

KIMBERLY TAYLOR, DO

AUTHOR | PHYSICIAN | SPEAKER

SUGGESTED PODCAST INTERVIEW QUESTIONS

1. You're a physician. How did you go from practicing medicine to writing a memoir about trauma and psychedelic healing?
2. You entered therapy without even realizing you had experienced trauma. How can someone be deeply affected by developmental trauma when there isn't one obvious traumatic event?
3. You've said you could understand your trauma long before you could actually feel it. What's the difference between insight and healing?
4. Your book is called *Dear Parts*. What are "parts," and what changed when you stopped trying to get rid of yours and started listening to them?
5. You describe therapy as giving you the map and psychedelics as helping you navigate the terrain. What does that mean?
6. Attachment became a major part of your healing. What did you learn about why we can desperately want connection and be terrified of it at the same time?
7. Psychedelics are often portrayed as producing dramatic breakthroughs. What do people misunderstand about what happens *after* the psychedelic experience?
8. As a doctor, were there things about illness, the nervous system, or healing that you understood completely differently once you became the patient?