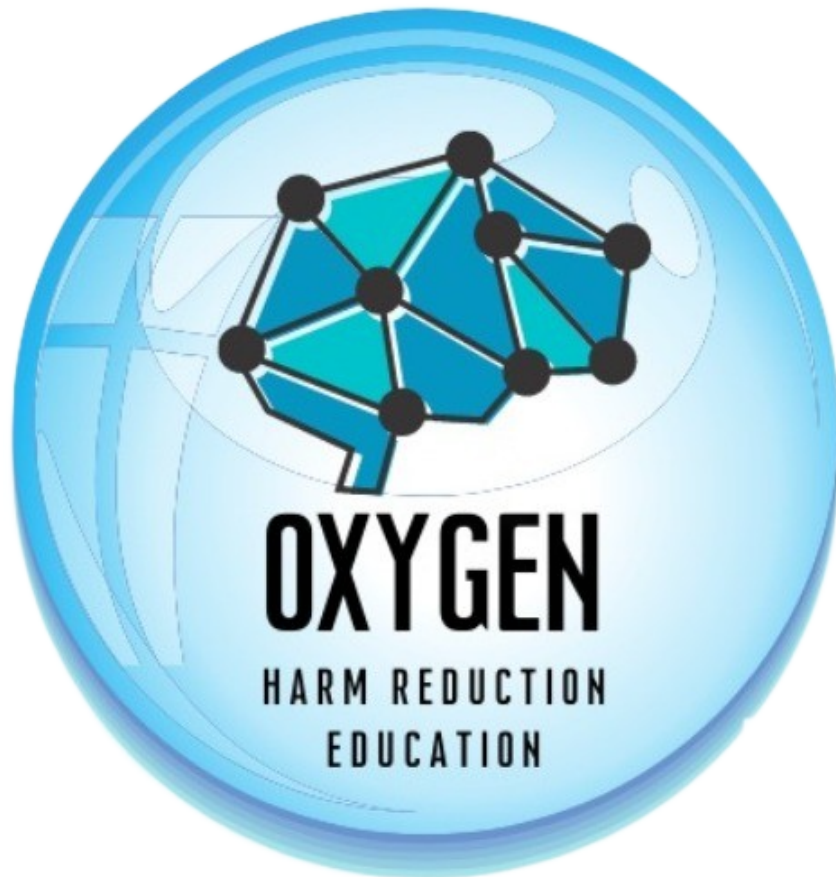


Integr-Action:

A Guide to Making the Most of Your Transformational Psychedelic Experience

By Pinni Baumol

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Introduction to the guide:

Psychedelic experiences can be life-changing, offering insights and growth that can last a lifetime. But how can you make the most of these experiences and integrate them into your daily life? This guide offers a variety of tools and practices to help you do just that. Besides discussing different psychological perspectives, this companion will discuss ways you can “do” integration in different ways.

One effective way to integrate your experience is through reflective writing. Try taking time each day to write about what you experienced, what emotions came up, and what insights you gained. This can help solidify your understanding of the experience and provide a space for processing.

Meditation and mindfulness practices can help bring the calm and clarity of your psychedelic experience into your everyday life. Try incorporating a daily meditation practice, or try visualization exercises to tap into the insights you gained during your experience.

Another way to integrate your experience is through creative expression. Whether it's through art, writing, music, or dance, find a way to express yourself and your experience. This can help you better understand and process your experience, as well as share it with others.

Embodied movement and physical action can also aid in integration. Try practices such as yoga, tai chi, or nature walks to help integrate your experience and bring more awareness to your body.

Working with a group or sharing your experience with someone you trust can also be a valuable tool for integration. Join a support group, participate in therapy, or talk with a friend. Sharing your experience can help deepen your understanding and bring new perspectives.

Finally integration or integration in action, whether through activism, social action, community organization or mobilization is an important way of changing the world, not only our minds.

Hopefully you will find some information and tools presented here as helpful to your process.



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Introduction to psychedelic integration:

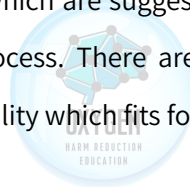
Integration is the process of applying and assimilating insight and understandings from psychedelic or plant medicine experiences into our daily lives, belief systems and actions. While well integrated psychedelic experiences may become a fountain of strength, insight and wisdom, poorly integrated experiences can become traumatic and painful.

There are many ways to integrate including breathwork and meditation, art, writing, music, and verbal sharing. We have found integration circles to be very useful both for addressing specific experiences as well as establishing community ties and support.

Psychedelic integration refers to the process of integrating the experiences and insights gained from taking psychedelic substances, such as LSD, psilocybin (magic mushrooms), or ayahuasca, into one's daily life. The goal of integration is to allow the individual to maintain the positive changes that occurred during the psychedelic experience and incorporate them into their long-term well-being and personal growth.

The importance of psychedelic integration stems from the fact that psychedelic experiences, although often profound and transformative, can be overwhelming and difficult to understand. Without proper integration, the positive benefits of the experience may fade away, and the individual may struggle to incorporate the insights gained into their daily life. Incorporating different practices into the integration process can help individuals to fully realize the potential benefits of their psychedelic experience and promote long-term positive change.

One of the most important practices for psychedelic integration is therapy or counseling. Talking to a trained professional about the experience can help the individual to process and understand their experiences, as well as identify any potential challenges or barriers to integration. A therapist can also help the individual to develop a personalized plan for integration, which may include practices such as meditation, journaling, or incorporating new healthy habits into their daily routine. In this companion i introduce several therapeutic modalities which are suggested as matches for this process, as examples for therapeutic work to support your process. There are many more i have not mentioned, and I encourage you to search and find the modality which fits for you.



Another important aspect of integration is self-reflection. Journaling or keeping a diary can be a helpful tool for individuals to reflect on their experiences and the insights they gained. This practice can also help individuals to track their progress and identify any patterns or themes in their experiences.

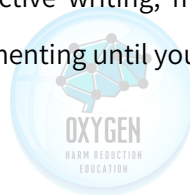
Meditation and mindfulness practices can also be an important part of integration. These practices can help individuals to cultivate awareness and presence in the present moment, which can be particularly beneficial for individuals who may have had experiences that challenged their sense of reality or self. By developing a regular meditation practice, individuals can learn to quiet their minds and become more aware of their thoughts, feelings, and sensations, which can help them to incorporate the insights from their psychedelic experiences into their daily life.

Incorporating physical practices into the integration process can also be beneficial. This may include practicing yoga, exercise, or outdoor activities such as hiking or gardening. Physical practices can help individuals to ground themselves in their bodies and connect with the physical world, which can be particularly helpful for individuals who may have had spiritual or transcendent experiences while taking psychedelics.

Connecting with others and participating in community activities can be an important part of integration. This may include joining a support group or participating in workshops or retreats with others who have had similar experiences. Having a community of individuals who understand and can relate to their experiences can be incredibly beneficial for individuals, as it can provide a safe and supportive space for them to process and integrate their experiences.

In conclusion, the process of psychedelic integration is essential for individuals to fully realize the benefits of their experiences and incorporate them into their daily life. Incorporating different practices, such as therapy, self-reflection, meditation, physical practices, and community connection, into the integration process can help individuals to process and understand their experiences and promote long-term positive change. Integrating a transformational psychedelic experience is a journey, and there is no one right way to do it. The most important thing is to find what works for you and make it a part of your daily life. Whether it's through reflective writing, meditative practices, creative expression, or physical action, keep exploring and experimenting until you find the right balance.

Pinni Baumol



Psychedelic integration in recent research and theory:

Psychedelic integration refers to the process of incorporating the insights and experiences gained from using psychedelics into one's daily life. The idea is to turn the temporary and often profound changes brought on by psychedelics into lasting personal growth and well-being.

The concept of psychedelic integration has its roots in the 1960s and 1970s, when psychedelics such as LSD and psilocybin gained popularity as tools for personal growth and exploration. As the use of psychedelics became more widespread, it became clear that while they could bring about powerful experiences, they could also leave people feeling confused, disoriented, or even traumatized without proper support.

To address these issues, therapists, educators, and self-help advocates began to develop strategies for integrating the experiences and insights gained from psychedelics into daily life. This process often involves reflection, journaling, and therapy to help individuals understand and integrate their experiences, as well as to prevent potential negative effects such as anxiety or depression.

The integration process can involve several different components, including processing and understanding the experience itself, incorporating new insights and perspectives into one's life, and developing new skills and habits to support continued personal growth. Some of the common practices involved in integration may include therapy, mindfulness practices, creative expression, and community building.

While the use of psychedelics remains controversial and is slowly becoming recognized as a valid therapeutic tool by mainstream medicine, the trend of psychedelic integration has gained momentum in recent years. With growing evidence of the therapeutic benefits of psychedelics, as well as a renewed interest in alternative approaches to personal growth and healing, psychedelic integration is seen by many as a promising area of exploration.

Integration is the process of incorporating experiences and insights gained from psychedelic therapy into one's daily life. It is often considered a crucial component of psychedelic therapy, as it helps individuals integrate their experiences into their daily lives and cultivate lasting positive change. There



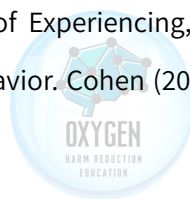
are several models and frameworks that have been developed to guide individuals through the integration process.

One such model is the Visionary Plant Medicine Integration, which is designed specifically for individuals who have participated in plant-based psychedelics. This model is based on Transpersonal Psychology and draws from Indigenous shamanic experiences, focusing on seven domains of integration practices, including reflection, inner listening and creative expression, psychospiritual practice, meaning making, spaciousness and time, nature and grounding, physical care, and cultivating virtues and turning outward.

Another model is the Holistic Model for a Balanced Life, which organizes integration around five domains: Body, Mind, Spirit, Community, and Natural Environment. This model focuses on returning from the psychedelic experience, understanding the experience, and implementing concrete integration practices, with the goal of integrating body-centered, mind-centered, spirit-centered, community-centered, and environment-centered experiences into a holistic life.

Buller and Moore's Realms of Integration model consists of six domains: relationships, mental and intellect, mind-body, environmental, spiritual, and lifestyle. This model provides a comprehensive list of integration practices, though not all are clearly connected to the integration model. Westrum and Dufrechou's model primarily draws from Transpersonal Psychology while incorporating spirituality and ritual, and focuses on psychological, spiritual, existential, ritual, social/communal, and somatic aspects of integration.

Gandy et al. (2020) proposes utilizing nature and nature-based rituals in psychedelic integration to enhance connectedness, while also incorporating natural elements into mindfulness training and talk therapy. Gorman et al. (2021) developed the Psychedelic Harm Reduction and Integration Model, which is transtheoretical and draws from multiple approaches, including mindfulness-based, psychodynamic, psychedelic-assisted, and harm reduction approaches to psychotherapy. Ortigo (2021) incorporates existential, spiritual, and unconscious aspects of psychedelic experiences, and develops a phenomenological model called Modes of Experiencing, which focuses on experiencing the world through thought, emotion, body, and behavior. Cohen (2017) focuses on the integration of Ayahuasca



ceremonies, investigating participants' experiences through the Jungian lens to develop a psycho-spiritual framework for integration.

Each of these models offers a unique perspective and approach to the integration process, and individuals can choose the model that resonates best with their needs and experiences. Furthermore, integration can be playful and done in a group or circle, creating a supportive and collaborative environment for individuals to process and incorporate their experiences.

Overall, psychedelic integration is a process of turning the temporary experiences and insights gained from psychedelics into lasting personal growth and well-being. By supporting individuals in making sense of their experiences, incorporating new perspectives into their lives, and developing new skills and habits, the goal of psychedelic integration is to help people live more fulfilling and meaningful lives.



Therapeutic modalities for Psychedelic integration

the process of making sense of and integrating the insights, emotions, and experiences that can arise during a psychedelic trip into one's daily life. The aim of this integration process is to help individuals understand the profound impact of their psychedelic experiences and to support them in incorporating what they learned into their lives in a meaningful way.

Psychedelics are substances that have been used for centuries in various cultures and contexts, including recreational, therapeutic, and ceremonial settings. In recent years, there has been a resurgence of interest in the therapeutic potential of psychedelics, with several clinical trials exploring their use in the treatment of depression, anxiety, and post-traumatic stress disorder (PTSD).

Integration is a crucial aspect of the therapeutic use of psychedelics, as it helps individuals make sense of their experiences and find meaning in them. It can involve talking to a therapist, journaling, and engaging in mindfulness and other practices that support personal growth and well-being. Integration can be facilitated in both individual and group contexts, with group work and integration circles being some of the ways in which individuals can share their experiences and support each other through the process.

In a group context, integration can be particularly supportive as individuals can share their experiences and feelings with others who have gone through similar experiences. This can foster a sense of community and can be a source of comfort and encouragement for individuals who may feel overwhelmed or confused by their psychedelic experiences. Additionally, group integration can facilitate the sharing of insights and understanding, helping individuals to see their experiences from different perspectives and to gain new insights into themselves and their lives.

The use of psychotherapeutic modalities, such as Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS), Somatic Experience (SE), and psychodynamic dream work, can also help support individuals in the integration process. These modalities can help individuals understand the emotions and thoughts that arise during a psychedelic experience and to find meaning in their experiences. They can also support individuals in developing skills for managing stress, anxiety, and other mental health concerns, and in incorporating new insights into their daily lives.



In conclusion, therapy and psychedelic integration are important components of the therapeutic use of psychedelics, and they can help individuals make sense of and integrate their experiences into their daily lives. Whether used in an individual or group context, therapy and integration can provide a supportive environment for individuals to process their experiences and find meaning in them. It is crucial that individuals receive proper support and guidance as they navigate this process, as the profound insights and emotions that can arise during a psychedelic experience can be overwhelming and difficult to process without the right support.

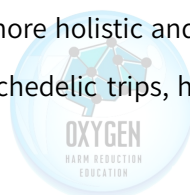
IFS:

The Internal Family Systems (IFS) model is a psychotherapeutic approach that views the mind as composed of multiple sub-personalities, each with its own distinct characteristics, experiences, and emotions. In the context of integration following a psychedelic experience, IFS can be useful in helping individuals better understand and process the different aspects of themselves that may have been brought to the surface through the trip.

IFS posits that these sub-personalities, or "parts," work together to protect the individual from perceived threats, but can sometimes result in conflict and self-sabotage. By bringing awareness to these parts and the experiences and emotions they hold, individuals can learn to understand and accept all parts of themselves, leading to greater self-compassion and inner peace.

In the context of psychedelic integration, IFS can help individuals process the insights and emotions that may have arisen during their trip, and work towards integrating these experiences into their everyday lives. The process involves identifying and connecting with the various parts of oneself that may have been impacted by the trip, and allowing these parts to express their experiences and emotions in a safe and supportive environment. This can lead to a greater understanding of oneself and the ability to make lasting change in one's life.

Overall, the IFS perspective can inform a more holistic and compassionate approach to integrating the experiences and insights gained from psychedelic trips, helping individuals to better understand and integrate these experiences into their lives.



ACT:

Acceptance and Commitment Therapy (ACT) is a type of psychotherapy that can inform the integration process of psychedelic trips. ACT is based on the premise that it is normal for humans to experience difficult thoughts and emotions, but it is often our struggle against these experiences that causes suffering. Instead of trying to control or eliminate negative experiences, ACT emphasizes accepting them and using them as opportunities for personal growth. In the context of psychedelic trips, ACT can help individuals develop a greater understanding and acceptance of their experiences. This can involve exploring their thoughts, feelings, and behaviors related to their trip, and learning to identify the values and goals that are most important to them. By doing this, individuals can learn to integrate the insights and personal growth from their trip into their daily lives, in a way that aligns with their values and supports their overall well-being.

ACT can also help individuals develop skills for managing difficult experiences, such as mindfulness and self-compassion, which can be particularly helpful in navigating the sometimes challenging emotions and thoughts that can arise during and after a psychedelic trip. By using ACT techniques, individuals can develop a greater sense of resilience and the ability to integrate their trip experiences in a meaningful way, which can lead to long-term personal growth and well-being. ACT can inform psychedelic integration processes by helping individuals focus on the present moment, accept difficult thoughts and feelings, and develop a sense of purpose. The therapy is based on the idea that psychological suffering arises from avoidance, fusion with one's thoughts, and an over-identification with negative thoughts and emotions. In the context of psychedelic integration, ACT can be used to help individuals understand and accept their experiences, rather than trying to avoid or suppress them. This can help reduce the likelihood of negative outcomes, such as anxiety or depression, that can sometimes occur after a psychedelic experience.

ACT also focuses on values-based living, which can be a useful perspective for individuals who have had a transformative experience through psychedelics. By helping individuals understand their values and develop a sense of purpose, ACT can help individuals integrate their psychedelic experiences into their everyday lives in a meaningful way. In summary, ACT can inform psychedelic integration

processes by promoting acceptance, reducing avoidance, fostering values-based living, and helping individuals live a more meaningful life.

SE and Focusing:

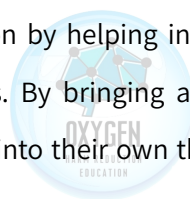
Somatic experience and focusing can inform psychedelic integration by promoting body awareness and allowing individuals to directly access their emotional and physical sensations. In somatic therapy, the emphasis is on physical sensations, emotions and beliefs that are stored in the body, and how they can influence thoughts, behaviors and overall wellbeing. Focusing is a form of somatic therapy that involves paying attention to the felt sense in the body, which can help to identify and process unconscious emotions and beliefs.

When integrated into the psychedelic experience, somatic therapy can help individuals to become more aware of the impact of their experiences on their body, and to develop a deeper understanding of the emotional and physical sensations that arise during a trip. This awareness can help to make the experience more meaningful and transformative, by allowing individuals to connect with their emotions and sensations in a way that can lead to deeper insights and greater healing.

By using focusing techniques during psychedelic trips, individuals can become more in tune with their bodies, allowing them to process and integrate their experiences in a more meaningful way. This type of integration can lead to a more profound sense of self-awareness and personal growth, helping individuals to better understand and heal from past experiences, and to live more fulfilling lives in the present.

Psychodynamic dream work

Psychodynamic dream work, a therapeutic approach that explores the unconscious mind through dreams, can inform psychedelic integration by helping individuals to understand the emotional and psychological impact of their experiences. By bringing awareness to unconscious material through dream work, individuals can gain insight into their own thoughts and emotions, as well as develop a



deeper understanding of the ways in which they interact with the world around them. This can provide a valuable tool for processing and integrating the sometimes intense and profound experiences that can result from psychedelic use.

Through exploring their dreams, individuals can identify patterns in their behavior and relationships, gain a better understanding of the root of their emotional challenges, and start to make changes in their daily lives. Psychodynamic dream work can help to facilitate the integration process by providing a space for individuals to express their feelings and thoughts, as well as to explore the deeper meaning of their experiences. In doing so, it can help individuals to gain a greater sense of self-awareness and to make lasting changes in their lives.

Sources:

Acceptance and Commitment Therapy (ACT):

1. "The Happiness Trap: How to Stop Struggling and Start Living" by Russ Harris
2. "Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy" by Steven C. Hayes
3. "An ACT-Enhanced Behavior Therapy Approach for Treating Substance Use Disorders: Acceptance and Commitment Therapy" by Thomas E. Dahl and Torbjorn Monsen

Internal Family Systems (IFS):

1. "Internal Family Systems Therapy" by Richard C. Schwartz
2. "The IFS Workbook: A Step-by-Step Guide to Progress and Healing with Internal Family Systems" by James W. Woods
3. "The Self-Led Healing Workbook: An Internal Family Systems Guide to Recovery and Well-Being" by Joe Wilner



Somatic Experience and Focusing:

1. "Focusing-Oriented Psychotherapy: A Manual of the Experiential Method" by Eugene T. Gendlin
2. "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk
3. "The Power of Focusing: A Practical Guide to Emotional Self-Healing" by Ann Weiser Cornell

Psychodynamic Dream Work:

1. "Man and His Symbols" by Carl Jung
2. "The Interpretation of Dreams" by Sigmund Freud
3. "Dreams: A Reader on the Religious, Cultural, and Psychological Dimensions of Dreaming" edited by Kelly Bulkeley and Patricia Anttonen.

Additional sources specifically about psychedelic integration

1. For ACT and Psychedelic Integration:
 - "The Therapeutic Use of Psychedelics" by B. Alan Wallace and Brian D. Dolenc
 - "Psychedelic Psychotherapy" by Stanislav Grof
 - "Integrating Psychedelic Experiences into Psychotherapy: An Acceptance and Commitment Therapy Framework" by Lucie L. N. Cantin and Brett E. Smith
2. For IFS and Psychedelic Integration:
 - "Psychedelic Healing: The Promise of Entheogens for Psychotherapy and Spiritual Development" by Neal M. Goldsmith
 - "Integrating Psychedelic Experiences in Psychotherapy: An Internal Family Systems Approach" by Bonnie J. Horrigan
 - "Healing Trauma with Internal Family Systems Therapy: An Integrative Approach to the Use of Psychedelics" by Heather Dawn Trees
3. For Somatic Experience and Psychedelic Integration:
 - "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk

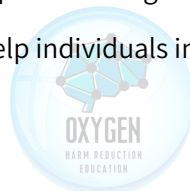


- "Somatic Experiencing: Using Interoception and Proprioception as Core Elements of Trauma Therapy" by Peter A. Levine
 - "Psychedelics and Somatic Practices: Towards an Embodied Path of Transformation" by Richard G. Geldard
4. For Psychodynamic Dream Work and Psychedelic Integration:
- "The Interpretation of Dreams" by Sigmund Freud
 - "Trauma and Dreams" by Deirdre Barrett
 - "The Integration of Psychedelic Experiences through Dream Work: A Jungian Perspective" by Thomas Arzt.

Additional modalities:

Other psychotherapeutic modalities that can help integrate psychedelic trips include:

1. Cognitive-Behavioral Therapy (CBT): This approach helps individuals understand and challenge negative thought patterns and behaviors that may arise during a psychedelic experience.
2. Body-centered Psychotherapies (BCP) such as Hakomi and Somatic Experiencing (SE): BCP focus on the connection between the mind and body and can help individuals process and integrate the physical sensations and emotions arising during a psychedelic trip.
3. Gestalt therapy: This approach emphasizes present moment awareness and personal responsibility and can help individuals process and make sense of their psychedelic experiences.
4. Eye Movement Desensitization and Reprocessing (EMDR): This modality can help individuals process and resolve any traumatic experiences that may have come up during a psychedelic trip.
5. Transpersonal Psychology: This approach recognizes the spiritual and transcendent aspects of psychedelic experiences and can help individuals integrate these experiences into their lives.



6. Jungian Analysis: This approach, influenced by the work of Carl Jung, can help individuals understand and integrate the symbolic and archetypal experiences that may arise during a psychedelic trip.

It's important to note that not all modalities may be suitable for everyone and it's important to find a therapist or practitioner who is well-versed in the specific modality and in psychedelic integration.

Group work and integration

Integration circles and group work can provide a supportive and safe space for individuals to process and integrate their psychedelic experiences. This can facilitate meaningful connections and shared understanding among participants, as well as provide a sense of community and belonging. In group settings, individuals can explore their experiences with others and receive feedback, validation, and insights from the group.

Some common group integration practices include:

1. Sharing circles: Participants take turns sharing their experiences and receive support and validation from the group.
2. Process groups: Participants engage in more structured and focused discussions and exercises to process and integrate their experiences.
3. Group therapy: Participants work with a trained therapist to process their experiences in a therapeutic setting.
4. Group meditation or mindfulness practices: Participants engage in collective mindfulness or meditation practices to support integration and personal growth.

These group integration practices can be especially beneficial for those who are looking for a more communal and collective approach to integration. They can provide opportunities for individuals to connect with others who have had similar experiences, foster a sense of community, and offer a supportive environment for growth and transformation.



Community and group context play a crucial role in the integration of psychedelic experiences. Engaging in integration work with others can help create a supportive environment that can foster personal growth and healing. Sharing experiences with others can provide a sense of validation, help to normalize one's experiences, and provide an opportunity to learn from others' experiences. Additionally, being part of a group can also facilitate a sense of belonging and connection, which can be important for those who may feel isolated or disconnected from others following a psychedelic experience.

Group work, such as integration circles or sharing events, can provide a space for participants to process their experiences, explore their emotions, and gain insight into their thoughts and behaviors. This type of group work can also be a form of collective healing, where individuals are able to support and learn from one another.

In conclusion, community and group context can provide a supportive environment for individuals to integrate their psychedelic experiences and can play an important role in promoting personal growth, healing, and understanding. By sharing experiences and providing a space for exploration and reflection, individuals can deepen their understanding of their experiences and integrate them into their lives in a meaningful way.

1. "The Therapeutic Potential of Group Psychedelic Therapy" by B. C. Labate and C. Cavnar, published in the International Journal of Drug Policy, provides a comprehensive overview of the benefits of group psychedelic therapy, including increased social support and a sense of community.
2. "Group Process in Psychedelic Therapy" by R. S. Neuman and S. Levine, published in the Journal of Transpersonal Psychology, examines the role of group dynamics and collective experiences in facilitating integration and personal growth.



3. "Psychedelic Group Therapy: A Review of the Literature" by M. P. Otis and J. H. Halpern, published in the Journal of Psychoactive Drugs, provides a review of the literature on group psychedelic therapy and the importance of community support for integration.
4. "The Role of Community in Psychedelic Therapy" by J. Fadiman and R. Doblin, published in the MAPS Bulletin, highlights the significance of community and social support in psychedelic therapy and integration processes.
5. "The Power of Community: Integrating Psychedelic Experiences in Group Context" by T. Brown, published in the Journal of Humanistic Psychology, explores the benefits of community integration circles and the positive impact they can have on personal growth and development.



IntegrAction- Activism and social action as integration

Social action can play a crucial role in promoting integration by bringing people from diverse backgrounds together to work towards a common goal. Here are a few ways in which social action can be part of integration:

1. Volunteer work: Volunteering for community projects and initiatives can help break down cultural barriers and bring people together.
2. Community events: Organizing cultural festivals, sports events, and other activities that bring people from different backgrounds together can foster a sense of community and help promote integration.
3. Education initiatives: Offering language classes, cultural awareness workshops, and other educational programs can help people from different backgrounds learn about and understand each other's cultures.
4. Interfaith dialogues: Encouraging dialogue and interaction between people of different faith communities can help break down stereotypes and promote mutual understanding and respect.
5. Neighborhood associations: Forming neighborhood associations that bring together people from different cultural backgrounds can help create a sense of community and foster integration.

It's important to remember that integration is a gradual process that requires effort and patience from everyone involved. Encouraging open-mindedness, respect, and empathy are key elements to successful integration.



Helpful Resources:

Welcome to our list of resources aimed at helping you integrate and make the most of your transformational psychedelic experiences! Whether you're a seasoned tripper or just starting out, these tools are designed to support you on your journey. The list includes reflection questions, writing assignments, meditation practices, embodied movement exercises, 7-day integration schedules, suggestions for holding integration and story-sharing circles, and even tips for virtual circles. So dive in and make use of these resources, and feel free to add your own experiences and insights to the mix!



Recalling psychedelic trips:

Here are some ways to recall forgotten parts of a psychedelic experience:

1. Keeping a journal - write down your thoughts, feelings, and experiences as soon as possible after the trip to help retain memories.
2. Sketching or painting - create visual representations of your experience to help recall forgotten details.
3. Listening to music - listen to music that was playing during the experience to help trigger forgotten memories.
4. Talking with someone you trust - discussing the experience with a trusted friend or therapist can help bring up forgotten details.
5. Scents or aromatherapy - use scents or aromatherapy products that were present during the experience to help recall forgotten memories.
6. Meditating - practicing mindfulness and meditation can help bring up forgotten parts of the experience that were stored in the subconscious.
7. Visualizing - use visualization techniques to bring up forgotten details of the experience.
8. Re-creating the environment - recreating the environment of the experience, such as by setting up a similar room or lighting, can help recall forgotten details.
9. Creative writing - write a fictional story or poem based on the experience to help recall forgotten details.
10. Re-experiencing the substance - in some cases, re-experiencing the substance can help recall forgotten parts of the experience, but only if done with caution and under professional supervision.



Reflection questions:

Here are 10 questions to help you better remember and describe your experience:

1. What was the setting or environment like when you took the substance?
2. What was going through your mind before you took the substance?
3. What were the physical sensations you experienced while taking the psychedelic substance?
4. How did your perceptions or understanding of the world change while on the psychedelic substance?
5. What were some of the most vivid or intense images or scenes that you experienced?
6. How did your emotions or feelings change during the experience?
7. What insights or realizations did you have during the experience?
8. How did the experience influence your sense of self or identity?
9. What was the quality of your thoughts or mental states while on the psychedelic substance?
10. How did the experience impact your sense of time and space?
11. Did you have any communication with others during the experience, and if so, what was it like?
12. Did you experience any sense of interconnectedness or unity during the experience?
13. Did you have any experiences that felt transcendent or mystical?
14. Did you encounter any beings or entities during the experience?
15. Did you experience any memories or past experiences that came up during the experience?
16. Did you have any realizations about the nature of reality or existence?
17. Did you experience any feelings of awe or wonder during the experience?
18. Did you have any sense of personal or spiritual growth during the experience?
19. Did you have any moments of profound insight or understanding during the experience?
20. Did you experience any fear or discomfort during the experience, and if so, how did you handle it?



25 questions to help you integrate your transformational psychedelic experience:

1. What were my intentions for taking the psychedelic?
2. What were some of the most profound or meaningful moments of the experience?
3. What emotions or feelings came up during the experience?
4. What new insights or realizations did I have during the experience?
5. How did my perceptions or understanding of myself and the world change as a result of the experience?
6. What did I learn about myself or my beliefs during the experience?
7. What do I want to integrate or apply from the experience into my daily life?
8. How has the experience impacted my relationships with others?
9. How has the experience influenced my spiritual or personal growth?
10. What lingering questions or mysteries from the experience still remain?
11. What are some new possibilities or perspectives that have arisen as a result of the experience?
12. What do I want to share or communicate with others about my experience?
13. How has the experience helped me understand or relate to others better?
14. What kind of self-care or support do I need to process and integrate the experience?
15. How has the experience shifted my values or priorities?
16. How does the experience fit into the larger context of my life and personal journey?
17. What actions or practices can I take to continue my growth and development?
18. How can I continue to stay connected to the insights and wisdom from the experience?
19. What kind of support or community can I seek to help me integrate the experience?
20. How has the experience influenced my creative expression or artistic pursuits?
21. What lessons from the experience can I pass on to others?
22. How has the experience changed my outlook on life or the future?
23. What kind of challenges or obstacles may arise as I try to integrate the experience into my life?
24. How can I continue to use the experience as a source of inspiration or motivation?
25. What do I need to let go of or release in order to fully integrate the experience into my life?

Writing assignments:

1. Reflective Journal Entry: Write a journal entry reflecting on your psychedelic experience, exploring your thoughts, emotions, and sensations during the experience, and how it has impacted you since. Try to include specific details and descriptions to bring the experience to life for the reader.
2. Personal Essay: Write a personal essay about your psychedelic experience, delving into your motivations for trying it, what you learned, and how it has changed you. Discuss any insights or realizations you had during the experience, and how they have impacted your perspective on life, relationships, or spirituality.
3. Creative Piece: Create a creative piece (e.g. poem, short story, visual art) that captures the essence of your psychedelic experience. Consider using symbolism, metaphor, or other literary devices to convey the emotions and sensations you felt, and the lessons you learned. Aim to evoke a sense of wonder, transcendence, and connection to something greater than oneself.
4. Letter to Your Future Self: Write a letter to your future self, addressing what you learned from your psychedelic experience and how it will impact your life going forward. Consider describing any lingering questions or curiosities that you still have about the experience, and reflect on what you hope to have gained or achieved in the future as a result of it.
5. Collage or Mixed Media Piece: Create a visual representation of your psychedelic experience using a combination of found objects, photos, drawings, or other materials. Consider using texture, color, and other elements to capture the different aspects of your experience, such as the euphoria, the confusion, or the transcendence. Aim to create a piece that evokes a sense of the experience as a whole, and that is visually appealing and meaningful to you.
6. Short Story or Fictional Piece: Write a short story or piece of fiction that incorporates elements of your psychedelic experience. Consider using symbolism, surreal imagery, or other literary devices to bring the experience to life in a more imaginative way. Aim to explore themes such as identity, growth, or discovery through the lens of your experience, and to create a narrative that is engaging, thought-provoking, and emotionally resonant.

ten brief integrative writing exercises:

1. Write a poem that explores the emotions and sensations of your psychedelic experience in free verse form.
2. Create a mind map or visual diagram that summarizes the key takeaways from your psychedelic experience.
3. Write a letter to someone who has never experienced a psychedelic, explaining what you learned from your experience and why you think it is valuable.
4. Compile a list of quotes or affirmations that capture the wisdom and insights from your psychedelic experience.
5. Write a personal narrative that describes your journey to and through the psychedelic experience, including your intentions and expectations.
6. Draw a series of illustrations or doodles that depict the different stages or themes of your psychedelic experience.
7. Write a screenplay or script for a fictionalized account of your psychedelic experience, exploring themes of self-discovery and growth.
8. Compose a song or piece of music that evokes the emotions and sensations of your psychedelic experience, using lyrics and melody.
9. Create a scrapbook or collage of visual artifacts and ephemera that document your psychedelic experience, such as photographs, ticket stubs, and mementos.
10. Write a memoir or personal essay that traces the impact of your psychedelic experience on your life, exploring how it has influenced your relationships, beliefs, or goals.



Meditation practices:

five meditation practices to help you integrate your psychedelic experience:

1. **Body Scan Meditation:** This practice involves focusing your attention on each part of your body in turn, noticing any sensations or emotions that arise, and releasing any tension. This can help you ground yourself and become more aware of your physical and emotional experience.
2. **Loving Kindness Meditation:** This practice involves generating feelings of love and compassion towards yourself and others, which can help you cultivate a more positive and compassionate outlook.
3. **Chakra Meditation:** This practice involves focusing on the energy centers in your body (the chakras) and visualizing them opening and becoming aligned. This can help you become more connected to your body and the energy flowing through it.
4. **Mantra Meditation:** This practice involves repeating a word or phrase that has personal significance to you, such as a word of power or a reminder of a spiritual intention. This can help you focus your mind and bring you into a deeper state of meditation.
5. **Gratitude Meditation:** This practice involves taking time to reflect on the things you are grateful for in your life, which can help you



10 ways of embodied movement and physical action to aid the integration process:

1. Yoga - practice postures that help you connect with your body and emotions, such as heart openers and hip openers.
2. Dance - let yourself move freely to music, allowing the rhythm and beat to guide you and express what you're feeling.
3. Martial arts - practice movements that are intentional and focused, such as tai chi or karate, to help ground you and bring awareness to your body.
4. Hiking or walking in nature - engage with the natural environment and allow yourself to be present in the moment.
5. Strength training - engage in exercises that build physical strength, such as weightlifting or calisthenics, to help integrate the physical sensations from the ketamine experience.
6. Contact sports - play a sport that involves physical contact, such as basketball or soccer, to help ground you in your body and connect with others.
7. Qigong or Tai Chi - practice slow, flowing movements that focus on breath and intention to help integrate mind, body, and spirit.
8. Acrobatics or Parkour - engage in activities that challenge your physical and mental limits, helping you to stay present and focused.
9. Bodywork or Massage - receive a massage or engage in bodywork practices to release tension and bring awareness to your physical sensations.
10. Outdoor activities - engage in outdoor activities that involve physical movement, such as surfing, rock climbing, or kayaking, to help connect with nature and be in the moment.



7-day schedule #1

Here is a suggested 7-day schedule for integrating a transformational psychedelic experience:

Remember, this is just a suggested schedule, and it's important to tailor it to your individual needs and circumstances. The most important thing is to approach the integration process with an open mind, a willingness to learn, and a commitment to growth and self-discovery.

Day 1: Reflect and Write

- Spend time reflecting on your experience, taking note of any lingering emotions, thoughts, or sensations.
- Choose one of the writing assignments and dedicate the day to completing it. This can be done in the morning, afternoon, or evening, depending on what works best for you.

Day 2: Mindful Meditation

- Dedicate the day to mindfulness meditation.
- Take several short breaks throughout the day to practice mindfulness, and set aside a longer period of time for a more in-depth meditation session.

Day 3: Practice Gratitude and Affirmations

- Spend time focusing on gratitude, either through journaling, meditation, or both.
- Repeat affirmations or mantras related to your insights from the ketamine experience to reinforce their significance.

Day 4: Engage in Physical Practice

- Dedicate the day to physical activity, such as yoga, tai chi, or any other body-based practice.
- Focus on the sensations in your body and allow them to help you integrate the physical sensations from the ketamine experience.

Day 5: Reflection and Integration

- Take time to reflect on the insights and realizations you've had over the past four days.
- Choose one of the self-reflection questions and spend the day reflecting on it and considering how you can integrate what you've learned into your daily life.

Day 6: Sharing and Community

- Consider reaching out to others who have had similar experiences, either through online forums, support groups, or individual conversations.



- Share your experience and insights with others, and seek feedback and support from those who understand.

Day 7: Continuing the Journey

- Consider setting goals for how you can continue to integrate the insights and wisdom from your ketamine experience into your life.
- Make a plan for how you can stay connected to the insights you've gained, and identify any obstacles or challenges that may arise.
- Consider seeking ongoing support, such as therapy, counseling, or spiritual guidance, to continue your journey of growth and self-discovery.



7-day schedule #2

Here is another suggested 7-day schedule for integrating a transformational psychedelic experience:

Remember, this is just a suggested schedule, and it's important to tailor it to your individual needs and circumstances. The most important thing is to approach the integration process with an open mind, a willingness to learn, and a commitment to growth and self-discovery.

Day 1: Journaling and Self-Discovery

- Start the day with a journaling session, using prompts such as:
 - What emotions or sensations am I feeling right now?
 - What did I learn from my ketamine experience?
 - What insights or realizations have I had since the experience?
- Spend some time in nature, whether that be a walk in a park, hiking, or simply sitting and observing the environment around you.

Day 2: Creativity and Artistic Expression

- Dedicate the day to expressing your thoughts and feelings through a creative outlet, such as painting, drawing, writing poetry, or playing music.
- Let yourself freely express your thoughts and feelings without judgment or censorship, and allow the art to serve as a means of integration.

Day 3: Movement and Breath

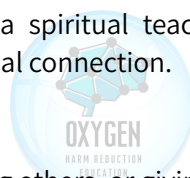
- Engage in a physical practice that involves movement, such as dance, qigong, or martial arts.
- Focus on the sensations in your body and the sensations of your breath, and allow them to help you integrate the physical sensations from the ketamine experience.
- Consider incorporating breathwork exercises, such as pranayama, into your practice.

Day 4: Connecting with Spirituality

- Spend time connecting with your spirituality, whether that be through prayer, meditation, or another spiritual practice.
- Consider seeking guidance from a spiritual teacher or mentor to help you integrate your experience and deepen your spiritual connection.

Day 5: Service and Giving Back

- Spend the day volunteering, helping others, or giving back to your community in some way.



- Allow the act of giving to serve as a means of integration, as well as a way to connect with others and feel a sense of purpose.

Day 6: Mind-Body Integration

- Dedicate the day to practices that integrate the mind and body, such as yoga, tai chi, or body-centered therapy.
- Focus on the sensations in your body and the sensations of your breath, and allow them to help you integrate the physical sensations from the ketamine experience.

Day 7: Reflection and Planning

- Take time to reflect on the experiences, insights, and practices you've had over the past six days.
- Consider setting goals for how you can continue to integrate the insights and wisdom from your ketamine experience into your life.
- Make a plan for how you can continue to practice self-discovery, growth, and integration on an ongoing basis.



Suggested format for Integration and story-sharing circles

The following format is aimed to create a long term integration circle, holding recurring meetings focused on sharing stories of healing and transformation, and integrating plant medicine and psychedelic experience into our understanding and daily life. This format was written for open public use, in a non-commercial setting. For more information and ideas please contact pinnibaumol@gmail.com.

This format can be used for integration circles both virtually and in real life. One-time integration events, open to the public can also be held in this manner, though integration as part of a consistent group can be deeper and more personally advantageous. Once the group dynamics are formed, meetings can be themed as well, for example “psychedelics and relationships” “forest medicine” “microdosing” “breakthrough and death” etc. Another benefit of a running group is forming integration buddies, members can pair up with each other to form a "buddy system" . Similar to AA sponsors, having another group member available to integrate on a deeper level and follow up on meetings.

What is an integration circle?

an integration circle is a safe, non judgmental, and empathic space. Consider it a laboratory where one can share, examine and try to make meaning of his/her experiences. The circle offers feedback, support, and insight, moderated by a pair of experienced facilitators. Ideally a circle consists of 8-15 members, meeting weekly or bi-weekly for at least an hour and a half.. each meeting opens and closes with a sharing round, and focusing on two or three members sharing their story and receiving the circles feedback.

How will the circle work?

As circles form and crystalize, each group finds the best practice that fits it. Some circles might use a gong and a talking stick, while others might speak in a specific order. This is a basic suggested protocol for ongoing integration meetings.

For one time events, another format (STORY SHARING ROUND) is offered below, replacing steps 2 and 3.



Step 1: opening round (2-3 minutes per person)

Start by going around and allow every member to introduce him / herself, and to share undisturbed and briefly, how they are feeling and what is on their mind at the opening of this session. During this preliminary round, members interested in sharing a psychedelic experience later on should mention this to the moderator.

Step 2: story sharing (10-15 minutes per person)

Allow one of the members willing to share his/her story. As they speak the moderators need to make sure no one interrupts the volunteer, and that the content is in line with our guidelines. No feedback is allowed during the initial story, once the experience is shared the members all say “thank you, i’m with you”.

The moderators should ask the sharer to explicitly state what he/she wants to hear from the group. What feedback is wanted and what is not. This is very important for respecting the boundaries of the speaker, and for making the integration session more effective and connected. Short, specific questions for clearly understanding the story may be permitted but finely moderated.

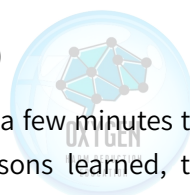
Step 3: feedback round (15-20 minutes per story)

The participants, moderated by the leader, take turns in briefly relating to the experience, sharing information regarding the experience, asking clarifying questions and offering their thoughts and feelings. This stage can be tricky for moderating, members must actively listen and relate while respecting each other and the volunteer.

As a rule, Refrain from allowing judgmental, aggressive, irrelevant or hurtful feedback, as well as making sure the volunteers' requests are being respected. Once this is done, the volunteer should have an opportunity to respond.

STEP 2 and STEP 3 MAY BE REPEATED, AS FITTING TIME LIMITATIONS. One to three stories are usually enough for each meeting. For one time events replace STEP 2 and STEP 3 with the following “SHARING ROUND”.

STORY SHARING ROUND:(3-5 minutes each)



Go around the circle, allow each member a few minutes to share one story, event or experience. This should be focused around gratitude, lessons learned, transformation and healing. Ask the group

members to share how this event affected their life, beliefs, thoughts, actions or feelings. It might be helpful to ask each one to state a specific lesson learned.

Step 4: closing round (10-15 minutes)

Similarly to the opening round, each member is asked to briefly share something summarizing the session. Members may thank the volunteer, share how they feel, what insight was gained during the session, or other closing remarks.

The volunteers should especially share with the group how they feel with the integration process they have undergone.

Lastly, the moderator concludes, thanking the volunteers and participants, making sure nobody is left with undealt with emotions and thoughts.



Integration Circle code:

- Try to Keep your speech clear, empathic, and time-efficient and to react to others' words kindly.
- For your legal safety as well as for keeping our focus, please refrain from mentioning specifics regarding your past experiences including substance, dose, dates and locations
- Time is valuable . We take our time together very seriously. Beginning and ending the circle on time is important. Please remember this.
- Integration demands us to be honest and open. Please keep everything said during sessions INSIDE the group. Do not share stories or information anywhere else.
- Respect yourself and others in this vulnerable space, keep your feedback positive and kind.
- An Integration Circle IS NOT a place for research, or seeking out substances. The Integration Circle focuses on our experiences and how they affect us, not on specific substances. Don't ask or offer medicines.
- This is not therapy. Our community circles are intended for healthy individuals willing to participate in a group learning experience. If you feel you need assistance in dealing with your experience, or if your daily life is disrupted due to psychedelic experiences, please seek professional therapeutic help.
- We do not encourage any illegal activities, the purchase, sale, transfer, or use of any illegal substances, or partaking in any unlawful activities related to illegal substances.



Tips for holding virtual circles:

- Come to the circle as you would if you were meeting face-to-face (clothing, hairstyle, not eating in the middle, etc.)
- Keep your background clear and pleasant. Sometimes the potted plants behind you will steal all the attention.
- Use headphones!
- Instead of a talking stick, use the speaker frame.
- If there is a possibility, have someone in charge of the logistics- Prepare yourself mentally that things will not work or be delayed.
- Write a meeting schedule and send a photo in the group chat
- Pre-set your microphone to mute upon entry. This helps to avoid background noise and allow everyone to focus. Only the person speaking or moderators should have their mike open.
- Look at the camera to create eye contact. This helps to create a more personal connection while meeting over video.
- Embrace the pause. Take a moment after the end of your comments and allow others to engage before continuing on.

