

The Journey Home Docuseries Brings Real Stories of Healing to Apple TV in 2025

Dr. Sandy Indermuhle's six-part docuseries reveals raw, human stories of ketamine-assisted therapy, streaming soon on Apple TV.

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/EINPresswire.com/ -- A new six-part docuseries titled *The Journey Home* is preparing to make its debut on Apple TV in late 2025, offering audiences a raw and human look at recovery that goes beyond scripted television. The project is the vision of Dr. Sandy Indermuhle, a former ER physician turned trauma-informed clinic founder, who created the series to shed light on the realities of [ketamine-assisted therapy](#).



Dr. Sandy Indermuhle, creator and host of *The Journey Home*.

Unlike many programs that promise to reveal “the real story,” *The Journey Home* distinguishes itself by showing therapy in its most genuine form: vulnerable, messy, hopeful, and deeply human. What sets this production apart is that it was not designed simply for entertainment. It was conceived as a platform to share honest, unscripted accounts of people navigating the challenges of trauma and healing.

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Most people don't understand how safe Ketamine is. It's one of the safest medicines when done with appropriate guidance, but the real healing comes from the support and environment.”

Dr. Sandy Indermuhle

Dr. Indermuhle explained, “Most people don't understand how safe ketamine is. It's one of the safest medicines when done with appropriate guidance.” By placing these sessions in front of the camera, her aim is not to sensationalize but to normalize conversations around trauma and treatment.

Real People, Real Journeys

Filmed inside Dr. Sandy's U.S.-based trauma-informed clinic, the series captures six participants embarking on deeply personal paths of recovery. Among them are Brian, a veteran firefighter grappling with hidden scars; Holli, a relatable survivor determined to reclaim her sense of self; Chad, an Army Ranger confronting both physical and emotional wounds; and Richard, whose quiet resilience makes him unforgettable on screen.



Behind the scenes filming of The Journey Home docuseries

The show also features Bree, whose journey becomes a central thread in the story, and Frank, a hostage negotiator whose work has left him carrying invisible burdens. Each story resonates because it is both unique and universal, highlighting the ways pain, grief, and hope intersect across human lives.

"Ketamine isn't the magic," Dr. Sandy notes. "The magic is in the environment, the preparation, and the support."

A Team with Heart

The series not only highlights participants but also introduces viewers to Dr. Sandy's team of medical professionals. Lena Walker brings a calming steadiness to each interaction. Carrie Gonzalez offers sharp insight that helps make sense of complex trauma. Travis Campbell quietly coordinates with a grounding presence, ensuring balance within the clinic.

Together, they function less like colleagues and more like a family, creating a safe container where patients feel heard and protected. One unique aspect of the production is that participants retained control over what was filmed and what remained private. This respect for dignity, paired with rigorous clinical standards, allowed people to open up in ways rarely seen on screen.

"We gave participants control over what we filmed and what stayed in," Dr. Sandy explained. "That's why they opened up. They knew we'd protect their dignity as fiercely as we protect their health."

The Director's Touch

The Journey Home is helmed by decorated independent filmmaker Rick Walker of State 46

Films

, whose directing style brings subtlety and authenticity to the project. Known for capturing raw emotion without turning it into melodrama, Walker lets the audience sit with the truth rather than being told how to feel.

Walker shared, “We just brought our cameras into their real journeys and tried to stay out of the way.”

His attention to detail—such as lingering on a slow exhale, a trembling hand, or a fleeting glance—allows the viewer to feel immersed in the moment without intrusion. By trusting the audience’s intelligence, the series communicates more powerfully than scripted drama ever could.

Why This Matters

Globally, interest in ketamine-assisted therapy has grown in recent years, as researchers and clinics explore its potential in treating depression, PTSD, and trauma-related conditions. Yet misconceptions remain widespread. Many people still view therapy through a lens shaped by stigma, misunderstanding, or Hollywood dramatization.

The Journey Home seeks to shift that narrative. By showing recovery as a layered, human process—not a miracle cure or overnight fix—the series provides both education and empathy. It invites viewers to see themselves in the struggles and triumphs of others, regardless of background.

As Dr. Sandy puts it, “No matter where you live, pain is pain, sadness is sadness, grief is grief, and peace is peace.”

Honest, Not Overcooked

Australian audiences in particular may find the series resonates. With a cultural tendency to reject anything that feels forced or overly polished, The Journey Home delivers honesty without pretense. It does not shy away from uncomfortable moments, nor does it package recovery as a straight line. Instead, it embraces the jagged edges of human experience, reminding viewers that healing is possible even when progress comes unevenly.

The docuseries also offers a glimpse into the evolving landscape of mental health care, where treatments once considered unconventional are gaining mainstream attention. By blending science, compassion, and real stories, it aims to start meaningful conversations.

Release Details

The Journey Home will be available on Apple TV in late 2025, presented as six half-hour episodes.

Each episode immerses viewers in deeply personal narratives while underscoring the importance of safe, trauma-informed care.

About State 46 Films

State 46 Films, founded by Rick Walker, is an independent production company based in Scottsdale, Arizona. Known for its commitment to authentic storytelling, the company develops films and series that highlight the human spirit. More information is available at <https://state46films.com>

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