



OUR
**Team
Guide**

Inner Shift
INSTITUTE



INNER SHIFT INSTITUTE FOUNDER & LEAD PSILOCYBIN FACILITATOR



ALICE

Location: **Maastricht, NL**

Specialties:

- ADHD / Neurodivergence
- Depression
- C-PTSD / Childhood Trauma

TEAM SHIFT RETREAT LEAD FACILITATORS

CONSTANZA



Location: **Lagos, Portugal**

Specialties:

- Depression / Anxiety
- Healing Traumatic Experiences
- Emotional Disconnection and Numbness

JEANNE



Location: **Salzburg / Innsbruck, Austria**

Specialties:

- Heartbreak
- Burnout / Depression
- Transgenerational Trauma / Ancestral Trauma

TEAM FACILITATORS

PRIVATE & GROUP RETREATS

KARLIJN



Location: **Amsterdam, NL**

Specialties:

- Overcoming Feeling Stuck in Life / Finding Joy, Purpose & Meaning
- Healing Traumatic Experiences
- Reconnecting with Self-Love, Intuition and Inner Wisdom

MELISSA



Location: **Amsterdam, NL & Tulum, Mexico**

Specialties:

- Deepening Connection with Self, Purpose & Meaning
- Increased Self-Worth, Emotional Resilience & Purpose
- Authenticity & Trauma Integration

RACHEL



Location: **Maastricht, NL**

Specialties:

- Depression / Feeling Stuck / Loss of Meaning in Life
- Reconnecting to Inner Healing Wisdom and Inner Guidance / Anxiety
- Fear of Abandonment & Trauma

CARO



Location: **Maastricht, NL**

Specialties:

- ADHD / Neurodiversity
- Narcissistic Parent / Abuse
- Sensitivity (HSP)

MEET...

ALICE

Founder

Lead Psychedelic Facilitator

Facilitator Trainer and Educator

- Certified IFS Practitioner
- Certified TCP Trauma Integration Therapy
- Training under Michael Mitthoefer, specialist in MDMA therapy
- Psychedelic Therapy Course with Stanislav Grof, pioneer in psychedelic therapy
- Assisted and studied with shamans in Costa Rica

Alice speaks...

English, German

Alice offers private ceremonies in...

Maastricht, NL

Alice Specializes in:

- ADHD / Neurodivergence
- Depression
- C-PTSD / Childhood Trauma



Alice is experienced in guiding clients who are dealing with:

Mental Health & Emotional States

- Anxiety
- Social anxiety
- Depression
- Feeling stuck
- Emotional disconnection & numbness
- Dissociation

Relationship & Behavioral Patterns

- Co-dependency
- Anger issues
- Addiction

Trauma & Abuse

- PTSD
- C-PTSD
- Healing traumatic experiences
- Sexual trauma
- Ancestral trauma
- Sexual abuse
- Emotional abuse
- Mental abuse
- Narcissistic abuse

Therapeutic Support & Regulation

- Nervous system regulation

Self-Perception & Body Image

- Eating disorders
- Body dysmorphia / body image

Neurodevelopmental & Cognitive Conditions

- ADHD
- OCD
- Autism
- Sensitivity (HSP)

Physical & Chronic Health Conditions

- Chronic illness
- Burnout
- Cancer
- Grief
- Fatigue
- Insomnia
- Preparing for death

Alice does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I

Listen to Alice on the Shift Within podcast [here](#)

Watch Alice on Youtube [here](#)

TESTIMONIALS

CANDACE

"I felt safe working with Alice. She provided an environment that promoted healing, where I could go into my deepest, darkest shadows and know I would be held. The results I have had after working with her have been completely liberating. During one of my sessions with her, I went into the shame that I had been storing in my thighs my entire life. Since I was a young girl I have hated my thighs, it has always been my "problem area" and despite being thin, eating well, and exercising religiously I could never change my thighs.

After this session my entire perspective on my thighs changed. For the first time in my life I could look in a mirror and not pick a part that part of my body. This has not only changed how I think about them they have actually changed shape. I fit in a jean size I have never worn before and I cant attribute this to any other change in my life. To have such a drastic result that has lasted with no conscious effort on my part is a priceless gift. It is because Alice and the medicine she uses allows you to get to the roots of the issues held deep within the subconscious mind. Working with her is a gift I hope to do again and I would recommend her to anyone."

SCOTT

True safety and support

"Thank you for the guidance and support!! Alice was with me throughout this deep and meaningful journey and gave me a feeling of true safety and support. The meditation she did at the beginning guided me into the journey so gently and softly that I did not even notice when it began and suddenly I was in it.

I have gained so much awareness through the journey and integration session. I realised that I have become dissociated from my body at an early age and now I have the tools to slowly learn how to reconnect to my body again.

Also, I have started to remember my dreams since the journey, something I never used to do before. Overall, I feel so much better, clearer and lighter than before. I can highly recommend to work with Alice and A Whole New High."

MEET...

CONSTANZA

Group Retreat Leader
Private Ceremony Facilitator
Facilitator Trainer and Educator

- Professional Psychologist
- Certified Yoga Teacher
- Certified Reiki Master
- Certified IFS therapist
- Certified Traditional Tantra Teacher with Radasi from Satya Loka
- Certified Somatic Dance Practitioner

Cony speaks...

English, Spanish

Cony offers private ceremonies in...

Lagos, Portugal

Cony specializes in:

- Depression / Anxiety
- Healing traumatic experiences
- Emotional disconnection and numbness



Cony is experienced in guiding clients who are dealing with:

Mental Health & Emotional Wellbeing

- Depression
- Anxiety
- Social anxiety
- Emotional disconnection
- Disconnection & numbness
- Dissociation
- Feeling stuck
- Bipolar II
- Borderline Personality Disorder

Trauma & Abuse

- Healing traumatic experiences
- PTSD
- Sexual trauma
- Ancestral trauma
- Sexual abuse
- Emotional abuse
- Mental abuse
- Narcissistic abuse

Behavioral Health & Relationship Patterns

- Addiction
- Eating disorders
- Co-dependency

Neurodevelopmental & Cognitive Health

- OCD
- ADHD
- Autism
- Sensitivity (HSP)

Physical & Chronic Health Support

- Chronic illness
- Grief
- Insomnia

Emotional Regulation & Coping Skills

- Nervous system regulation
- Anger issues

Cony does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I

Listen to Constanza's episode on the Shift Within Podcast [here](#)
Watch Constanza on Youtube [here](#)

TESTIMONIALS

STEPHANIE

A feeling of freedom and belonging

"For the first time in my life I do not have a plan. I do not know what is coming next. Well I never did know, but I had this belief in my head that if I plan everything I am safe. I had to learn and will always learn how to let go. Let go of knowing. Let go of holding on. Today in this moment I can say I feel safe in the not knowing. Feeling absolutely free and safe in being free. And then I know there will be moments where I will be scared, scared of all this new, even tho it is amazing.

This feeling of freedom is new to me. This feeling of belonging is new to me. This feeling of being part of a community is new to me. This feeling of being safe is new to me. This feeling of loving and being loved is new to me.

Thank you Constanza for walking with me this path to where I am today. Going with me through the deepest transformation of my life so far. Bringing me home to myself.

Always here to support and guide me. Thank you!

Cony works on a lot of different levels, she has a deep knowledge about human psychology, yoga and several different healing techniques. For me it is hard to put in words what exactly she does in her work where she combines all her knowledge and wisdom. I can best describe it with the words above, describing my state of being today. I will forever be grateful for her guiding me."

JULIA

"What a remarkable combination of modern practises and traditional wisdom that Constanza brings to the table in his practise of natural medicine.

I cannot thank you enough for this session; not only did it help me get clarity, but it also addressed every question that I had. I was given resources that I can apply in my everyday life, and I already feel like a completely different person - and so much better than before."

MEET...

JEANNE

Group Retreat Leader
Private Ceremony Facilitator
Facilitator Trainer and Educator

- Certified Psychotherapist Practitioner by ZfN in Munich
- TCP trauma integration therapy training in Berlin, Germany
- Certified Clarity Breathwork Practitioner
- Certified Art Therapist by KI Institute Munich
- Certified in Somatic Emotional Therapy by Safi Nadiyae

Jeanne speaks...

English, German, French

Jeanne offers private ceremonies in...

Salzburg or Innsbruck, Austria

Jeanne specializes in:

- Heartbreak
- Burnout / Depression
- Transgenerational Trauma / Ancestral Trauma



Jeanne is experienced in guiding clients who are dealing with:

Mental &

Emotional Health

- Depression
- Burnout
- Anxiety
- Social anxiety
- Feeling stuck
- Suicidal thoughts
- Heartbreak

Cognitive Health & Neurodivergence

- Sensitivity (HSP)

Trauma & Abuse

- Healing traumatic experiences
- Transgenerational trauma / ancestral trauma
- PTSD
- C-PTSD
- Sexual trauma
- Sexual abuse
- Emotional abuse
- Narcissistic abuse

Disconnection & Self-Relationship

- Emotional disconnection
- Disconnection & numbness
- Dissociation
- Co-dependency

Behavioral Health & Coping

- Addiction
- Eating disorders

Physical & Chronic Health Support

- Chronic illness
- Cancer
- Fatigue
- Grief
- Preparing for death

Emotional Regulation & Coping Skills

- Nervous system regulation
- Anger issues

Jeanne does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I, NPD, Borderline Personality Disorder

Listen to Jeanne's episode on the Shift Within podcast [here](#)
Watch Jeanne on Youtube [here](#)

TESTIMONIALS

ROBERT

The most compassionate and effective practitioner I have ever encountered

"With Jeanne it feels safe. ANY emotion (fear, worry, blockage, despair etc) is welcome. Not even just welcome, it is wanted, it is embraced. It is valued.

Jeanne's way of working is the most self-loving, compassionate and effective way I have ever encountered.

I never felt so secure, accepted and understood in my entire life.

The basis of the many-faced process she shares with one is the concept of Feeling. It is so simple and yet so incredibly disregarded and NOT known in our society.

She is awesome at it. She has the capability to be with one's feelings, no matter how painful, messy and hard they are. And so, we learn from her approach, to approach ourselves differently.

I learned from scratch what it means to feel, to allow, to permit, to consciously perceive emotions in my body and give them space.

What baffles me, is that this seemingly simple thing 'feeling my emotions', is the most transformative and valuable tool I learned in my whole life.

The best part for me, as a very sensitive person, is that she sees me as real, in all my rawness. She sees that all the suffering is rooted in old, ingrained unfelt, disregarded, condemned feelings. And so, finally, I have a space where I don't need to diminish, shame or hide my emotions because of fear (more emotions).

There is no 'but this isn't so bad'- talk.

She sees me.

and thus I learn, day by day to see myself too."

MEET...

MELISSA



Private Ceremony Facilitator

- MSc Communication for health and social change
- Self-Leadership Coaching
- Internal Family Systems Practitioner L1 & L2
- Somatic IFS
- Relational Life Therapy
- Mexica Tradition: Vision quest, temazcal, danza, ancestral healing & dreamwork

Melissa speaks...

English, Dutch, Spanish

Melissa offers private ceremonies in...

Amsterdam, NL and Tulum, Mexico

Melissa specializes in:

- Deepening Connection with Self, Purpose & Meaning
- Increased Self-Worth, Emotional Resilience & Purpose
- Authenticity & Trauma Integration

Melissa is experienced in guiding clients who are dealing with:

Mental & Emotional Health

- Stress and Burnout
- Body image & eating disorders
- Overcoming the feeling of being stuck, wanting more from life
- Increasing self-worth, meaning and sense of purpose

Cognitive Health & Neurodivergence

- ADHD / Neurodivergence
- Autism

Trauma & Abuse

- Processing and integrating adverse experiences
- Childhood trauma
- Sexual abuse
- C-PTSD
- Transgenerational / ancestral trauma

Behavioral Health & Coping

- OCD

Spiritual & Paranormal

- Paranormal experiences

Disconnection & Self-Relationship

- Dissociation
- Strengthening intuition and trust

Relationships & Attachment

- Relationships
- Attachment issues (fear of abandonment or intimacy)
- Toxic relationships & narcissistic abuse
- Betrayal
- Grief

Physical & Chronic Health Support

- Psychosomatic pain, physical symptoms without a clear medical cause

Emotional Regulation & Coping Skills

- Nervous system regulation

Sexuality & Alternative Lifestyles

- Sexuality & polyamory

Melissa does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I, Borderline Personality Disorder

Listen to Melissa's episode on the Shift Within podcast [here](#)

Watch Melissa on Youtube [here](#)

TESTIMONIALS

LEONA

"Working with Melissa has been a truly transformative experience. Before our sessions, I already had a good level of self-awareness and various practices for personal growth. However, I sought Melissa's support to dive deeper into understanding what was holding me back from fully stepping into my potential. Her skills, experience, and deeply compassionate approach helped me explore this in ways I hadn't before.

With the support of psilocybin and her expertise in Internal Family Systems therapy, I gained profound insights into myself. Melissa's guidance allowed me to navigate my inner parts with clarity and ease, which led to a deeper understanding of who I am and what I need to thrive. I'm so much more content and happier with who I am. And am more deeply in tune with my intuition!

What sets Melissa apart is her skills, experience and very open, fluid and deeply compassionate approach. I always felt truly seen and heard in our sessions, and I am incredibly grateful for the progress we made together. I've worked with three IFS therapists in the past, and Melissa stands out as far more skilled than any of them!

GAEL

"Before I came to Melissa my head was a chaos, the preparation session has really helped me to re-frame my thoughts. And gave me more trust in my own intuition.

Melissa exudes tranquility and I felt very much at ease with her.

It's been a month since my journey. I never thought this experience would bring me this close to my beautiful self. I never thought that my life could change so much. I'm feeling so strong and grounded, yet at the same time gentle and open. I see small and large miracles happening every day. Everything from my essence, my authentic core. All thanks to the mushrooms and sweet Melissa who guided me with so much confidence and love.

I'm Home within myself!"

MEET...

KARLIJN

Retreat and Private Ceremony Facilitator

- Certified Transformative Coach Master I, II and III, Creative Consciousness Netherlands
- One Year training in Psychedelic Therapy, Inner Child Work, Shamanism and Ceremonies, The Sacred Voyage
- Certified Vortex Healer, Vortex Healing Netherlands
- Breathwork Teacher Training, India by Shanti Devi
- Certified Traditional Tantra Yoga Teacher with Radasi from Satya Loka

Karlijn speaks...

English, Dutch

Karlijn offers private ceremonies in...

Amsterdam, NL

Karlijn specializes in:

- Overcoming feeling stuck in life / finding joy, purpose and meaning
- Healing traumatic experiences
- Reconnecting with self-love, intuition and inner wisdom

Karlijn is experienced in guiding clients who are dealing with:

Trauma & Abuse

- PTSD
- Ancestral trauma
- Intuition and trust issues
- Childhood trauma
- Toxic relationships and narcissistic abuse
- Sexual abuse

Physical Health

- Cancer
- Chronic illness

Behavioral Health & Coping

- Addiction

Self-Discovery & Inner Growth

- Sensitivity (HSP)
- Feeling stuck in life and looking for purpose & meaning
- Reconnecting to the heart, intuition and inner wisdom
- Reconnecting with self-love
- Supporting young adults (18-30) in navigating life's challenges
- Guiding change-makers in aligning their impact with their purpose

Life Transitions & Support

- Grief
- Burnout
- Healing traumatic experiences

Mental & Emotional Health

- Depression
- Anxiety
- Social anxiety
- Emotional disconnection
- Disconnection & numbness
- Dissociation
- Stress and burnout

Karlijn does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I, Borderline Personality Disorder



Listen to Karlijn's episode on the Shift Within podcast [here](#)

Watch Karlijn on Youtube [here](#)

TESTIMONIALS

AARON

"Karlijn was a fantastic guide. She supported me and guided me through a tremendous emotional pain, witnessing me and holding space for my anger and rage and sadness. She has an eloquent strength, like a slender tree with deep strong roots. It was a very special experience to feel everything that I did with her and to know that I was not going to be abandoned or rejected or shamed. Her support helped me work with my pain to unlock a suppressed memory of a deeply traumatic event that I had been shielding from myself since I was a child. Coming out of the experience I would say that I did not have a deep mind altering revelation, but what I did experience felt like an awakening, an invitation to open the door and begin deep healing that may have otherwise taken me years to achieve in regular talk therapy. I realised that my thinking brain cannot find a solution because it does not speak the language of emotions, some things can only be answered with feeling.

I wish you and the team a wonderful journey, you are providing a marvelous service that I wish was offered all across the world. I would also like to thank you Michaela, in our initial correspondence your empathy and acceptance made me feel seen and understood. It was lovely to feel that connection with you in our initial conversations. It was a deciding factor in why I chose the services of AWNH. "

STEPHEN

"If you're thinking about taking a truffle journey, take the step and take it with Karlijn. The feelings of comfort, safety and care that Karlijn brings helped me to make the most of my experience and afterwards to understand how to integrate it into my life. For me the journey was transformative and I wholeheartedly recommend the experience to everyone."

MEET...

CARO

Retreat and Private Ceremony Facilitator

- Certified Hypno-Systemic Coach
- Certified Aura Clearing Facilitator & Reiki Practitioner
- Certified Social & Cultural Anthropologist

Caro speaks...

English, German, French

Caro offers private ceremonies in...

Maastricht, NL

Caro specializes in:

- ADHD / Neurodivergence
- Narcissistic Parent / Abuse
- Sensitivity (HSP)



Caro is experienced in guiding clients who are dealing with:

Mental & Emotional Health

- Anxiety
- Social anxiety
- Depression
- Feeling stuck
- Feelings of Disconnection

Trauma & Abuse

- Emotional abuse
- Narcissistic parent / abuse
- Healing traumatic experiences

Behavioral & Relationship Patterns

- Co-dependency
- Addiction

Self-Perception & Health

- Eating disorders
- Sensitivity (HSP)

Life Transitions & Purpose

- Eating disorders
- Sensitivity (HSP)

Neurodivergence & Cognitive Patters

- ADHD / Neurodivergence
- OCD

Parenting & Family Dynamics

- Being a nurturing and gentle parent
- Guidance for parents seeking to create an emotionally supportive environment

Caro does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I or II, Borderline Personality Disorder

Listen to Caro's episode on the Shift Within podcast [here](#)
Watch Caro on Youtube [here](#)

TESTIMONIALS

DOMINIQUE

Exceptional!

"Caro is exceptional – she's a very kind, empathic, and genuine person who supported me during the entire process. I can't be grateful enough for what she did for me.

Before I had my 2 psilocybin sessions, I felt stuck and spent over 10 years of my life trying to figure who I was and change the way I think. It wasn't until I started working with Caro that I realized what was actually holding me back. So far, I feel that the insights, many of which I am still exploring and reflecting on, from my sessions helped me overcome the feeling of hopeless and look at life from a different perspective.

This was my first experience with psilocybin and I felt anxious before each of the session. However, the care Caro took of me during and after the journeys has been impressive. During both days, she was fully present and her non-judgemental approach made me feel safe, which allow me to made the most of my experience.

If you're looking to explore your mind, I'd really recommend working with Caro. She'll know how to ask you the right questions so that you'll be guided and supported in the best way that works for you."

ROBERT

Incredibly insightful practitioner

"Caro is an incredibly insightful practitioner. She is able to get under the skin of trauma, understand how it can affect and change people, and then importantly provide coping strategies.

With very careful, patient and sensitive coaching she was able to help discover new ways of reframing depressive episodes into something more manageable.

During the Shift Retreat she was very empathetic and understanding and helped guide us on the psychedelic journey in a very safe manner. The facilitators provide an important and invaluable service. Very highly recommended."

MEET...

RACHEL

Private Ceremony Facilitator

- Certified Clinical Psychologist and Transpersonal Psychologist
- Certified EMDR Therapist
- Certified Holotropic Breathwork Practitioner
- Certified Human Design Analyst

Rachel speaks...

English, German, French

Rachel offers private ceremonies in...

Maastricht, NL

Rachel specializes in:

- Depression / feeling stuck / loss of meaning in life
- Reconnecting to inner healing wisdom and inner guidance / anxiety
- Trauma of neglect and abuse



Rachel is experienced in guiding clients who are dealing with:

Mental & Emotional Health

- Depression
- Anxiety
- Social anxiety
- Feeling stuck

Disconnection & Self-Relationship

- Emotional disconnection
- Disconnection & numbness
- Dissociation

Trauma & Abuse

- PTSD
- C-PTSD
- Sexual abuse
- Emotional abuse
- Mental abuse
- Healing traumatic experiences
- Sexual trauma
- Ancestral trauma

Physical Health & Chronic Conditions

- Chronic illness
- Burnout
- Cancer
- Preparing for death
- Grief

Emotional Regulation & Coping Skills

- Nervous system regulation
- Anger issues

Rachel does not work with clients who are diagnosed with:

Schizophrenia, Psychosis, Bipolar I, Borderline Personality Disorder

Listen to Rachel's episode on the Shift Within podcast [here](#)

Watch Rachel on Youtube [here](#)

TESTIMONIALS

KRISTIE

Empathetic, compassionate, respectful and present nature

“When Rachel accompanied me on this journey in expanded states of consciousness, I felt very safe and comfortable because of her empathic, compassionate, respectful and present nature. This allowed me to dive deep into my subconscious. During integration, she managed to get to the point with her clarity.

When I met her, I immediately felt that I could trust her and that I didn't feel judged by her. I am very grateful to her for her very valuable support.”

SALLY

Unconditional love, compassion and kindness

“My sessions with Rachel were the most enriching, healing and fulfilling moments that I have experienced in my life so far. Rachel always says that I do the work myself, which has given me a new sense of self-responsibility and self-empowerment.

But all of this was only possible because there was a connection and trust in Rachel right from the start, so that I was able to open myself completely to my process and the depths of my inner world. I have met few people in my life who have shown me such a huge and unconditional amount of love, compassion and kindness as Rachel does. And all of this in the most vulnerable and intense states I've found myself in.

I am incredibly grateful that Rachel is a part of my life! And I don't know where my life would be now without their support.”



READY TO DELVE DEEPER INTO THE TRANSFORMATIVE WORLD OF PSYCHEDELIC THERAPY?

Follow our YouTube channel for insightful discussions and expand your knowledge of psychedelics and their healing potential.

[Inner Shift Institute YouTube Channel](#)

Dive even further into the conversation by tuning into our podcast, where practitioners share their invaluable expertise and experiences. Don't miss out on the journey to healing and growth - hit that subscribe button now and join the exploration!

[Shift Within Podcast](#)

Y O U

L I K E

N E V E R

B E F O R E

Inner Shift
INSTITUTE