

Simone Ver Eecke

WELLNESS PRACTITIONER

- she/they pronouns
- simone@thymespace.com
- 917-612-5207
- New York City

Skills & Experience

Modalities & Skills

- Herbal medicine making & dosing
- Guided breathwork & meditation
- Sound healing (icaros, ambient)
- Psychedelic integration & harm reduction
- Somatic practices -Qigong, yoga, acupuncture/tapping (EFT), body scanning, grounding, vocal toning
- Plant Medicine Curandera -Cacao, Rapé, Teonanácatl
- Dance meditation guide & DJ
- Tarot Card Reader

Applied Experience

- Facilitated medicine retreats of up to 20 participants
- Served as leader and guardian in ceremonial spaces
- Provided 1:1 transformational coaching in herbalism, psychedelics, and microdosing
- Catered dieta-compliant meals for small & large-scale retreats & events
- Integrated earth medicine rituals into group meals
- Led private yoga & qigong classes
- Facilitated solstice and equinox women's circles
- Led online workshops in plant medicine & psychedelic wisdom
- Hired to event staff in psychedelic harm reduction preparation

I weave ancient wisdom and modern science to support healing, integration, and transformation. My path has taken me into study with indigenous elders in Ecuador, Peru, Costa Rica, and Mexico, learning the roots of psychedelic traditions and honoring their cultural lineages. At the same time, I've trained with leaders in neuroscience, clinical therapy, ethnobotany, and trauma-informed somatics, bridging the spiritual and the scientific. Food and consumption are central to my philosophy — not only what we eat, but the media, conversations, and communities we take in, all of which shape our well-being. I believe Pachamama provides all we need, and reciprocity is core to my practice: giving thanks, giving back, and supporting indigenous conservation. Through retreats, coaching, and ceremonial work, I help people find the "recipe" that best nourishes their body, mind, and spirit.

www.thymespace.com

Education & Trainings

Herbalism & Plant Medicine

The Gaia School of Healing & Earth Medicine

- Certification after studying 4yrs in Traditional Herbalism, Sacred Plant Medicine, Ethnobotany, and Phytochemistry

Plant Medicine Mystery School

- 4 yr Apprenticeship with experienced huachumera/ayahuasquera; focused on Shipibo and Andean traditions, dieta practices, and ceremonial space holding

Huachumera Apprenticeship

- 3 yr Apprenticeship with experienced huachumero/ayahuasquero; focused on Incan and Andean traditions, ancient wisdom, mysteries and ceremonial space holding

Psychedelic Clinical Therapy & Neuroscience

The Art & Science of Psilocybin Therapy

Intensive Workshop with Dr. Bill Richards

- Training in therapeutic applications of psilocybin for depression, addiction, PTSD, and end-of-life anxiety. Studied set/setting, facilitator qualities, and integration of mystical states into therapy.

Psychedelic Neuroscience

Intensive Workshop with Dr. Robin Carhart-Harris

- Studied receptor-level mechanisms (5-HT_{2A}/1A), neuroplasticity, and network integration. Explored explanatory models (REBUS, entropy) and clinical applications for depression, PTSD, and addiction.

Self & Sensory Experience in Psychedelic Therapies

Workshop with Bessel van der Kolk, M.D. & Licia Sky

- Training in trauma-informed approaches to psychedelic therapy, emphasizing preparation, processing, and therapist attunement in creating safe and effective psychedelic containers.

Microdosing Masterclass

Psychedelics Today — Online Intensive with Adam Bramlage

- Gained perspectives from leading researchers (Dr. James Fadiman, Dr. Conor Murray) and practitioners on safety, dosage, tolerance, and harm reduction practices of microdosing across substances, including LSD, psilocybin, iboga, and ayahuasca.
- Explored cultural and historical roots of microdosing practices, including Mazatec, Huichol, African, and Aboriginal traditions.

Integration & Harm Reduction Training

Psychedelic Peer Support Intensive

Zendo Project

- Training in Zendo's 4 Principles for supporting individuals through challenging psychedelic experiences. Studied trauma-attuned care, cultural awareness, and harm reduction practices for crisis situations.

Psychedelic Integration Coaching Training

Tam Integration

- Studied foundations of psychedelic integration coaching: holding space, presence, and working with shadow material. Gained tools from mindfulness, somatics, Ayurveda, and meditation traditions to support pre-journey preparation and post-journey integration.