

The Space Therapist

“Exploring Space, Inspiring Earth”

FAQ's



Goals



The Space Therapist logo
representing exploring Earth, the
Moon, and beyond through the
cupola as seen from the International
Space Station.

The goal of this document is to better inform you about what The Space Therapist is all about. You'll learn a bit about the three branches of the brand:

- Analog Astronaut Research
- Licensed Mental Health Counseling
- NASA/JPL Solar System Ambassador

Then you'll learn about the presentations and outreach opportunities we offer to the community both in person and virtually. If you have any questions about any of the information provided, please feel free to reach out to info@thespacetherapist.com

Thank you for looking!

Who is The Space Therapist?



Imagining what lunar gravity might be like on an analog astronaut mission.

My name is Sharife Gacel, and I'm an Analog Astronaut, a Licensed Mental Health Counselor, and a NASA/JPL Solar System Ambassador. I started my private practice in 2013 and have watched it grow into what it is today. In 2020, I began my first year as a NASA/JPL Solar System Ambassador. In 2023 I did my first mission as an Analog Astronaut. It's become my mission to combine all three paths into what The Space Therapist is today. The overarching goal of The Space Therapist, LLC is, "Exploring Space, Inspiring Earth." Read on to learn more about how this is done through private clinical practice, space outreach, and research. Then find out more about how you can incorporate The Space Therapist mission into your group or organization.

ANALOG ASTRONAUT



Crew group photo outside of the mission habitat with our superimposed mission patch.

Analog (analogous) astronauts simulate long-duration space missions, in geographically similar areas to the real missions that are being planned for future Moon and Mars crewed explorations. *The primary goal of an analog astronaut is research.* Research duties include; organizing scientific, educational, and exploratory missions to identify problems, test in-situ resource utilization technologies, and train future astronauts.

My personal experiments included assessing human basic needs and *"The Impact of Crew Isolation and Lunar Simulation on Human Behavior"*. In addition, I was an on-site therapist for the crew if needed. A combination of my own research led to assessing patterns in human needs including; Sleep, Food, Hygiene, Job Satisfaction, Social, and Fun. The results are currently being processed and evaluated for publication and future studies.

My secondary experiment was the *Spacesuit Art Project*, which included creating a spacesuit using art that the crew created during the mission. As they felt inspired, the crew would paint or draw on swatches of fabric. They could illustrate anything from the mission or from their own lives. After the mission, the art swatches will be sewn onto a flight suit and used as a mobile space art display in collaboration with The Space For Art Foundation.

Licensed Mental Health Counselor

The Space Therapist was founded with the aim of providing accessible and affordable mental health services to as many as possible. We wanted to create a space where people could prioritize their mental well-being. The incorporation of space relates to looking up with the goal of connecting inward.

Specialties

- Anxiety and panic disorders
- General relationship challenges (family, friends, co-workers)
- LGBTQIA+
- Life transitions
- Personal growth and self-esteem
- Trauma informed



Therapeutic Approaches

- Cognitive Behavioral Therapy (CBT)
- Eclectic/Integrative Therapy
- Multicultural/Culturally-informed Therapy
- Positive Psychology
- Strength-Based Therapy

Qualifications

- #MH 15258
- Florida-Licensed Mental Health Counselor (LMHC)
- Colorado-Licensed Professional Counselor (LPC)
- Qualified Supervisor (QS)
- Private practice founded over 10 years ago
- Individual telehealth therapy services
- Psychoeducational therapy groups

NASA/JPL SOLAR SYSTEM AMBASSADOR



- The NASA/JPL Solar System Ambassador (SSA) program is a public engagement effort that works with volunteers across the nation to communicate the science and excitement of NASA's space exploration missions and discoveries with the people in their communities . The program has over 1300 volunteer ambassadors with a program reach of over 12,700,000 people worldwide.
- As an SSA, I have hosted and participated in over 50 events including star parties, events about Artemis, the Moon, Mars and Beyond, Analog Astronaut presentations, and many more. I have presented to groups of 10-2,000 covering all age ranges.
- For more detailed information about the presentations, please visit: [The Space Therapist](#) website or my [Solar System Ambassadors](#) profile.

Public Speaking



The following several slides outline frequently asked questions about the public speaking and speaking engagements that The Space Therapist is able to present. There is also a list of developed presentations for you to pick from.

What audiences do you speak to?

The goal of The Space Therapist is making space accessible for as many people as possible. When we come out to an event, we love bringing the human spaceflight presentations to you in a way that's personal and inspiring. Because of this, talks can be geared towards audiences of all ages and interest levels.



What are some places you present?

- Conferences or Conventions
- Community Groups and Organizations
- School Groups
- Social Clubs
- Private Events

How do I go about finding a topic you can present about?

There are a select number of topics we can come out to your event and present about. They range anywhere from motivational type presentations all the way to research based ones. The most popular presentations are:



“Exploring Space Inspiring Earth : The Impact of Crew isolation and lunar simulations on Human Behavior”



“Exploring Space Inspiring Earth: Astronauts, Analogs Astronauts, Earthlings”



“Cosmic Conversations: Tour of the Night Sky”



“Cosmic Conversations: The Overview Effect as an Analog Astronaut”



“Exploring Space, Inspiring Earth : Analog Astronauts bringing mental wellness to the World”



Please let us know if there's a presentation you'd like to request that isn't listed on here. Topics are being added regularly and can be modified to fit the needs of your group.

Presentation #1:

“Exploring Space, Inspiring Earth: The Impact of Crew Isolation and Lunar Simulation on Human Behavior”



Description: Experience what it's like living and working as an analog astronaut therapist. Discover how research on missions that are in space simulated environments can provide insight into mental wellness for all humans. Explore the future of human spaceflight and find out how these important discoveries impact everyone on Earth. Enjoy a presentation full of fun and captivating pictures and descriptions from an analog astronaut. Finally, bring your space questions to be answered after the presentation.

Ideal Audience: Adults

Length of presentation: 45 minutes with 10-15 minute Q&A (presentation time can be adjusted depending on need of group)

Modality: PowerPoint with audience Q&A

Presentation #2:

“Exploring Space, Inspiring Earth: Analog Astronauts bringing mental wellness to the world”



Description: Experience what it's like living and working as an analog astronaut therapist. Discover how missions on Earth that simulate space can help not only astronauts, but all humans. Explore the future of human spaceflight and find out how these important discoveries impact mental wellness for everyone on Earth. Enjoy a presentation full of fun and captivating pictures and descriptions from an analog astronaut.

Ideal Audience: Teens, Adults

Length of presentation: 45 minutes with 10-15 minute Q&A (presentation time can be adjusted depending on need of group)

Modality: PowerPoint with audience Q&A

Presentation #3:

“Exploring Space, Inspiring Earth: Astronauts, Analog Astronauts, Earthlings”



Description: Experience what it's like living and working as an analog astronaut. Discover how missions on Earth that simulate space can help astronauts. Explore the future of human spaceflight and find out how these important discoveries impact everyone on Earth. Enjoy a presentation full of fun and captivating pictures and descriptions from an analog astronaut. Finally, bring your space questions to be answered after the presentation.

Ideal Audience: Children, Teens, Adults

Length of presentation: 45 minutes with 10-15 minute Q&A (presentation time can be adjusted depending on need of group)

Modality: PowerPoint with audience Q&A

Presentation #4:

“Cosmic Conversations: The Overview Effect as an Analog Astronaut”



Description: Why look up? From ancient civilizations to the visions of the future, outer space has been a thing of awe and wonder. One thing that makes humans unique is our ability to be curious and explore the cosmos. This presentation looks to the night sky to explore the cognitive shift that has been explained by astronauts as they look back at our planet Earth from space. Bringing in unique insights from a mental health professional's experience and analog astronaut research, you'll see how you can find your own version of the Overview Effect.

Ideal Audience: Teens, Adults

Length of presentation: 45 minutes with 10–15-minute Q&A (presentation time can be adjusted depending on need of group)

Modality: PowerPoint with audience Q&A, telescope viewing optional

Presentation #5: “Cosmic Conversations: Tour of the Night Sky”



- Description: Have you ever wondered where stars are born? Or how far our Sun is to the next nearest star? Answer these questions and many more as you travel through the solar system in an interactive, fun, and informative presentation all about the night sky. Then, weather permitting, take your curiosity outside as you look through a telescope to look at the cosmos yourself.
- Ideal Audience: Kids, Teens, Adults
- Length of presentation: 45 minutes with 10–15-minute Q&A (presentation time can be adjusted depending on need of group)
- Modality: PowerPoint with audience Q&A, telescope viewing optional

Presentation #6:

“Cosmic Conversations: Living and Working on the Moon as an Analog Astronaut”



Description: Are you ready to embark on a journey to the Moon?! You'll learn the ins and outs of what it's like to live and work as an analog astronaut researcher. Join us for this fun talk about living in isolation with 6 strangers on the side of the world's most active volcano. You'll learn how we pushed our limits to accomplish the mission and lessons we can all learn from on Earth. Hang on as we embark on a journey to the limits of human exploration in 3...2...1...

Talk followed by a telescope viewing of the Moon (weather pending)

Ideal Audience: Teens, Adults

Length of presentation: 30 minutes with 10-15-minute Q&A (presentation time can be adjusted depending on needs of the group)

Modality: PowerPoint with audience Q&A, telescope viewing optional

Presentation #7:

“Artemis: From the Earth to the Moon”



Description: If you're curious about humanity's next steps on the Moon, this is the presentation for you. Learn about the Artemis program, the spacecraft involved, and how humans are preparing to live and work on the Moon. You'll get the opportunity to go behind the scenes with rarely seen images, and get the inside scoop from an analog astronaut researcher who simulated a Moon mission in isolation.

Talk followed by a telescope viewing of the Moon (weather pending)

Ideal Audience: Teens, Adults

Length of presentation: 30 minutes with 10-15-minute Q&A (presentation time can be adjusted depending on needs of the group)

Modality: PowerPoint with audience Q&A, telescope viewing optional

Why is it Important?



Humans are unique because we are curious and have a thirst to explore. Our presentations bring the awe and wonder of space to you.

At The Space Therapist, we believe that space is for everyone. It's our mission to make space attainable to all in as many ways as we can. We are a unique collaborative in our ability to combine mental wellness, human spaceflight, and the cosmos under one purpose: Exploring Space, Inspiring Earth.

Do you offer virtual presentations also?

- Yes! Virtual presentations can be given via ZOOM to an audience of up to 100 people. All presentations can be given virtually however please note that live telescope viewing is only available in person.

What technology do you need for presentations?

- Most presentations are given via PowerPoint. A computer with access to a projector is needed for this. If you request a presentation at a site without a projector, please let us know so we can accommodate.

What about the telescope viewing?

- The telescope we bring out to events is a 10" Dobsonian telescope that doesn't need electricity to operate. As long as we have a clear view of the night sky with as little light pollution as possible, we're able to view many objects in the night sky easily.

What is the cost of the presentations?

- Costs are determined on a sliding scale depending on the group being presented to. A few factors have to be considered such as travel time, amount of attendees, and budget. We do have no-cost options available. Please reach out to info@thespacetherapist.com for more details about cost.



What are the requirements for the telescopes?



Open space with an unobstructed view of the night sky.



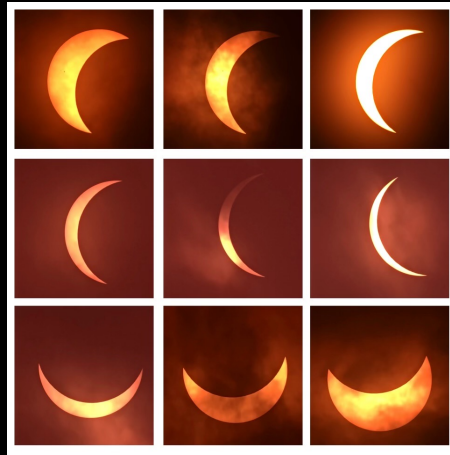
Darker but SAFE area with the least amount of light pollution possible.



Must be a relatively flat surface for the base of the telescope to sit stationary on.

The telescope we bring out is a 10" Dobsonian telescope that is manually operated. No power source is needed to operate it. In the case that astrophotography is requested, a Seestar astrophotography telescope is used, which has similar requirements.

How do you pick a day?



Telescope Viewing is predicted by several different factors

Weather

Weather is the #1 predictor of successful viewing. Although we closely monitor the weather when planning an event, we can not always guarantee the weather will want to cooperate. Because of this, we can NOT promise or guarantee viewing at all requested events, even those booked with telescopes.

Season

Different times of the year allow for different views of the night sky. This tells is what is available to be seen. Typically, January-March are the best viewing months due to the lower humidity and clearer weather. With that said, all times of the year can be scheduled for telescope events.

Moon Phases

Depending on the phase of the Moon we can book Moon viewing events accordingly.

Solar viewing

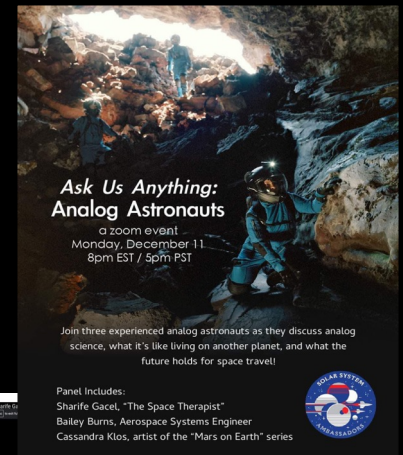
It's possible to view our nearest star, the Sun, on clear days with a solar filter attached to the telescope. Let us know if you want daytime viewing and we'll do our best to accommodate.

WHAT TIME IS THE EVENT HELD?



- Online Events can be held year-round at any time.
- In Person Events WITHOUT Telescope viewing can be anytime
- In Person events requesting Telescope viewing will be scheduled in the evening after sunset. The time of viewing and items wished to be viewed will be dependent on the night sky, weather, and safety.

Past Presentations



Starry Starry Night Bok Tower 2024 Keynote Speaker

Telescope Thursdays Crane Roost Park 2023 Community Outreach Event

International Observe the Moon Night 2023 “Earth, Moon, Mars, and Beyond” Keynote Speaker

Spooky Star Party 2023 Community Outreach Event with Central Florida Astronomical Society

Cosmic Conversations : The Science of Artemis 1 Virtual Live-Stream Event

Ask Us Anything! Analog Astronaut Panel Virtual Live- Stream Event

“Living on the HI-SEAS Living and working as an Analog Astronaut” Guest Speaker for Winter Park Library Space Month Speaker

“Analog Astronaut Space, Therapy, and Human Behavior” Nerd Night Orlando Guest Speaker for Space Night 2024

Space for Art Foundation

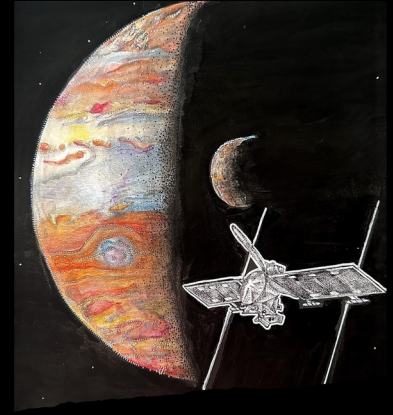
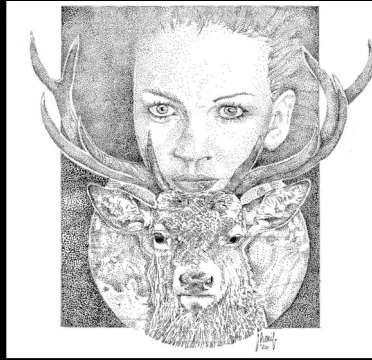
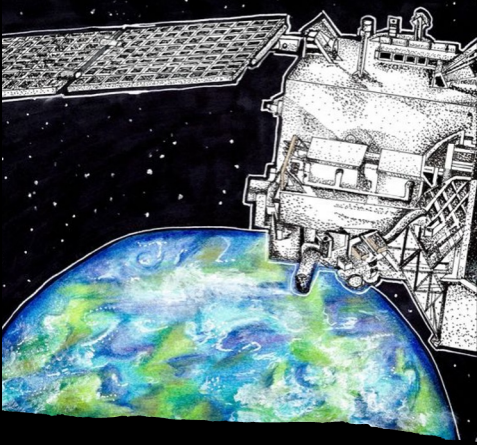


“Lokahi” Spacesuit Art Project

The “Lokahi” Spacesuit Art Project is based on the realization that art, space, and healing are all connected. In Hawaiian, Lokahi means unity, which is both a representation of the suit and the crew that created it. It combines concepts such as the Overview Effect, which is a psychological phenomenon described by astronauts as they viewed Earth from space noticing our interconnectedness. The project was inspired by The Space For Art Foundation, whose mission is to unite a planetary community of children through the awe and wonder of space exploration and the healing power of art.

During many of the presentations The Space Therapist is at, the Lokahi Spacesuit is able to make an appearance.

SPACE ART SHOWCASE



You'll see showcased works of art that explore the intersection of mental health and creativity. The intersection of art and science is at the heart of mental wellness. It's important that we connect with both parts of ourselves.

In this collection , you'll find art inspired by mythology, astronomy, NASA mission, and more! The Space Art collection can be incorporated into an event if requested.

For more information and
to book your next
speaking event, please
reach out to:

Thank you so much!



INFO@TheSpaceTherapist.com



www.TheSpaceTherapist.com

