



"MDMA Treatment Helped Save My Life"



Chelsea Greenwood

March 31, 2022 · 10 min read



Ecstasy and Molly Are the New Frontier of Mental Health Treatment

Getty Images, Stocksy/InStyle

Sarah* first noticed that something was wrong five years ago. She would suddenly start crying for no reason, felt unable to manage her workload at her six-figure office job, and even had a panic attack while on a date.

There was an incident that happened to her the year prior, but the details were fuzzy, and she didn't connect it to the symptoms she was experiencing. However, things worsened to the point that Sarah's entire world was turned upside-down, with depression, anxiety, insomnia, loss of focus, and high blood pressure derailing her professional and personal lives.

About seven months later, her therapist diagnosed Sarah with post-traumatic stress disorder (PTSD).

Each year, 15 million Americans are diagnosed with the psychiatric condition, per the [National Center for PTSD](#), suffering from [symptoms like](#) sadness; fear; anger; self-imposed isolation; flashbacks and nightmares of the incident; and intense, dark thoughts. About 10% of women will experience PTSD in their lifetime, versus 4% of men, per the [National Alliance on Mental Illness](#).

Those with PTSD — ranging from military veterans to victims of natural disasters to assault victims — can be easily triggered by seemingly normal stimuli, like a loud noise or flashing lights.

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incident: a traumatic sexual assault that she hadn't fully come to grips with. "I had a lot of blank spots trying to remember what happened, and I wasn't aware of how bad the assault was at the time," she said. "I just wanted to move on and continue my career, but my PTSD gradually got worse and worse."



Desperate to reclaim her life, Sarah tried myriad approaches, including talk therapy, hypnotherapy, medications, eye movement desensitization and reprocessing (EMDR), [brainspotting](#), [neurofeedback](#), [somatic therapy](#), [dialectical behavior therapy](#),

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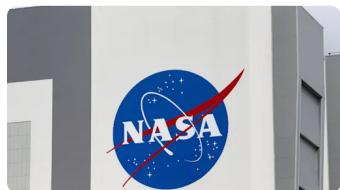


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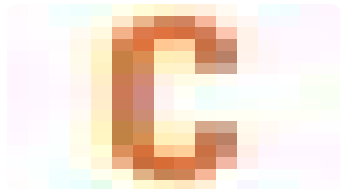


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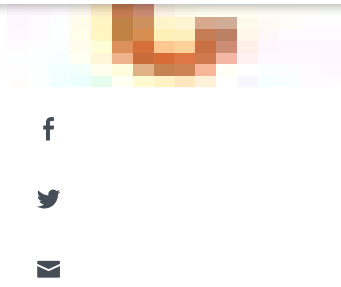
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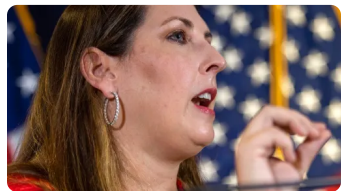


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