

# IndoctriNATION PODCAST

IndoctriNATION is a weekly podcast that delves deep into the world of cults, manipulators, and the various systems of control that exist in society. Each episode aims to educate and enlighten listeners on how to recognize and protect themselves from manipulative tactics and coercive environments. The podcast features expert interviews, in-depth analyses, and real-life stories to explore the psychology behind cults and manipulative individuals, offering tools and insights to help listeners stay informed and safe.







# Rachel Bernstein, LMFT, MSED

Cult Specialist- Educator - Speaker - Host of IndoctrINATION Podcast

Rachel Bernstein is a Licensed Marriage and Family Therapist from Los Angeles, California who has specialized in cult intervention and re-acclimation for over 30 years. Rachel serves on the advisory board of the International Cultic Studies Association and has worked with the Department of Justice providing support to cult survivors.

Rachel has made many media appearances over the years as a cult expert on Netflix, Discovery+, Newsnation, Hulu, Stars, CNN, MSNBC, BBC, NPR, Bloomberg, and many other major news outlets. Ms. Bernstein is the host of [IndoctrINATION](#): A weekly podcast covering cults, manipulators, and protecting yourself from systems of control where she has interviewed hundreds of cult survivors, journalists, and experts.





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# Team Members



**Robert VanVranken**  
Audio and Creative Director



**Andrew Pledger**  
Social Media Manager

Meet the innovative minds behind our success: Andrew Pledger, Social Media Manager, Cult Survivor, and advocate of LGBTQ+, and Robert VanVranken, the creative force in audio and podcast production and multimedia editing. Together, they bring a unique blend of expertise and passion, driving our mission forward with their exceptional skills and experiences.





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[About](#) [Team](#) [Stats](#) [Media](#)



**3.7K Followers**

@indoctrinationpodcast



**3.1K Subscribers**

@RachelBernsteinLMFT



**687 Followers**

@indoctrinationpodcast



**1.5K Followers**

IndoctriNation Podcast with  
Rachel Bernstein

# Social Media

The Indoctrination Podcast is a dynamic and thought-provoking series that delves into a wide range of topics, fostering a community of curious and open-minded listeners. Our podcast aims to challenge perceptions, invoke discussions, and present diverse viewpoints to our ever-growing audience.





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▶ **2.72M Plays Since 2018**



**282 Episodes**



**761**



**60**



**62**



**918**

Since 2018, our podcast has garnered an impressive 2.72 million plays, our podcast has consistently captivated audiences. The IndoctriNATION Podcast offers a valuable platform for advertisers and partners seeking a podcast with a proven track record of success.





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[About](#) [Team](#) [Stats](#) [Media](#)

# Demographics

## Top 5 Countries



United States



Australia



Canada

## Top Cities

Los Angeles    Pert    New York



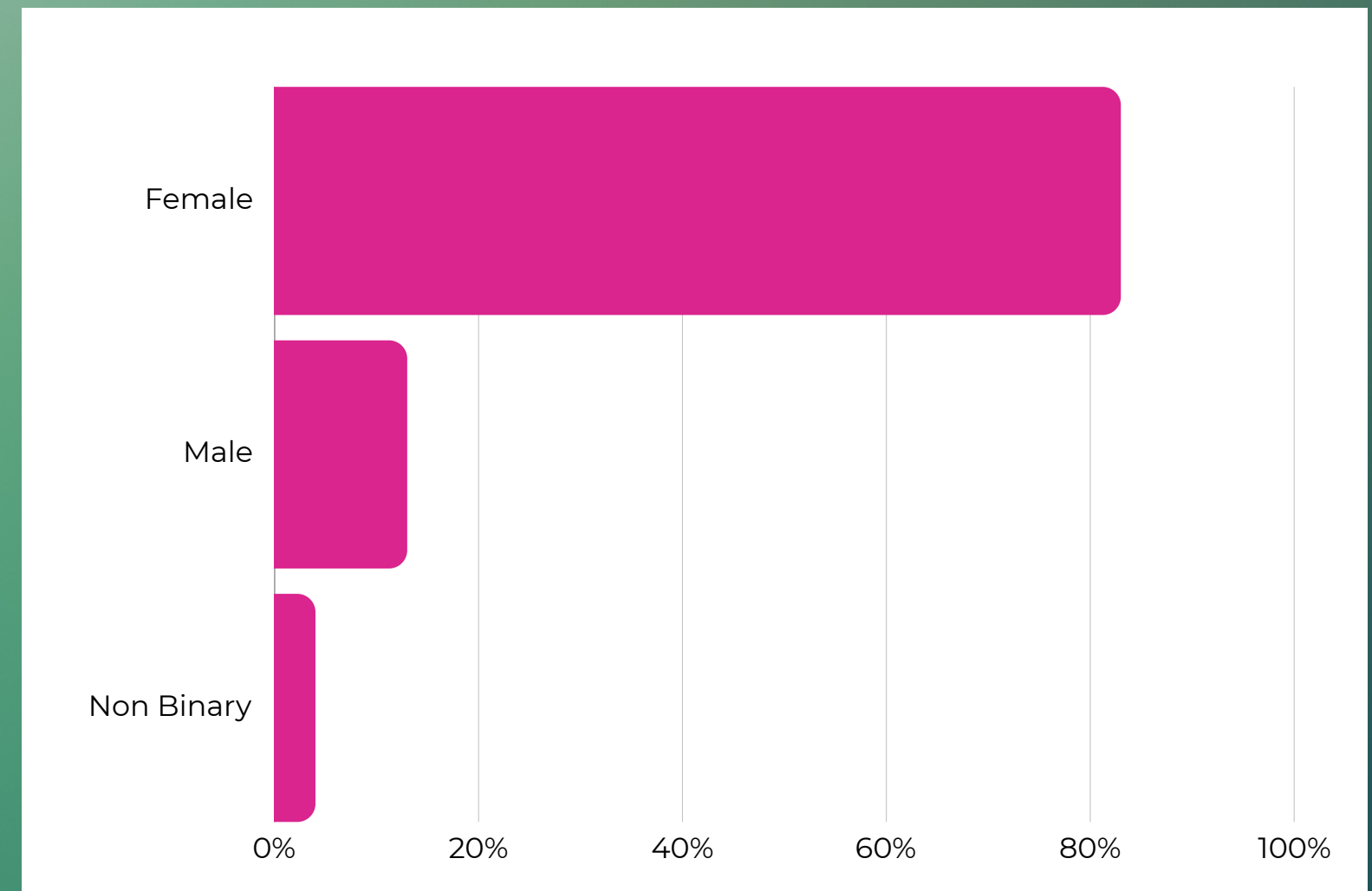




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[About](#) [Team](#) [Stats](#) [Media](#)

# Age and Gender

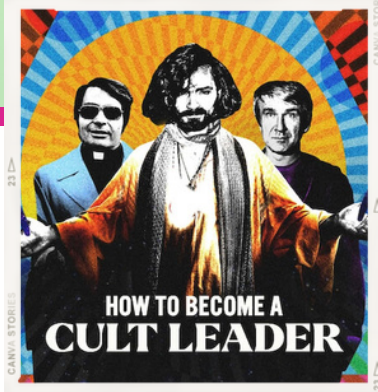






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[About](#) [Team](#) [Stats](#) [Media](#)



### **How To Become A Cult Leader**

Netflix, 2023



### **Stolen Youth: Inside the Cult at Sarah Lawrence**

Hulu, 2023



### **Hillsong: A Megachurch Exposed**

Discovery+ 2022



### **Getting Cult Members Out of Cults**

The David Pakman Show 2023



### **Cult expert: Lori Vallow convinced she was helping kids by killing them**

Cuomo - Newsnation 2023



### **Deprogramming Therapy**

Dr. Oz 2020

# Notable Media Appearances

Discover the various noteworthy media appearances that have showcased Rachel's expertise, insights, and contributions across a range of platforms. From television interviews and podcast features to articles in top publications, this page highlights Rachel Bernstein's prominent presence in the media landscape.





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[About](#) [Team](#) [Stats](#) [Media](#)



**{UN}WELL**

Netflix, 2020



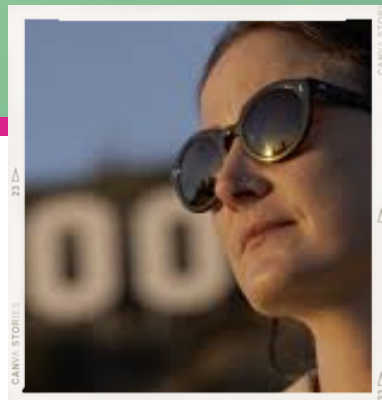
**Seduced: Inside  
the NXIVM Cult**

Starz, 2020



**Cult Warning  
Signs**

The Doctors 2021



**Qanon: After The  
Storm?**

BBC 2020

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Discover the various noteworthy media appearances that have showcased Rachel's expertise, insights, and contributions across a range of platforms. From television interviews and podcast features to articles in top publications, this page highlights Rachel Bernstein's prominent presence in the media landscape.





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[About](#) [Team](#) [Stats](#) [Media](#)

# TWO OF THE MANY “BEST OF...”

lists featuring Rachel's podcast, IndoctriNation

**NYT Podcast Review**

**Oprah Daily Podcast Review**

**The New York Times**







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# SOME OF THE MANY PODCASTS

that have featured Rachel

**Twin Flames by Wondery:** Piecing Together | 2/28/2022

**What happened 30 years ago in Waco?:** Texas Wants to Know | 4/19/23

**The Purple Principle: Online Conspiracies and Virtual Cults:** Social Extremes in Our Hyperpartisan Age | 6/1/21

**Hunting Gislaine with John Sweeney:** Demons | 12/23/20

**Cleaning up the Mental Mess with Dr. Caroline Leaf:** Why People Join Cults, the Difference Between Sociopaths, Psychopaths + Tips On Healing from Abusive Relationships with Therapist Rachel Bernstein | 8/12/20

**Preacher Boys Podcast:** 269: Eric Skwarczynski's Personal Journey In and Out of the IFB (IndoctriNation Podcast Appearance) | 12/3/2023







# SOME OF THE MANY PODCASTS

that have featured Rachel

**Deliberations: 19:** Jury Break with Rachel Bernstein LMFT | 5/3/19

**Sensibly Speaking Podcast 2.0:** #130 Helping Someone in a Narcissistic Relationship ft. Rachel Bernstein | 2/17/18

**Sensibly Speaking Podcast 2.0:** #79 Recovery Counselling, What to Look For ft. Rachel Bernstein | 3/4/17

**Safe Recovery:** RACHEL BERNSTEIN Cult Deprogramming Expert - Therapist | 2/9/16

**Nobody Listens To Paula Poundstone:** #139 Cult Classics | 3/9/21







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[About](#)

[Team](#)

[Stats](#)

[Media](#)

Some of the many articles that have  
featured Rachel:

*VARIETY* **VANITY FAIR** **salon** CBS

Los Angeles Times **Newsweek** INSIDER

The New York Times Bloomberg  
Businessweek

**COSMOPOLITAN** **CNN**





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[About](#) [Team](#) [Stats](#) [Media](#)

# (A few of the) Five Star Reviews

## Informative



"I've learned lots through this podcast and so much compassion for survivors. All the brave folks who speak of their experiences to help others who may also be in the same situation.... [Read full the review](#)

Stacialowe via Apple Podcasts · United States of America

## Phenomenal



"I absolutely love this podcast. The conversations are so genuine, and the information is so relevant.... [Read the full review.](#)

Medrese via Apple Podcasts · United States of America

## A well of information, led by compassion



I first discovered Rachel on the 2020 documentary "Seduced: Inside the NXIVM Cult" (a must-see) and have been a fan ever since.... [Read the full review.](#)

Wannerhead via Apple Podcasts · United States of America

## Excellent show! Good for your health!



"I LOOOOVE this show! I cannot praise this enough! 10 out of 5 stars!... [Read the full review.](#)

CMG725 via Apple Podcasts · United States of America

## A Public Good! Invaluable resource for survivors, clinicians, and all citizens



"I'm a practicing psychotherapist and am so grateful for the education, wisdom, empathy, and advocacy Rachel brings to this excellent, and timely, project. This is a rich offering that I highly recommend... [Read the full review](#)

tituba1984 via Apple Podcasts · United States of America · 03/22/23

## Super engaging, educational cult content



Because Rachel, the host, is a professional therapist specializing in high control groups, she's sensitive, supportive, respectful. **RECOMMEND!**... [Read the full review.](#)

tituba1984 via Apple Podcasts · United States of America · 03/22/23





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[About](#) [Team](#) [Stats](#) [Media](#)

# A Selection of Patreon Reviews

“Thank you so much for this one! It made me breathe deeper as I was reflecting on how much of the examples I have my own experiences of. These bonus episodes are significantly helpful for my healing and understanding.”

D.S Patreon Supporter - November 15, 2022

“I'm sooo glad you did this interview together!!!! This was really enlightening and you have such a way of putting words to things that seem really big and confusing. Thanks for doing what you do and also sharing part of your experience!”

A.B Patreon Supporter - August 19, 2022

“Great, sensitive, caring reporting as always “

Trebor from Patreon Supporter - September 27, 2023

“Thank you for sharing, I can relate to so much here and really struggle a good deal of the time with the thought that I am never going to heal or climb out of the hole fully of the damage done. Listening to your story really helps to put things into perspective and to tackle the shame.”

Australian Patreon Supporter - October 29, 2023

This is a very good podcast - carefully edited, with super interesting guests and topics, and perfectly paced conversations. You have a beautiful "radio" voice and a lovely way of showing respect to your guests and listeners. Not to mention your priceless expertise and insight. All in all - a massive pleasure to listen to!

A.S Patreon Supporter of the Podcast

“Rachel, I love listening to your intelligent, empathetic, and insightful podcast!”

H.F-H Patreon Supporter - November 17, 2023



# Cost to Produce

We provide a detailed overview of the monthly expenses incurred in keeping our content creation engine running smoothly. Additionally, we delve into the specific cost per episode, revealing the financial investment required to produce each compelling piece of content. This breakdown helps our partners and sponsors understand the financial commitment and value of collaborating with us.

## Want to become a sponsor?

Contact indoctriNATION team through this email  
[indoctrinationshow@gmail.com](mailto:indoctrinationshow@gmail.com)



Gain insights into the investments made in talent, equipment, production processes, and distribution efforts that go into creating our high-quality media.

**\$2,700**

Cost a month to  
produce

**\$450**

Cost per  
episode