

Preeti Simran Sethi

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Mental health coach focused on psychedelic intake, support, and integration. Current research and praxis on Asian mental health and culturally attuned care in psychedelics, with a specific focus on South Asians, elders, and immigrants/refugees. Award-winning educator, multimedia journalist, and independent scholar with cross-cultural acumen and decades of experience in research, communications, and outreach on social, environmental, and personal transformation.

COMMUNICATIONS

Freelance Writer/Reporter (current)

- 2023-24 Rosalynn Carter Mental Health Journalism Fellow reporting on South Asian mental health and healing through altered states of consciousness. 2023-24 Ferriss-UC Berkeley Psychedelic Journalism Fellow reporting on decolonizing psychedelics. Recent reportage on [psychedelics and pro-environmental behavior](#), [psychedelic justice](#), and [psychedelics and Asians](#).
- Work featured in publications including The New York Times, The Washington Post, The Guardian, National Geographic, Smithsonian, Forbes, The Wall Street Journal, The Los Angeles Review of Books, WIRED, NPR, and Guernica. Reportage on climate anxiety, agricultural trade policy, lived experiences of Afghan refugees, child trafficking in cocoa, and adult survivors of sexual assault [here](#). Audio clips [here](#).
- Author of *Bread, Wine, Chocolate: The Slow Loss of Foods We Love* on agricultural biodiversity told through bread, wine, coffee, chocolate, and beer (HarperCollins). Favorably reviewed in publications including Science, The Boston Globe, and Associated Press. Winner of the Nautilus Award (gold) for Best Food Book. Named one of the Best Food Books of the Year by Smithsonian and translated into Italian and Korean.
- Essay contributions on relationships in the time of Trump in *Fury: Women's Lived Experiences of the Trump Era* (Pact Press), on hope and humanity in *Global Chorus: 365 Voices on the Future of the Planet* (Rock Mountain Books), and on the role of faith in environmentalism in *Thirty-Year Plan: Thirty Writers on What We Need to Build a Better Future* (Orion Magazine).
- Coauthor of *Ethical Markets: Growing the Green Economy* (Chelsea Green), winner of the Axiom Award for Best Business Ethics Book.

Keynote/Presenter (current)

- Speaker highlighting issues around psychedelics (sample [here](#)), sustainability (in food, design, fashion, education, business), science (biodiversity, conservation, psychology of change), and environmentalism (food justice, climate change, resource management).
- Presenter on five continents at institutions including the Svalbard Global Seed Vault, Sydney Opera House, Chacruna Institute, Harvard University, USAID, India Press Club, Commonwealth Club, Bioversity International, and Iowa Writers' Workshop.
- Events include Psychedelic Science 2023, International Agrobiodiversity Congress, White House Council on Environmental Quality Sustainability Forum, Forests Asia Summit, Smithsonian Institution Earth Optimism Conference, WOMAD, Terra Madre, North American Association for Environmental Education Conference, Salone del Libro, Festival of Dangerous Ideas, and James Beard Foundation Conferences. Select presentations [here](#) and endorsements [here](#).

Moderator (current)

- Panel moderator for topics ranging from Asian trauma and psychedelics to sustainable capital investments to challenges of cocoa farming in Venezuela to how climate change impacts development at conferences and events including: Global Landscapes Forum at UN climate summits (Conference of the Parties/COP 20, 21, and 26), Clinton Global Initiative, World Cocoa Conference (2014, 2016, 2018, 2021), Slow Money, and GreenGov: The White House Sustainability Symposium.

Senior Advisor

- Lead conference and communications advisor for Global Counsel for Science and the Environment 2022 conference focused on biodiversity, conservation science, and climate change.

WELLNESS

Mental Health Coach (current)

- Trauma-informed mental health coach focused on psychedelic intake, support, and integration supported by Somatic EMDR, reiki, and pranayama (breathwork).

Founder, Asian Psychedelic Collective

- Creator of the first and only nonprofit dedicated to creating spaces of support and belonging for Asians working with psychedelics.

Working Group Member—Justice Equity Diversity and Inclusion, American Psychedelic Practitioners Association

- Part of team tasked with reviewing and informing the first public Professional Practitioner Guidelines for Psychedelic-Assisted Therapy.

Fireside Equity Fellow/Psychedelic Peer Support, Fireside Project

- Member of the first equity fellow cohort on the only psychedelic support line in the United States. Trained to provide peer support and integration for diverse populations experiencing psychedelics and/or processing psychedelic experiences.

Yoga Teacher (RYT 500)

- Yoga teacher at studios (Kundalini Yoga East, Prana Yoga), health clubs (Equinox, New York Sports Club), and institutions (Goldman Sachs, New York-Presbyterian Weill Cornell Medical Center) in New York, NY and private studio in Lawrence, KS.
- Trained in Hatha Yoga at the New York Open Center and Kundalini Yoga at Kundalini Yoga East and Kundalini Research Institute in the United States.
- Additional training in pranayama, alignment, and prenatal yoga in Mumbai, Pune, and Goa, India.

Labor Support (Birth) Doula

- Labor Support Doula in New York City and Berkeley, CA.
- Training and certification through DONA International.

Reiki Practitioner

- Level II attunement in Mumbai, India. Usui Reiki training through Reiki India Research Centre.

ACADEMIA

Instructor, Various Psychedelic Facilitator Training Programs (current)

- Instructor in CIIS' Psychedelic-Assisted Therapies and Research Certificate Program, Integrate's Queer Psychedelic Facilitation Education Program, and Psychedelic Legacy's decolonizing

psychedelics program.

- Teaching focus: culturally-attuned care in psychedelics.

Visiting Professor, University of Gastronomic Sciences, Pollenzo, Italy

- Visiting professor in Master of Gastronomy: World Food Cultures and Mobility program teaching graduate courses on communications, sustainability, and food sovereignty.

Rhizome Fellow, Culture Hack Labs

- Inaugural fellow in not-for-profit consultancy supporting organizations, social movements, and activists in creating cultural interventions for systems change.

Senior Fellow, Oakland Institute, Oakland, CA

- Independent scholar researching and reporting on food insecurity and justice at the independent policy think tank dedicated to social, environmental, and economic justice.

Fellow, Institute for Food and Development Policy (Food First), Oakland, CA

- Fellow researching the social, environmental, and economic impacts of cocoa cultivation and production.

Professor, John Cabot University, Rome, Italy

- Summer faculty teaching courses in food writing, rhetoric and public speaking, and intercultural communications.

Editor/Reviewer

- Associate editor of the *International Journal of Sustainability Education*. Reviewer for the *International Journal of Sustainability Policy and Practice*. Reviewer and associate editor for the *International Journal of Environmental, Cultural, Economic and Social Sustainability*. Peer reviewer for *Environment, Development and Sustainability* and the *Journal of Sustainability Education*.

Associate Professor, William Allen White School of Journalism and Mass Communications, University of Kansas, Lawrence, KS

- Hired as Lacy B. Haynes Visiting Professional Chair. Promoted to tenured associate professorship two years into three-year chair. First faculty member to teach social media. Early adoption resulted in fellowship with the Ford Foundation and guest faculty position at Poynter Institute.
- Taught undergraduate and graduate courses on diversity in media, and environmental and sustainability communications. As part of course curricula, created service-learning projects including international digital diversity summit co-presented with the Online News Association; environmental justice and design series for Metropolis Magazine; education and outreach materials for the Climate and Energy Project; and sustainability reportage for the City of Lawrence.

EDUCATION

Master of Science in Applied Positive Psychology and Coaching Psychology

University of East London, UK (completion: August 2024)

Master of Business Administration in Sustainable Management

Presidio Graduate School, San Francisco, CA

Bachelor of Arts in Sociology + Women and Gender Studies; Dean's List and *cum laude* graduate

Smith College, Northampton, MA

ADDITIONAL TRAININGS + QUALIFICATIONS

Trainings

- Certification: Psychedelic Facilitator Training (SoundMind Institute) (completion May 2024)
- Certification: Somatic EMDR Training (Embody Lab) (completion July 2024)
- Certification: Advanced Psychedelic-Assisted Therapy Certification (ATMA)
- Queer Psychedelic Facilitator Training (Integrate)
- Microdosing Intensive (Microdosing Institute)
- MDMA Facilitator Training (UK Psychedelic Society)
- End-of-life doula training (INELDA)
- Hakomi Mindful Somatic Psychotherapy: An Experiential Introduction (Hakomi Institute)
- Certification: The River Course (Joe Tafur, MD/Modern Spirit)
- Mindful Meditation for Psychedelic Integration (Sana Healing Collective)
- Roots of Psychedelic Therapy: Shamanism, Ritual, and Traditional Uses of Sacred Plants (Chacruna Institute)
- Radical Consent: a BDSM-based framework for consent in psychedelics (Spirit Bridge Psychedelic Support Collaborative)
- Certification: Diversity, Culture, and Social Justice in Psychedelics (Chacruna Institute)
- Psychedelic Peer Support Training (Fireside Project)
- Certification: Birth doula training (DONA)
- Certification: Kundalini yoga teacher training, Levels 1 & 2 (Kundalini Yoga East & Kundalini Research Institute)
- Certification: Hatha yoga teacher training (New York Open Center)
- Reiki level II training and attunement (Reiki India Research Centre)

Memberships

- Asian American Psychological Association
- South Asian Journalists Association
- American Psychedelic Practitioners Association
- Integrative Medicine for the Underserved (IM4US)
- American Psychological Association

Fellowships

- **Rosalynn Carter Mental Health Journalism Fellow** (current)
- **Ferriss-UC Berkeley Psychedelic Journalism Fellow**
- **Equity Fellow, Fireside Project**
- **Rhizome Fellow, Culture Hack Labs**
- **Senior Fellow, Oakland Institute**
- **Fellow, Institute for Food and Development Policy (Food First)**
- **Sustainability Associate, University of Melbourne**

- **Sense-Making Fellow, Poynter Institute**
- **Associate Fellow, Asia Society**
- **Goddard Fellow, New York University**

Select Awards and Honors

- **Smith Medal Recipient**, Smith College, Northampton, MA
- **EMMY Award for Best School/Educational Program**, PBS, “Natural Heroes: A School in the Woods”
- **American College Personnel Association Champion of Sustainability Award**
- **Inaugural Inductee, Heritage Radio Network Hall of Fame**
- **Association of Food Journalists Best Audio Food Journalism Award** (2nd place), for KCRW radio segment on the impacts of sound on perceptions of flavor
- **SAVEUR: Editors’ Choice Winner for Best Food Podcast (2017)**, *The Slow Melt*
- **Smithsonian: Best Food Books of 2016**, *Bread, Wine, Chocolate: The Slow Loss of Foods We Love*
- **Nautilus Award: Best Food Book**, *Bread, Wine, Chocolate ...*
- **Distinguished Scholar-In-Residence**, St. Catherine University
- **National Education Association Mobile Media Award**
- **Webby Award (Honoree): Online Film & Video, News & Politics Series**, Sundance Channel’s “The Good Fight”
- **Axiom Award: Best Business Ethics Book**, *Ethical Markets: Growing the Green Economy*
- **Nautilus Award: Best Business/Conscious Leadership Book**, *Ethical Markets ...*
- **Environmental Media Award for Best Environmental Documentary**, Sundance Channel’s “Big Ideas for a Small Planet”

Languages

- Fluent in English (native speaker)
- Basic skills in Hindi, Punjabi, Italian, and Spanish