

# 'I Did Ayahuasca With My Parents And It Deepened Our Relationship'

Adele Lafrance, as told to Kristin Canning - Sunday

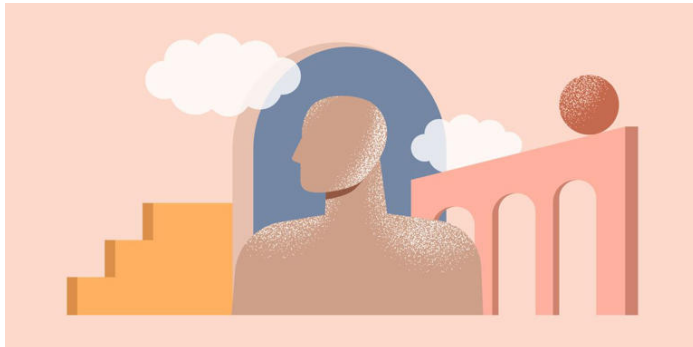
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**M** history with psychedelics before attending a retreat in the jungle in March 2014. I'm an eating disorder therapist and researcher, and I'd heard about the tea's use as an addiction treatment. Since eating disorders and substance abuse have some similarities, I wanted to learn more about how it could potentially help my patients.



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Psychologist Adele Lafrance, PhD, on what it was like to share a psychedelic plant-medicine experience with her mom and dad, and how it brought them all closer.

During my first ceremony, I personally examined a lot of the pain I was holding on to from my childhood, particularly the way my parents handled some of our family's challenges. By the end of the ceremony, though, I felt a level of understanding toward my parents that was so deep, forgiveness wasn't necessary. It was beautiful.

I knew I wanted to share this healing experience with my mom and dad, but I never truly thought they would join me on that path, much less in an actual ceremony.

We were raised to believe these substances were dangerous, and frankly, my parents were a little uncomfortable with my new interest. When I first suggested they try it, they declined. But when my dad was struggling with [back pain](#), I offered up the idea one more time, knowing that ayahuasca could potentially aid in pain management. He decided to go for it, and my mom went along, not wanting to miss out.

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ready to drink together for the first time, I felt nervous. I was worried that if I was having a rough time and purging (the vomiting that some people experience after taking ayahuasca), my parents would be distracted or distressed. I also worried about their physical safety. Overwhelmed by it all, I cried as I took my first drink of the tea that night and braced myself, really hoping it would be positive for

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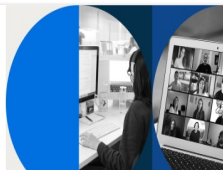
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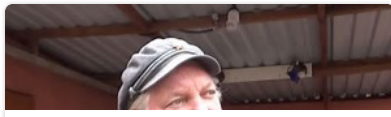
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