

Kristen N. Paradise, LPCC

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Re: Statement of Support for Bill HF-1884

To whom it concerns,

My name is Kristen Paradise, a licensed psychedelic psychotherapist, in the Twin Cities. I am composing this letter in support of Bill HF-1884.

I have been providing psychedelic assisted psychotherapy for the past two years, with the use of ketamine, to reduce symptoms of depression, anxiety, PTSD, etc. I practice from a therapeutic model of care, where the medicine used in the process, is a tool to assist the patient in moving through emotional states, along with a course of therapy sessions, to assist the patient in preparing for, and integrating the medicine experience into their lives, for long-term change.

Thus far, in my clinical experiences, the results that I see overall, are life changing, and with consideration to Bill HF-1884, I would encourage all involved parties to consider the research results that show tremendous benefit to this form of therapy and medicine, as well as what the future of this work can provide for the individual, as well as humanity. Normalizing this form of care, can assist in providing these services to reduce mental health symptoms, as the mental health crisis and demand for care continues to rise.

The need for new forms of mental health care is imperative to the future of our species, as we have found results from other forms of care, to not be as impactful, as psychedelic medicine has shown to be. There are, of course, concerns when presenting these bills, as there are with all things, yet this bill is being presented to avoid all potential negative issues associated with legalization of these medicines. It is my hope as a provider, that we are able to move these therapeutic medicine treatments forward, to provide long-term healing for our patients.

Thank you for your time and consideration,

*Kristen N Paradise*

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