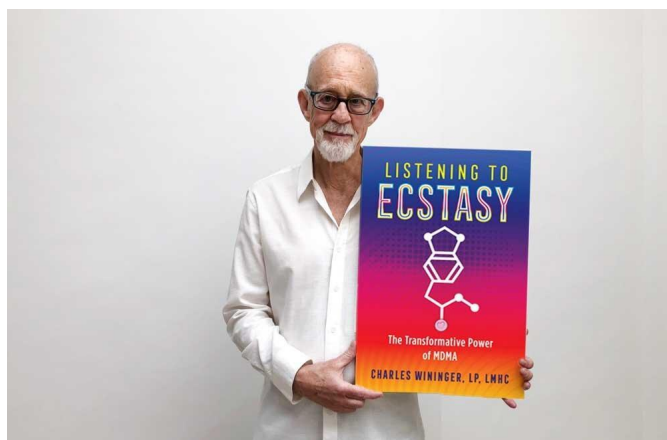
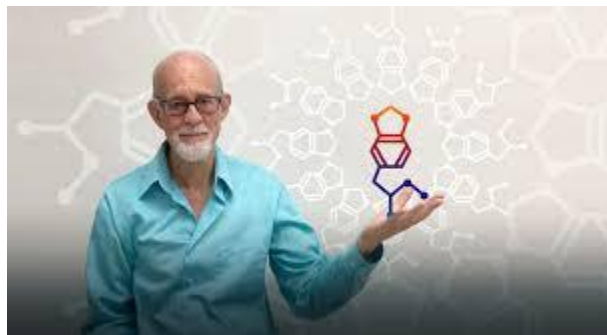


## Podcast Shownotes

### Episode 20

#### Exploring Ecstasy: Psychedelics, Healing, and Connection

Charley Winninger has been a psychotherapist in private practice since 1989, specializing in relationships and communication skills. Charley treats couples and individuals in his Manhattan and Brooklyn offices. Licensed as both a psychoanalyst and mental health counselor, Charley offers a warm and intuitive approach to therapy. While he doesn't use MDMA in his practice, his personal experiences with this medicine informs his work, enhancing his empathy and presence as a therapist. He completed his post-graduate training at the Gestalt Associates for Psychotherapy in New York and has continued his professional development training over the past fifteen years at New York's Soma-Psyche Institute, where he honed his skills in intuition and empathic attunement.



Known as an elder in New York's underground psychedelic community, Charley has been a member of the Multidisciplinary Association for Psychedelic Studies (MAPS) for the past 20 years, advocating for research on MDMA's therapeutic potential in treating PTSD, social anxiety, and more. His lectures on "Psychedelics Across the Lifespan" highlight his unique insights gained through a lifelong journey with substances like LSD, MDMA, psilocybin, and ayahuasca.

With frequent features in *The New York Times* and *Newsday* and appearances on TV, Charley brings psychedelics into the mainstream dialogue, particularly focusing on their benefits for individuals at every stage of life.

As a former '60s hippie, Charley brings a spirit of peace and love into all his work, championing psychedelics as tools for enhancing life's deeper experiences. His book ***Listening to Ecstasy*** reflects on the profound effects MDMA has had on his marriage with his second wife, Shelley, whom he met in 2000. Together, they have built a vibrant psychedelic community in New York, creating spaces for others to explore psychedelics safely and meaningfully. Now in his 70s, Charley continues using psychedelics to enrich his views on aging, relationships, masculinity, and mortality, contributing to what one researcher calls "the betterment of well people"—helping others not only heal but live more fully and authentically.

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Instagram: <https://www.instagram.com/cjwininger/>

Book:

<https://www.simonandschuster.com/books/Listening-to-Ecstasy/Charles-Wininger/9781644111161>

<https://www.amazon.co.uk/Listening-Ecstasy-Transformative-Power-MDMA/dp/1644111160>