, I magnetized someone with a lot of issues like myself at that time. And so my husband I married later legally adopted chi. But at that time I had on my own and sadly he was in prison when she was born. He had a lot of addiction issues. So it was a bittersweet in that way though, because we were we were on our own. And my my father had this moment he was just a puddle. And he just had this realizing me as a baby, and my whole life and what he had missed and what he had done. He hit the one time after she was born, that was the last time. And from that point forward, we really did some beautiful work of that, that helped him heal. That helped me heal and forgive him truly.

Kim Fauskee 25:22

So he's so he, he ultimately admitted to what he did to you. And you guys were able to get past it.

Rachel Aldan 25:29

He did.

Kim Fauskee 25:32

And you believe it was because of the birth of your daughter that that that actually was the the catalyst for that to happen?

Rachel Aldan 25:41

Do you think it was a catalyst because I watched him as soon as I had her just as a cleaner up just minutes after I had her he was not in the room. And he was allowed in. And when he went to hold, I mean, he was a six foot five man and he just crumbled. And it's like, you can tell when someone's like, you know, you could just see it in his system. And it wasn't an overnight change. But he, yeah, I watched my father needs it's one of the greatest gifts in the story, actually.

Kim Fauskee 26:12

How about your mom? Did she react in a different way, when you had a child at all are same old mom,

Rachel Aldan 26:20

same old mom. Like I said before, I haven't talked to her in well, over a decade now. Similar to what I was learning from my dad, that it's possible. You know, I had said to her look, if we could go to therapy, and we can deal with this and really deal with this, like, I'm here, you know, like, and she just said no. And then she wasn't going to be doing that. So,

Kim Fauskee 26:42

so the the non communication with your mom your choice or her choice or mutual?

Rachel Aldan 26:48

I'm probably, you know, we mean, making that kind of claim to her that, you know, if we were gonna go get help, I wasn't gonna have a relationship with her. I meant it. And I still to this day would say the same thing to her. So yeah, I think I set that tone, but I think it's, you know, I don't know if it's mutual, I don't know where she's at. But

Kim Fauskee 27:10

so you broke free of the binds of the parents. So you had your father come clean with you. You're you're a single mother. Now in your early 20s. What's life like then? For you?

Rachel Aldan 27:24

Yeah, life like then, as I think, you know, I got into the field of Cosmetology and kind of the the Wellness Spa beauty. They really, you know, it's an easy entry point, I found a lot of young women like myself, in the program that I was in, and I spent the first few years basically working in that trade. And, you know, Kai and I were fully on welfare and food stamps, and fuel assistance, and all the things they want

needs, because you know, you can't provide for yourself. We had a small apartment, and we bounced around a lot because we needed rental assistance, and there's very limited access there. So there were times when I might have gone home short stints, but you know, it was never for long before I'd find another place. And you know, that that was really it. I stayed away from them as much as possible. Anytime we visited with them, it was it was not pleasant.

Kim Fauskee 28:28

And were you on a heat? Were you on a heat? You got away from the abuse? But were you on a healing journey? Or had started your healing journey? At that point? Were you doing therapy? Were you figuring out who you were? What was going on with you then?

Rachel Aldan 28:45

I definitely don't think I was on a healing journey quite yet. I that kind of came, can enter the mid 20s. The like 2324 When that really started to open up for me. So I think at that early time, it was survival. You know, I was just trying to get through each day and have something to eat and keep a job. You know, that's what life look like gun.

Kim Fauskee 29:13

So when did the healing journey start for you?

Rachel Aldan 29:18

Yeah, well, let's see. My, my husband of 20 years, you know, I had known him through my teens and we had started to connect I think around 2425 And he came from a healthy family. There wasn't abuse.

Kim Fauskee 29:38

Those things exist.

Rachel Aldan 29:41

You know, and I'm so glad I want to say you know, I've I've been have the good fortune to have so many friends and partners along the way that have loving parents and it's cold aren't we so glad you know that that exist. It's it's wonderful. I've received love other people's parents. It's that, you know, I always tell them the simplest thing, they, they hug me or kiss me on the head. And you're like, when you've never had that, you know, they're just it's so special. What was the question? Kim, I was,

Kim Fauskee 30:14

we were just talking about when the healing journey began for you. And you were talking about your husband of 20 years, and him coming from actually a fairly normal background and not having the issues, the kind of antithesis of what you grew up with.

Rachel Aldan 30:30

Yeah. Yeah, for sure that that relationship provided stability and safety early on. And, you know, the work that like real healing work, you know, I found a women's group, this is one of the first most important things because to me, you know, half the human race is like, a terror, which is women, you know, and it was a big deal to join into a process that was about connecting with women in the small

containers, and what it meant to talk from the eye, and, and be in relationship that was about evolving one another, and not to commiserate or advice, good, but to listen into the mirror to and that that is, there's a group of women from back then that I still connected to and have weekly calls with, to this day. It's like my church. And so that was one of the earlier experiences that I started. Okay, like, the whole world is unsafe. Right. And there are wonderful women out there. And, you know, there's so much along the journey from then to now. But you know, that's one of the most powerful moments was. Yeah, a sense of community and family that loved me. It was safe. Yeah.

Kim Fauskee 32:01

You know, what they say, you know, you just need somebody that cares, right? I think that's always the start. And you found that you found that community found somebody that cared about you, and as a person and not cared about so much about what happened to you, but cared about how you were going to live your life and going forward? There?

Rachel Aldan 32:19

Yeah, there's I remember reading, is it Alice Miller, maybe I might be saying this wrong, but I think she calls it like Angel theory or something. And it's exactly what you're saying candidates that like, one moment of kindness from an adult, to a child and no states is it is in, people can't even understand what a little job will do, to a child to just reflect love, and that they exist at all. And that's so true.

Kim Fauskee 32:50

I can, like we were talking about before we started recording, you know, I come from, I don't want to say a similar background, but I come from an abusive background. And it was always, for me, as well as a child that finally was trying to seek out kind of those loving relationships that I saw that my other friends had with their fathers, and kind of trying to have that pseudo relationship with their fathers. It's like, oh, somebody can actually be kind to their child, somebody can actually be loving to their child, somebody could actually care about their child. I can actually feel that through my friends and this yearn for that yearn for that connection. Growing up, so I fully fully guilt and empathize what you're saying about finally finding this community that understood.

33:44

Rachel, did you then did you ever do formal, like therapy for the post traumatic stress that was part of your life?

Rachel Aldan 33:54

They did, but much later, Dana wasn't really into my 30s I did a more traditional like, CBT you know, talk therapy. And the truth is, I still cycled through various therapies, obviously, but in in traditional therapy, even today, I still work through kind of grief and anger loss trauma practices, so it's, I mean, we're going on now 15 years or so, you know, I dip in and out of different modalities. You know, but you even currently, this past year, I went back to grief and trauma therapist on top of other work I do.

34:37

One of the main things I do with people that have suffered the way that you have is, hypnotherapy is not something you've ever experienced in therapy. For some people that's quite helpful for others not so much, but I was just kind of curious about whether that was something that ever came your way.

Rachel Aldan 34:56

Yeah, I have no theory. I didn't have a lot of My Progress with that, but there's one of the psychedelics I work with, it was a lot like that. In the aftermath, I realized it was a lot of dreaming up the memory, both somatically and cognitively. And I remembered in those early journey's thinking, Oh, this was like what they were trying to get up to in therapy where they didn't have a lot of movement there. Yeah,

35:26

so how does the psychedelics then become a part of your healing process?

Rachel Aldan 35:33

I'm so grateful for psychedelics, and I want to be careful as we navigate this part of the conversation. They're not a magic pill. You know, they don't fix everything, they can be dangerous, they can actually bring a lot of things alive. You need professionals and health screening and guidance and preparation, I could just go on and on with a PSA.

Kim Fauskee 35:54

Because you're saying,

Rachel Aldan 35:57

Yeah, we hear from a lot of folks like ourselves, right guys, and you hear these these amazing transformative stories, and we want that so much. So I just want anyone listening to, to know who they're working with, and what it means to do it safely.

36:11

Well, anytime. Anytime something becomes really popular, unfortunately. It doesn't always happen in a very safe way. So again, one of the reasons we wanted you to come on the show is so that you could talk about how to do it in a safe way. And what's required in order for you to work at its best, and, and so on and so forth. So your public service announcement is very, very much appreciated. Because as a therapist, I get really scared sometimes that people, you know, imagine that it's going to be like a magic fix, and everything's going to be fine. And they're gonna go on their merry way. And then sadly, I don't believe that in any modality is going to be a magic fix. But we're all looking for the well, not all of us, but a lot of people are looking for the easy way out. Yeah,

Kim Fauskee 37:00

if there was only one. So so we'll get into you being the CEO of this company, but But what was your first experience with psychedelics, and why did you go that route?

Rachel Aldan 37:15

Yeah, so like a lot of people, you know, some recreational experiences before my 20s. And I didn't notice, you know, psilocybin and MDMA early on this, this sense sense in my body that I'd never had

before, which was the absence of being traumatized, the stuck trauma stuff, it wasn't there. And the earlier experience of psilocybin was profound, but it bends more towards a recreational use. When I tried to MDMA I had this was just before I had chi. And I went from one pill one night, well within three weeks, like a full blown taking it every day, multiple times a day, and having to go to a short stint in a rehabilitation program. So I cannot say enough, like, danger, danger, danger here. Because that sense of like, like to have I mean, you can really see why we turned to drugs, you know, it was it was the absence of all of that pain, mind and body. And so I got properly scared and learned from folks at the program I got to attend, which was ironically, all grown men, my dad's age or so at that time, which is like our age now has been

Kim Fauskee 38:47

very interesting.

Rachel Aldan 38:50

I, it is interesting, I'll share it because I'm hearing I'm a teenage girl and all of those men had children that they had been estranged from. And I received so the what they projected on me was, I think, what they couldn't have communicated or you know, what they didn't want to see their kids involved and, and so I experienced all these men this deep love and worry for me and how important I was. And, you know, don't do this because it happened to me so quick. And it stuck with me to this day. I wish i i wish i could find them say something to them. But

Kim Fauskee 39:25

these were these. These men were just addicts. They weren't specifically MDMA addicts.

Rachel Aldan 39:31

No, this is all just people that you know, were abusing various substances in one placement. Yeah. But my real real use came kind of into my 20s. And when it became it was such a real real, let's say intentional, conscious, deliberate, ready to do some work. And I was exposed to a Boga early on and I had the good fortune early in my journey to be guided by women that came from more wisdom, tradition, and not clinical, which I needed, some had some clinical training, or were nurses and things. But they all came from very particular lineages that were much more about the feminine and body and embody and your feelings in these things. And I would definitely not recommend anyone start with a Boga I know there's, you know, in the world of addiction and things. We can get into that later. But looking back, I probably wouldn't have done it that way. But yeah, I had the, you know, what we call set and setting which is your mindset, and the setting, you're taking it in. I mean, I, I really had just beautiful, kind, you know, boundaried women that showed me, you know, what it meant to work with psychedelics in a way to heal. And instead, that was the only medicine I was working with? Very lightly. It's a it's a big one.

Kim Fauskee 41:08

So with that, let me ask you a question real quick. Were you looking for more with the Boga? Were you looking for more the spiritual enlightenment versus changing some negative PTSD pattern at that at that point? Or did you even think about either one, it just,

Rachel Aldan 41:24

I didn't, I didn't think about that. I just knew from my previous use, the kind of sensations I'd had in the absence of the the way it felt like to be me, and I didn't realize looking back like, oh, had I had a professional when the MDMA thing happened, right, I might not have gone that way. But I didn't, I didn't know. And so to me, it was more about I want to live, right? I want to have a life. I'm a mom now and all these things. And I wanted to feel better. And I had read enough. And I knew enough people in the underground that had been working with it with PTSD and trauma, and all of these things. And I just heard enough of really positive stories, not not easy ones, but positive. In the community around it, I had a real strong love for that, you know, it's just, I hadn't felt community like that. Like that before.

Kim Fauskee 42:25

It's and so after your first journey with a Bogo, what was what was kind of the result for you, that you had?

Rachel Aldan 42:36

I could see the 20 plus years up to that moment, and a really different perspective, I think in a positive, dissociative way. Right, I was able to kind of step back. And I, I, I felt love for myself, I felt compassion, I kind of witness things and then like a movie. So there's a way that I was no longer it but witnessing it. And I just felt like I do for for anyone I love in my life, like I wanted to protect myself, I could see that I didn't deserve it. There was nothing in me. That wasn't karma bad. You know, there was that none of that was true is purely a painful experience. It was it was kind of I think early on to like the first time I felt like I could hold it. All right, because there's so so much and complex trauma goes on for so long. It's how many occasions it's just as overwhelming. And it wasn't overwhelming. In that trip. It was like I was big. And I could hold it. And I could see through. Imagine if you're looking through like an accordion of energy opened up and I could see, I was not alone. This is a deep story to feminine to humans, to all kinds of aspects of life and nature. I just got this understanding of what we do to each other. And we have a choice about that. Right? This isn't natural normal. This was something else and oh man, was it it was so profound. I had never, it's so you know, psychedelic thing when he gets such a, like, deeply embodied. You're not just thinking it. Right, you know, and so when you were in that lab, right, yeah,

44:31

it sounds like you were able to kind of recognize that it was okay to forgive yourself and not blame yourself and not look at yourself as being the problem. Which most children do, if not all children about loving yourself too. Yeah, well, yes, that's an extension I guess, of being able to forgive yourself and, and stop blaming yourself for all the things that happened and didn't happen for you.

Rachel Aldan 44:54

Yeah, Dana. You're not wrong and bad and you're not in I'm not enough and I'm a failure. You know, all of those limiting beliefs that we just live inside, you know, it's just like, the seas parted and what was really true.

45:07

So from there, where did you go from there from that particular psychedelic? Where'd you go from there?

Kim Fauskee 45:12

Yeah, hold on, I want to make one point because I think I want to go back to what Rachel said earlier about how this isn't the magic pill or the cure all and it can be dangerous. And I think one of the things that we have to mention, which I'm going to just assume that Rachel is going to agree with us as well as, okay, you have, you have this journey, and you have this, whatever you want to call it an awakening or, or this new perception and this new awareness, but you now have to do something with that, right? It isn't like, okay, hey, now I've had this journey. I've seen the future I've seen the past. And I am all good now. Right? Because the journey now continues. So now what do you do with it? Because I think like you were saying earlier on, I think the hesitancy at least for me, is this progresses more into the mainstream is that people like you said, think okay, all I have to do is do a psychedelic, and whether to Boga whether it's Ayahuasca whether it's LSD, psilocybin, whatever's out there, and I've had this awakening, I'm good. Now. I don't have to do the back work. Never did the back work. I don't have to do the back work. It was the shortcut from A to Z. So I'm kind of just more interested that once you've had that awakening, what did you do with it?

Rachel Aidan 46:34

Yeah, yeah, definitely. The work is not over even still today. 20 years later? It's deeper in so many ways. It's a good question. So around this time, when this experience had occurred, I had gone back to school, obviously, having chi Yong, and back then you couldn't have a child and be in a college program. There wasn't options like that for me. So I had gone back to school later sympathy my early 30s. And this is a big moment, because this is where this is the deeper work. I went back to Goddard College up in Vermont, and started studying transformative education and leadership. And I had the best advisors and adults working with me, which nurtured me to write something called the swamp in the early iteration. And by the time I was done with it, it was my graduating thesis called it's okay to say these things. And it was the first time I'd ever taken it out of in here and put it on paper. And through that process, my advisors, Muriel Shockley, I would shout out to her a million times over up a Goddard, she really handheld and recognized what I lived through and was a wonderful academic advisor, but, you know, nurtured me to speak more to get help to work through creative process, anything I needed to continue to work with this. And that was amazing, because I think the early therapists stuff I really threw me off. And I didn't want to do that. But I learned the work of Shaun McNiff and creative arts expression, I started to use work with photography and models and things I couldn't put into words to put it in a picture and created collections. And I started working with it so I can get it out of me in front of me where I could see it, touch it, and, you know, make it real. And so, you know, that period of the swamp, if you're doing the undergrad work, was a really deep dive, and fortunately, you know, you're rubbing elbows, I have a lot of friends that are therapists, and, you know, work in a myriad of modalities and breath work. And I mean, it was just everything I could do. I was doing outside of traditional therapy at that time. Now later, I went on to do a master's in clinical mental health. And I'm not doing a PhD I did not for traditional licensure as a therapist, because my work with psychedelics, but you know, I Yeah, love I love therapy, but I really went kind of like just about anything else therapeutic you could do short of sitting and talking about it, guys, I couldn't you can hear I still choke up. It's still, you know, the way I need to express like, not everybody, it's meant for verbal. So a lot of ways to work with it. So yeah, yeah.

Kim Fauskee 49:29

I mean, there is no cookie cutter methodology, right? What works for one doesn't necessarily work for the other. So as long as you find what works for you, that's the most important thing.

Rachel Aldan 49:40

Yeah, and we need people I always say like, we need people that are helping people like us integrate an eel we need to be more like flashlights on a path. And that means to help illuminate all that is there to see, but we guide where we want to look. And it's just walking alongside someone in that work. It's not the dogma and you have to do it this way. It's really important. I think people in healing to know, this is your path and it's yours to, you know, to create what healing is for you

Kim Fauskee 50:11

through those multiple modalities that you experience. Did you can did you do another psychedelic journey at some point at all?

Rachel Aldan 50:20

Oh, yes. Yeah. I mean, I continued on.

Kim Fauskee 50:24

Did you try that? Was it the same thing? Or did you try something else?

Rachel Aldan 50:29

Yeah, I worked with a broker for kind of the duration or the timing in the early Goddard years. And then you tried psilocybin. I was careful. You know, I had a healthy fear roll call it of drugs, like the the war on drugs, I got me, I was just, you know, I was a properly afraid and, you know, I will go crazy, and you know, watch out, I'll be addicted. But I did tread lightly. And have all the way through today still hold just safety is everything. It's so important. I've since worked with many, not all of them. There's, there's, you know, numerable psychedelics out there. But the key, you know, Brolga, psilocybin, LSD, MDMA, pretty dominantly. And then some, you know, do look at shoguns work, you know, I have some friends that are chemists that would, you know, try these things kind of out there and things like this, but this

Kim Fauskee 51:27

is this is a question that that's been brought up to me from people that know that I've done this psychedelic journey, they asked me if I would do it again. The short answer to that is yes. Because I had a very positive experience with it. I think the more important question is, is what I tell them is, why would I do it again, because I had, I don't know if I had this expectation, because I had done some recreational drugs and during my time, but I had never, I had never done hallucinogens or psychedelics, because I always knew with with cocaine and other things about how far I could take it before I lose control. So I'd always knew how to stop I knew if I was going to take psychedelics, I'm thinking, okay, that's gonna put me over where I can't control that experience. So when I had done my research, and in terms of trying to break some old patterns that were still in there that that I was cognizant about. And that I felt that LSD probably was the best drug for me at that time. To help me break this pattern, the question is, why continue to do it over and over again? And that's not that's not a judgment? That's just that's a question. I'm asking you as somebody that's actually in the industry that's

done it multiple times, because I've asked friends that have gone on dozens of Ayahuasca journeys, or think that they, you know, need to do this, this psychedelic journey about every three months. And again, maybe it goes back to what we said earlier that there is no cookie cutter methodology for everybody. Maybe it's one and done for somebody like me, which I don't know, it's only been a couple of months. But, you know, you I hear a lot of people doing it all the time now. And I kind of question What are you getting out of it? Every Are you getting something different out of it every time that's continually to heal you or to at least make you aware of something? So I posed that question, do

Rachel Aldan 53:28

my experience. Absolutely. I mean, it's, it is so individual. And, you know, when you're working with great professionals that are looking out for safety, and just where you're at, you know, I think people know, when they know that sometimes people do a lot of back to back, psychedelic work. And sometimes people have months and years between the journey and can get depends on what's coming up for someone and what they feel like they need.

Kim Fauskee 53:56

So they're assuming that they're in and I'll ask this to Dana as well. I'm assuming there's probably no research or whether it's scientific based, anecdotal, or whatever. That tells you how many psychedelic journeys you should go on?

54:12

Well, you can it's very, to me, it's very much like when I do hypnosis with people, I don't do it just one time. Because it's something that's progressive in terms of once you get used to the feeling, and you become very much accustomed to what it's going to bring you. It sort of multiplies upon itself and in a certain way, so I mean, I can do hypnosis with someone 20 times 50 times. And it really depends on the person. Some people I only do it once or twice and other people. We do it for a long, long period of time. And I think it really depends on how how much it opens you up to what it is that you need to come to terms with. And I think that psychedelics or hypnosis or whatever the other modalities or it's whatever that It feels comfortable for you that you feel safe enough to open yourself up to what you need to come to terms with. Because I look at those things as vehicles as opposed to being the curative agent themselves. I mean, I don't know if psychedelics change your brain chemistry in a way that's helpful to you. I don't know if hypnosis does that, but, but what I see is that the more that you deal with the feelings associated with the trauma, because when you're being traumatized, you don't feel what's happening to you, you become numb and disconnected. And so whatever, whatever pathway that you can feel safe going into the feelings that you need to come to terms with and release the energy of that trauma, I think, is what works, I guess, I don't I'm not trying to speak for you, Rachel, but that's my experience. And my belief is that you'll know inside your body, your body will tell you, when you feel like you've reached a certain point where whatever it is, that you're doing, has brought you the kind of healing that you're looking for. And that then becomes the end of the process, at least for a certain period of time. Is that Is that a fair statement for me to make? From your perspective?

Rachel Aldan 56:10

Like, you know, say any kind of vitamin or medication, you know, you just one, right? There's, there's a cadence, and it's just unique in this regard, that it's the individual that has to kind of report, you know,

do do I need a break, or I need to do it again. And I think what what I have experienced is in and you know, what I research and look at with complex trauma. And PTSD is, you know, it's like a very big book. And, you know, one experience maybe goes to page 10. Or maybe you get a quick, you know, to the whole book, you know, but the depth and the depth and the depth and the depths of the depths, right. It's it's, it's, that's how I experience it things that there's details of memory experiences, sometimes that stopped being surprised while ago. But I mean, you can't believe how much the hold, and so it comes up. Style, sometimes new material comes up.

57:13

Now, do you mind if I ask you a question about MDMA? I will ask you this question because it is a drug that makes me very nervous. In terms of neurotransmitters and dopamine receptors in your brain, I've done a lot of research on it. And I actually have a friend who's a Chinese medical doctor, and I've talked to him about the fact that when you mess with dopamine, too much in your brain, it actually in the end can make you susceptible to Parkinson's disease and other diseases like that. So MDMA kind of scares me a bit because of how much it kind of it messes with your dopamine receptors. Have you found that to be problematic in the work that you do in the research that you've done?

Rachel Aldan 57:59

MDMA and my research in my world work in synthesis is not a psychedelic that we work with. So I'm definitely not the the best person to talk deeply about MDMA. Okay. I haven't experienced it, with the exception of the story shared earlier, which I am certain was more in the ecstasy, family, meaning cut with other kind of headwinds or pains and things. Pure MDMA is the only thing I've worked with later in life. And I've had nothing in no way have an adverse experience. You know, it's definitely one that depletes the brain and some of the things you're touching on Dana. So it's not, you know, it's not one you would be doing with great frequency. That's not recommended to do. Yeah, yeah. It's, unlike, say, an Ayahuasca or psilocybin the plants, let's say that the plants versus the manufacturer, right? Which MDMA is pretty different. I think with plant work, you see, a lot of times especially in more wisdom traditions, you have multiple ceremonies, even at synthesis. We work with psilocybin, you know, you can do a couple of ceremonies, I would never do that. And we're recommending that with an MDMA.

59:22

Okay, well, thank you. That's very reassuring to me, actually. So are you comfortable talking about what it is that you're well how'd you get it? How'd you get involved in it in a much more professional manner and being involved with the company and all that I just found that article so fascinating when I when I read it, so I'm kind of curious about how it all evolved for you.

Rachel Aldan 59:47

Well, I mean, first of all, like what a gift I'm so grateful to my my partners and my team. It's I never would have thought I saw myself here and yeah, I think you know what happened that led me to synthesis. So in 2008, so 2017, I went quite quite a far away in the beauty wellness industry and developed several companies and accident in 2017, it was going to take a year off. So, you know, that little nail Tech with her little baby, she did all right, and you know, or learned a lot and happened to find out I liked business. And I was, you know, and I got into what we now call conscious business models. But early on, you know, I, I worked with the state of New Hampshire Department of jobs creation and

got funding to create training programs for other women that were like me when I was 18. And, you know, it was just really loved what I felt like business is capable of doing and I got a lot of skills, and I ended up becoming a business coach. And, you know, like I mentioned, started working in East Africa with an organization that works with women and young women in post conflict zones and without, without funds, right, just assets, and how do you like create change, systemic change, and I mean, I loved it. So that's kind of the backdrop of how when I came to synthesis, I sold the company, and was taking a year off and kind of figuring out what I want to do. And then sadly, my younger brother, who, unlike me, did not find post traumatic growth. He remained addicted and still involved with my mom, and which I feel like that's essentially still living with your abuser. So we never thought the stability and zone myself and I started to write I think I did a piece for Ms. Magazine around this time. And it was one of the first times I really publicly was talking about it. It's called where the the something about where the real transformation lives. And he was very angry at me, because as much as I try it that time to not name, it's hard to not name your family, right. It's like this. What a hard thing when you want to not bear silent, but you can't say because anything you say just so yeah, of course, he was really angry with me that I was I was going this way. And he was one of the folks that got prescribed opioid opioids for a back injury. He broke his back. And he was on fentanyl for 10 years, 10 years, fentanyl like. And so in 2018, and February 2018, I got a phone call that he had taken his life. And so sorry, that unravels me. Yeah, it probably like it would any of us right like to have come that far. And I think I didn't realize I was holding a story of like, well, my mom would pass away at some point and him and I would like have this restorative relationship, but you know, we're gonna get there. And it didn't happen that way. And so I chose, and it's, it's, it's, I want to say to anyone that's hearing me Do not do this. Right, this was me with a lot of experience and a lot of support. But I chose because I was in such an active, traumatized state to do a high dose psilocybin trip, I felt like the channels were open, and with a lot of pain, and I didn't want to let this settle in. So I was going in. And, and so I did, and I had a very, very profound experience that was not only understanding kind of the beyond death, but a bit of a message from beyond that. I needed to be a part of building the kind of physical spaces that people like my brother need. And I remember I was I was kind of screaming, you know, there's no emergency room for this. There's nowhere for human beings to go right with certain kinds of pain. And that can't be the case. And, you know, I it just, it was a very clear part of the journey. And, and it was very instructive that this is something I needed to do. And it's not just the psychedelic, I can't say enough, nature based, body based, food based community based with psychedelic illegal, supervised medically supervised psychedelic access, right, I could see all of these components and we see that out in the world parts of it, but there isn't a place that brings all of that together, right yet. And I just I saw it and it just it stuck with me kind of came through that journey. And it was that it was my brother telling me to took taken his life that this was what was needed to go do my work. And I probably within that week I started to Google to hadn't even done. I knew about underground work and Central and South America and different pockets of the world where you could go. I wasn't looking for that. But I went to start Googling, who is kind of doing this on a legal level, like a mainstream because I don't think it's right, we all go off to the jungle context, right and say these things matter. And I found synthesis. And they were had just, I think, been open just a few months, started doing retreats and psilocybin truffles containing psilocybin are legal in Amsterdam for over the counter adults. And so that's one important piece. There's that's a legal context. And yeah, I reached out to the founders booked a retreat. And I think probably within a month, I will ask for a second time and then yeah, became the CEO in short order after that. And that's kind of how I ended up at synthesis.

Kim Fauskee 1:06:10

So we're so for for people will put the company in the website and anything else you'd like in the in the show notes where people can actually reference that, but what does synthesis actually do?

Rachel Aldan 1:06:25

So synthesis provides safe, legal, medically supervised psilocybin retreats to adults. And since 2018, we're doing that only in the Netherlands, where it is safe and legal to do so. We provide a retreat format. And the program just to give a quick outline, and I think this is representing kind of best practice also in the field, is when folks apply, they go through a health screener. And we take a bit of a harm reduction approach, but we also educate quite a bit. We've had, I think, over 6000 applications, since we opened our doors, we've guided over 1000 plus clients, psilocybin journeys, we work on group model, when you apply you go through a screener, and we do have hard knows where you will not be accepted. And we educate you on why that is. And if it's something you need to change and do over time, then you could be included. But we do not give medical advice. And we aren't doing medical work. But we do have advisors from many walks of life psychiatrist and MDs and psychotherapist that we work with to look at our screener and review what we're asking and what we're saying and what we shouldn't shouldn't say, and we are particularly careful, we even denied, you know, up until kind of getting back to COVID. We were denying 54% of all applicants and 80% of that 54 were Americans that were over medicated. And so we weren't out for big sales. So you know, that just says a lot. We weren't letting everyone in the door. So once you go through a screening process, and we know that you don't have any contraindications and you are invited to a five day retreat ahead of that retreat, you will go through preparation work with your with your group, we work groups of 16 and a two to one ratio. And we have medical on site on the days that we're working with psychedelics. And the preparation is to really understand expanded states and tensions, what might come up, right how to navigate this new terrain. When you come to the five day retreat, we are in a closed safe environment, food is provided everything's really all the things are steady, very healthy will take care of you. It's a beautiful time. And following the retreat, we do integration sessions similar to the prep I just described reinsure through a series of 390 minute sessions. And it's really the material and it's the connection. It's interesting kind of loops back to what we were talking about earlier, guys, is the sense of connection and community and people love you, you know, and there's you just bond so deeply. And that's really usually the case. And so we are also looking for from the top of screening all the way through the end of preparation integration. Do they have support at home, a therapist to friends and family know what they're doing? Because one of the worst things you can do is, you know, you're so open, and then you go right back into the old paradigm. And that can be dangerous. So that's a bit of a kind of what our full circle looks like. Yeah, I'll pause there.

Kim Fauskee 1:09:43

Okay, I was gonna say I can imagine with 1000 or so people that have gone through the program now, there's probably a few returned attendees out of that 1000 that have done it now multiple times.

Rachel Aldan 1:09:56

Not not, probably not as much as you might think. I think And, you know, we've seen some people a couple times where they might have come to one of the main retreats. I do a women's retreat only

group. And so sometimes women that were in the kind of CO Ed group come into women's, or vice versa. But not as much. I think a lot of people also explore other programs, you know, are out there, there are some great ones out in the field, not just emphasis. So, yeah, but it happens.

1:10:25

And what's happening in Oregon? I mean, I was under the impression that you're trying your best to be able to do it in the United States in Oregon. Is that correct?

Rachel Aldan 1:10:37

Yeah, yes. So kind of to, to backtrack a little when COVID had, we obviously couldn't do in person services, right. And at the time, I was working on a practitioner training program, because I kind of from my own experience in the university, I'm at CIS, was then offering one of the few psychedelic practitioner training. So I was writing a critical piece about that training, being quite Western and what it was missing and with with great love and respect for my institution. And so it was a great fit in that moment that we said, hey, we can do this, we should do this. And we developed our own practitioner training program. So the team got around it, and really, you know, the way we see it as emphasis. And so fast forward a little bit, we're in 2020, and one of the co founders Myles Katz, we were then all living in the Netherlands. And he said, there's a couple here in Oregon, Tom and Jerry Achor. That had started measure 109. And this was a measure to provide a regulated framework for psilocybin services. And I remember thinking, yeah, right, like, been in the US like, No way, like, wishing him luck. It was beautiful to hear, but just did not think that was going to happen. And so it did the measure passed in 2020. And it's taken over the last couple of years for the Oregon Health Authority, and different bodies working together to build, you know, the this framework. And so there's a couple pieces in the measure. You know, it's a lot like what we do at synthesis, it is a regulated, you know, you have to have health screening, you have to preparation, you have licensed service center, you have to come you can't just go buy it somewhere and take it and have a journey, you have to see a licensed practitioner that has been trained by a Oaj approved training program. So synthesis was timely for us. It just happened that we had that training program, we had already been running. And so as this was coming online, we got approved for our practitioner training program for the state of Oregon, which means students can take that program and then set for the Oregon licensure to be a psychedelic facilitator. That's amazing. And then the other piece we're working on right now is we're talking before we start recording the venue we have in Southern Oregon, which will be assuming approvals go through with the county and some things will be a psilocybin service center. So now in Oregon, we have a licensed program for folks to take they could so they can go set for licensure. And we're hoping by the end of December, we'll know the fate of our county where our venue is and early 2023 We'll be able to open our first US based psilocybin service center.

1:13:33

Oh, that's amazing. I have random question for you. Is your daughter involved in any of this with you?

Rachel Aldan 1:13:41

Yeah, so she she is Chi my oldest, I now have three children. Okay, I'm

1:13:46

sorry, I didn't do wrong. But my Yeah,

Rachel Aldan 1:13:49

but Kai, my oldest. She is so touching. Knowing this was illegal for me. I never thought I would be doing this professionally ever. And I'm so proud of her. She she she went to school, she's finishing up at Naropa and somatic psychology. And she's very focused on trauma and healing Linnea JORC, the feminine all those things, and she had her first journey a few years ago now. Psilocybin is where she's at, and she's in the psychedelic practitioner training program herself. So how sweet, beautiful. Yeah,

Kim Fauskee 1:14:30

well, I'm gonna ask you one last question here before we wrap this up. If you take out your magic wand and your crystal ball right now, where do you hope all of this goes? Not only for you, but for everybody. anyone that's interested in using psychedelics as their part of their healing journey.

Rachel Aldan 1:14:50

I think that for those that have had traumatic, you know, trauma filled lives, you know, you That's, that's my first group of people I think of when you asked me that. And my magic wand or my you know, what I wish for is simply legal access that is safe is overseen by professionals. And I love what organs do with a regulated framework like your it is your right to heal, and it is your right to explore your unconsciousness as your right. But there's a lot of danger in that path. This is a really important moment. And I hope that we leave behind us a world that is recognizing medicines, plant medicines, these are plants. These are 1000s of years of history that we have forgotten, or not been taught about. And I hope to see a world that is integrating, you know, what has been lost for so many reasons, and just have access to this as one of many modalities. Taking a psychedelic alone, without screening without preparation without properly trained professionals without integration is not safe. I know people can have positive experiences and it all works out. But to those of us listening with PTSD and see PTSD, please don't do that.

1:16:22

It's very well.

Rachel Aldan 1:16:24

Please don't do that. After that, you know, I'm not opposed to creative use, we see that with folks that come in creatives with you know, those other things beautiful, right, you start to see where all the artists have been by their tripping. Yeah, but I think above any, above it all can when you ask me that, you know, that group that population, it reminds me of James Hillman quote about 50 years of psychotherapy, and it's worse. Right? Right. We need something new. We need some new things here. And it's not new is the actual truth about it.

Kim Fauskee 1:16:57

Yeah, we gotta we gotta get we gotta keep the car moving forward here.

1:17:01

Yeah, Rachel, I want to say something to her. I hope I don't make you too uncomfortable. But you are now one of my new heroes. I think that what you're doing is absolutely incredible. As a person who's been a health, you know, mental health practitioner for 30 some odd years. I just admire you so much, and your courage and your, and the fact that you are as amazingly creative and everything as you are considering what you've been through. It's just absolutely a testament to courage and, and well, and I just want to tell you how much I admire you and what you're doing.

Rachel Aldan 1:17:40

Thank you for saying that. I recognize as I do my work in the world, and I need particularly to meet women my age and have similar stories. You know, I'm so grateful. I know that many of us don't make it. And so I really, sincerely thank you for for naming.

1:18:00

It's been absolutely a pleasure to have you on our show. And, and Kim and I don't I dream for Kim, because I know I can tell that we really appreciate you. And the fact that you were willing to take your time to, to CO on. I think a lot of people are going to get a lot out of this episode. I

Kim Fauskee 1:18:17

wasn't lying when I said we were looking forward to this interview. No, no, no. It was only confirmation after an hour and 15 minutes. So yeah, Rachel, thank

Rachel Aldan 1:18:27

you. podcast is, you know what you're talking about? And you know what, what is concealed can't be healed. I think we're still an important moment where there's a lot thriving in silence. We're still not ashamed and not talking about things even though it's better than it was. So I thank you both for creating the space and caring to create this kind of community and conversation. Thank you.

Kim Fauskee 1:18:51

Well, thanks again for being on and I'm sure we'll have another conversation down the road. Thanks, Rachel.

Fear Me Out 1:18:58

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