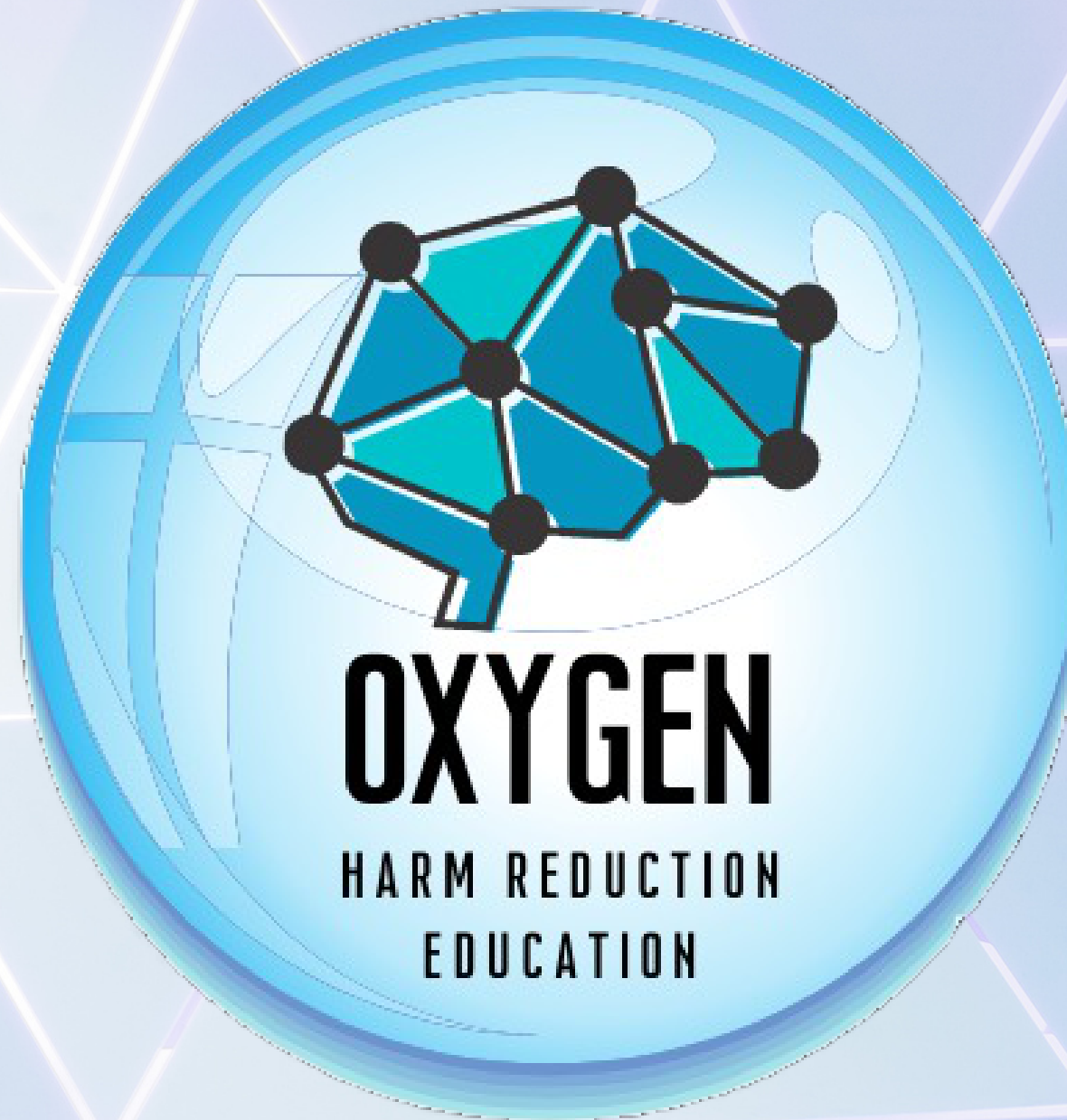
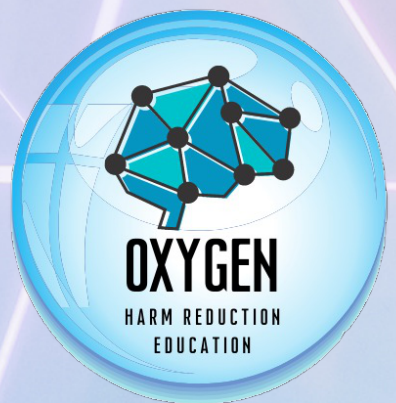


Integration circle guide



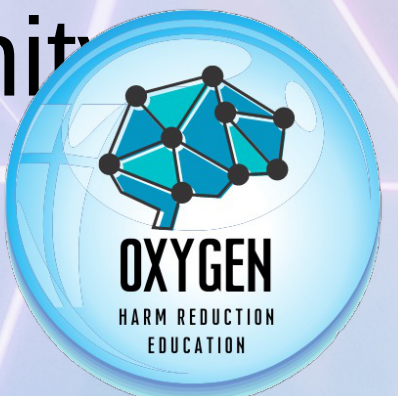
This is an open model for holding a long term integration circle, with recurring meeting focused on sharing stories of healing and transformation, and integrating plant medicine and psychedelic experience into our understanding and daily life.

This format was written for open public use, in a non-commercial setting. For more information and ideas please contact pinnibaumol@gmail.com.



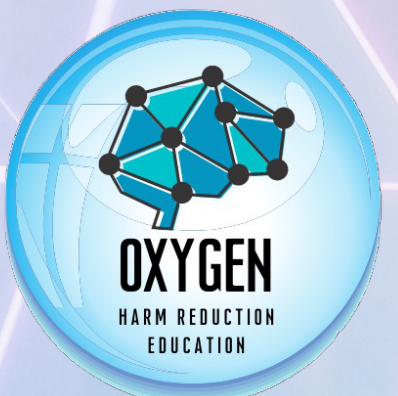
what is integration?

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 communities and support.



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, and is moderated by a pair of facilitators.



sharing circle protocol

Opening round (2-3 minutes per person)

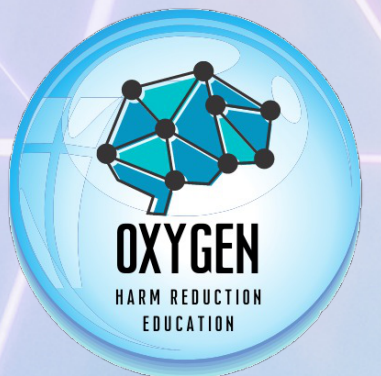
We start by going around and allowing each member to introduce him / herself, and to share undisturbed and briefly, how they are feeling and what is on their mind at the opening of this session.

SHARING ROUND: (3 minutes per person)

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. No feedback is allowed during the initial story, once the experience is shared the members all say “thank you, i’m with you”.

Closing round (2 minutes per person)

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



integration circle protocol

Introduction

Opening round (2-3 minutes per person)

We start by going around and allowing each 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.

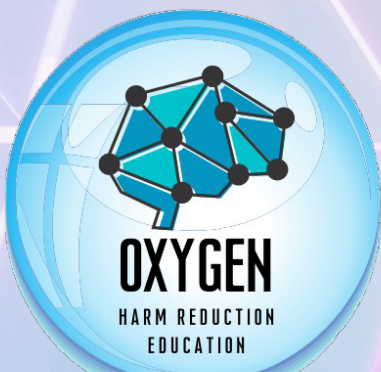
SHARING ROUND: (30-40 minutes for an individual share)

the individual picked to share gets the allotted time to express and share his/her story. Only after 15-20 minutes can

group members share how this story affected their beliefs, thoughts, actions or feelings. It might be helpful to ask each one to state a specific lesson learned/ question for the person sharing. No feedback is allowed during the initial story, once the experience is shared the members all say “thank you, i’m with you”.

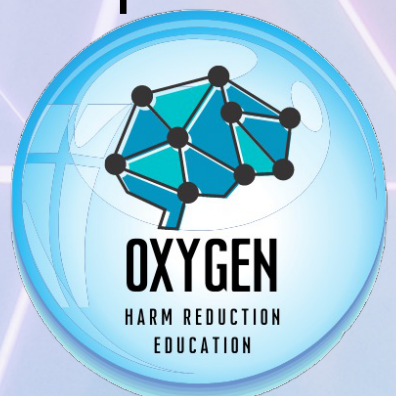
Closing round (2 minutes per person)

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



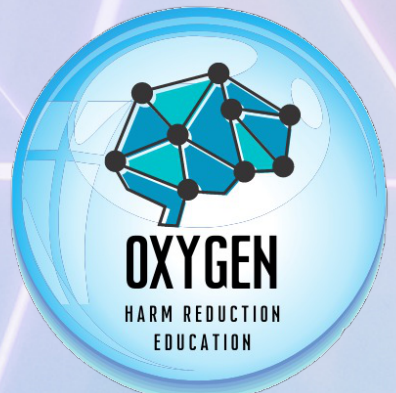
circle code of conduct

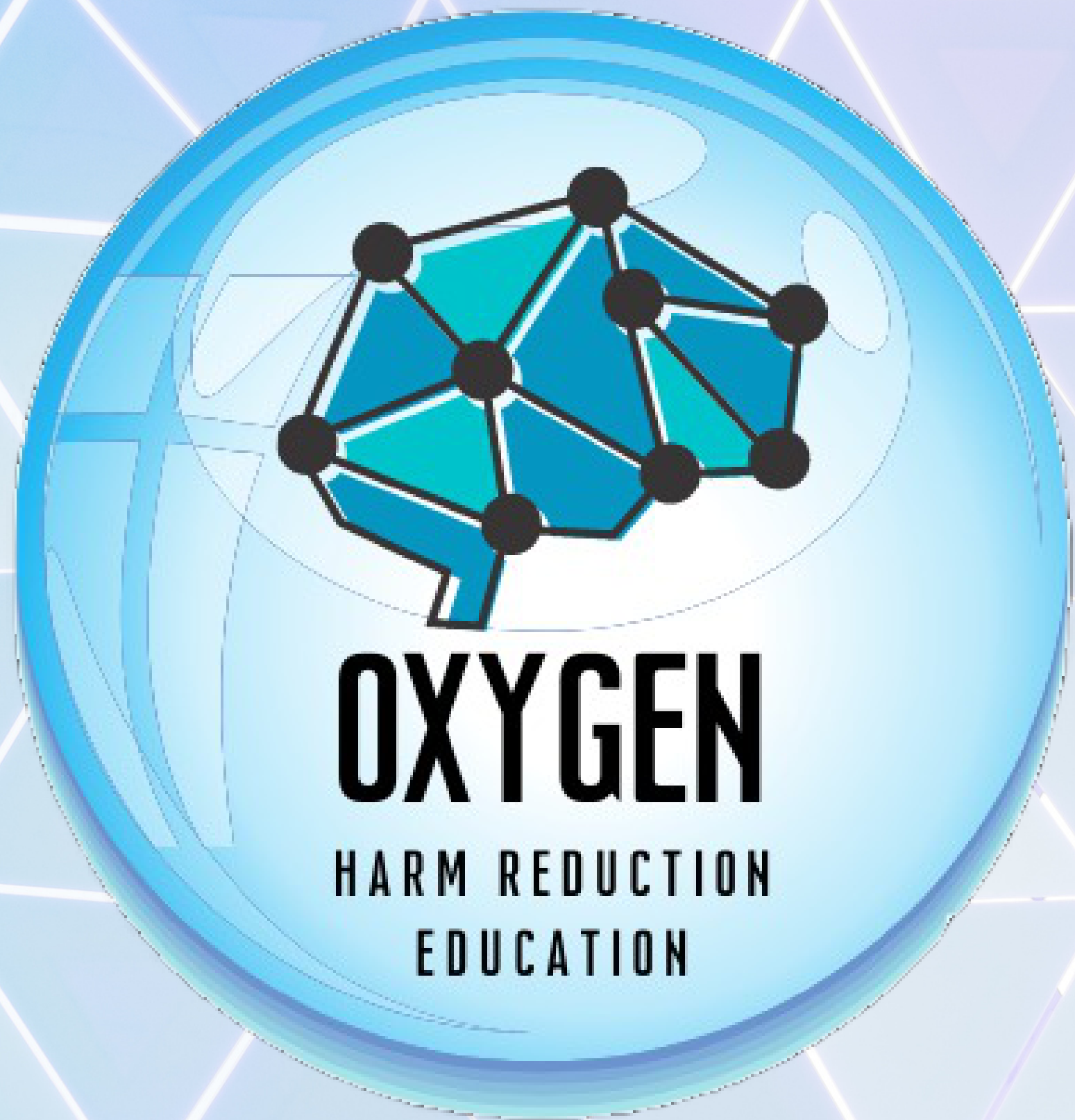
- Try to Keep your speech clear, empathic, and time-efficient and to react to others words kindly. Respect yourself and others in this vulnerable space, and keep your feedback positive and kind.
- For your legal safety as well as for keeping our focus, please refrain from mentioning specifics regarding your past experiences including substance, dose, dates and locations
- Our joined 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.
- As a specifically focused happening, 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.



virtual (zoom) circle pointers

- 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, we use the speaker frame.
- 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.





Thanks for reading this
manual.
please feel free to reach out
for more:
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psychedelicsocialworker.net