



Psychedelic Therapy Integration Guide

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Overview

About This Guide

We have created this workbook to guide you through some of the most common stages of integration that we have seen our clients go through after psychedelic therapy sessions. You don't have to complete this workbook all at once. Write in the workbook or your own journal. As you process your psychedelic experiences, surround yourself with supportive friends, family, a therapist, or psychedelic integration circle.

What is Psychedelic Integration?

Psychedelic integration is the process we go through in the days, weeks, and months after psychedelic therapy or an intentional psychedelic experience. During this time, we are making sense of the content of our experience, processing the profound insights that came up, as well as any significant memories and emotions that surfaced. In the integration period we reflect on questions such as: What does this mean? How can I apply these insights into my life? What do I need to change?

The 4 stages of Integration

There are 4 basic stages of integration. These are non-linear; stages can be worked on in any order or concurrently. Feel free to start wherever you feel led, and revisit sections as needed.

4 Stages of Integration

Stages of Integration	Began	Completed
Remembering		
Processing		
Removing what's not working		
Creating new frameworks		

Stage 1: Remembering

The first stage of integration after a psychedelic experience is remembering. Try to write down everything you remember about your experience. Don't worry about writing an essay, just write down your thoughts, feelings, sensations and ideas that came up for you during your session.

What happened during your session? What kind of content came up for you (memories, visual imagery, emotions)? Tell your story. What were the headlines or chapter titles?

What did you think and feel right before your dose? Did your expectations align with your experience? Why or why not?

What were the most pleasant parts of your experience? Which parts were the most uncomfortable or intense?

Stage 2: Processing

The second stage of integration is processing. This is the exploration and ‘unpacking’ of your experience with a focus on making meaning and thoughtful reflection. It’s important to note that you aren’t committing to any idea or insight that arose during your session. This is a time to explore without judgement.

How do you feel about your experience? What felt good to you? And what was difficult? How did the experience impact you emotionally, both during the experience and after? What are you grieving? What are you celebrating?

If you received a clear message or insight from your session, is that a wise and healthy choice for you? In a sober state, how do those insights appear to you?

What did you discover about yourself? What new possibilities, for yourself and your life, did your experience reveal to you? Do these possibilities seem realistic?

What is different now? Is there something that you can't "un-know" or "un-see", now that you've seen it? List difficult as well as positive new understandings.

Stage 3: Removing What's Not Working

During this stage, we are often inspired and/or required to change what needs to change about ourselves and our lives, and to undo or dismantle what's unhealthy and isn't serving us anymore. Some of the undoing is sudden and immediate, and some of it is gradual and strategic. It's common to feel a "shaking up" of our self-concept and aspects of our lifestyle. It's important to remember to not make any big or sudden changes immediately after a psychedelic experience (for example, moving, quitting a job or ending a relationship). Give yourself time to feel out any changes you make in your life.

What's not serving you anymore? What are you letting go of?

What rules or norms don't work for you anymore in relationships? What boundary rules need to shift or change?

Psychedelic medicines tend to highlight ways we are living that are not aligned with our values. What in your life has been out of alignment? What needs to shift for you to feel more like yourself, and more in balance?

Stage 4: Creating New Frameworks

In this stage, we assess the changes we want to make and create new frameworks and systems to support this healthy change. There's a saying: "We don't rise to the level of our goals, we sink to the levels of our systems." To create sustainable change, we need to have systems and frameworks that support this change.

What do you want to commit to in terms of change? What frameworks, systems, or supports will make these changes stick for you?

How will you know if your new framework is serving you? How will you track your progress? What are red flags that you may be regressing into old habits and ways of thinking?

How would you communicate to someone else what your new framework is? Try to create a phrase, saying, or mantra that can keep you on course. Some examples include:

"Boundaries are the distance at which I can love you and me simultaneously." –Prentis Hemphill

"I treat my body with respect and only put good things in it"

"I avoid talking and thinking in the '3 C's' - Complaining, Criticizing, Controlling

If you stay the course with your integration experience, how would your loved ones describe you?

If you feel you have drifted from your path of integration, what could you say to yourself for encouragement? Do you expect immediate and long-lasting change? What have your previous experiences of change taught you about this process? Do you expect ups and downs?

Connect with Psychedelic Therapists

Ready to start your healing journey? Are you interested in legal and professional psychedelic therapy?

Reach out to us at: www.psychedelicgrowth.net

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