

Influential Women Features Jessica R. Page: Psychotherapist And Founder Of Sanctuary Within

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Combining More Than Two Decades of Addiction Treatment Experience With Integrative Psychotherapy and Emerging Psychedelic-Assisted Modalities

Jessica R. Page is a psychotherapist in private practice serving clients throughout the New York City metropolitan area and Connecticut region. As the Owner of Sanctuary Within, she specializes in psychedelic-assisted psychotherapy, ketamine-assisted psychotherapy (KAP), addiction treatment, and depth-oriented trauma therapy, while also maintaining a general psychotherapy practice for adults and elders who are not seeking psychedelic treatment.



Jessica provides in-person ketamine-assisted psychotherapy in Milford, Connecticut, in partnership with Journey Clinical, as well as telehealth and virtual sessions. Her integrative approach allows her to support clients through a variety of emotional and psychological concerns while remaining attentive to each individual's circumstances, goals, and readiness for treatment.

Jessica's professional journey in addiction treatment spans more than two decades. She entered the field in 2003 following her undergraduate studies and, after completing her Master of Social Work, transitioned into formal clinical roles. She has specialized in addiction treatment since approximately 2014–2015, developing extensive experience working with individuals navigating substance use, trauma, and complex emotional challenges.

More recently, Jessica expanded her clinical focus into psychedelic-assisted psychotherapy. She completed a 10-month advanced training program through the Integrative Psychiatry Institute and began practicing psychedelic-assisted psychotherapy in January. This additional training represents an important step in her ongoing effort to integrate emerging therapeutic approaches with established psychotherapy practices.

Jessica remains deeply committed to continuing education and professional collaboration within the rapidly evolving field of psychedelic medicine. She is expanding her knowledge of emerging modalities, including microdosing protocols and ceremonial-dose work involving substances such as psilocybin, LSD, and MDMA, while emphasizing appropriate legal, ethical, and professional frameworks.

Her professional development includes participation in multiple specialized communities and educational programs. These include the Psychedelic Guide Network (PGN), a women-centered Wisdom Circle providing weekly consultation and peer support, the Lumeria microdosing facilitator training program, the Psychedelic Studies Intensive with Zach Leary, and the Canopy Collective in Oregon, a developing consultation group focused on collaborative clinical practice.

Jessica's interests extend beyond psychotherapy and include cultivating mushrooms, landscape photography, and astronomy. Her interest in mycology reflects a broader curiosity about fungi and their ecological and potential therapeutic significance. Across both her personal interests and professional work, she continues to approach learning with curiosity and an openness to new perspectives.

At the heart of Jessica's career is a desire to help people in need. She attributes her success to being a good listener, leading by example, treating others with kindness and respect, and making a difference each day. For Jessica, meaningful professional work is ultimately connected to the ability to positively influence the lives of others.

One of the most important pieces of career advice Jessica has received is the importance of maintaining a strong support team composed of positive people. She also believes that knowledge and growth are closely connected. The more a person learns, the more opportunities they have to develop, adapt, and become better equipped to support others.

Jessica encourages young women entering her field to take an honest look inward before beginning to provide services to others. She believes professionals need to address personal issues that could potentially affect their relationships with clients or their relationship with themselves. For Jessica, doing one's own inner work is an important foundation for developing the self-awareness, boundaries, and emotional presence necessary to serve clients effectively.

Looking ahead, Jessica sees a significant opportunity in reaching more individuals who are navigating life's struggles and changes. Her goal is to help people move through difficult periods

and develop lives that are more productive, fulfilling, and happier.

Consistency, dependability, empathy, continuing education, embracing challenges, and thoughtful decision-making are among the values that guide Jessica in both her professional and personal life. She believes in thinking situations through before reacting and approaching challenges with patience and consideration.

Through Sanctuary Within, Jessica R. Page continues to build a practice centered on compassion, learning, and integrative care. By combining her longstanding experience in addiction treatment with psychotherapy, trauma-informed work, and continued education in emerging psychedelic-assisted modalities, she remains committed to supporting individuals seeking meaningful psychological growth and transformation.

Learn More about Jessica R. Page:

Through her Influential Women profile, <https://influentialwomen.com/connect/Jessica-Page>

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