



Psychedelic Psychotherapy Guide



This guide will hopefully clarify and support you, as you develop your approach to the process of integration. (Adapted from Psychedelic integration: An analysis of the concept and its practice. Frontiers in Psychology. 2022. Bathje, G., et al.)

What is integration?

Integration is a process in which a person revisits and actively engages in making sense of, working through, translating, and processing the content of their psychedelic experience. Through intentional effort and supportive practices, this process allows one to gradually capture and incorporate the emergent lessons and insights into their lives, thus moving toward greater balance and wholeness, both internally (mind, body, and spirit) and externally (lifestyle, social relations, and the natural world). -Bathje, G. 2022

What is my role in integration?

Integration requires active effort on your part to revisit and work with psychedelic experiences and content that emerge from your dosing sessions. Contrary to common belief, rather than doing the healing for us, psychedelics may give us experiences of orientation toward wholeness and/or insights into barriers or misalignments that may need to be addressed. Without active effort, valuable lessons will fade and unhealthy patterns will remain.

How many sessions does integration take?

Integration is not just an event or brief phase of the work but a long-term process. While there may be some quick and permanent changes from initial integration sessions, many aspects of the psychedelic experience can continue to unfold gradually or even over the course of one's lifetime.



What does a “supportive container” for my integration mean?

Integration requires time, space, and supportive settings. One needs a “container” in which to hold and work with the entirety of their psychedelic experiences. Creating an environment that provides the following will be critical to making progress:

- space for reflection on new ideas and experiences
- intentional practice around new behaviors
- engagement with others
- adequate time to allow changes to take hold

Should I only work with my therapist during integration?

Our practice is uniquely positioned to help with themes centered around the mind, mental health, psychological symptoms, and interpretation of symbolic meaning. However, anyone assisting journeyers with integration needs the humility to recognize the limitations of their training, knowledge, cultural conditioning, and worldview. Therefore we recommend working with a wide range of skilled collaborators during your integration process.

What types of integration practices do you suggest?

Below you will find a larger summary of integration practices beyond the scope of our expertise that may be appropriate to engage in. Perhaps, even seeking professional guidance to support and deepen your relationship to these practices.



Theme	Integration Practices	Theme	Integration Practices
Artistic / Creative	Drawing Mandala Drawing Painting Art exercises Creative expression	Journaling	Journaling Dream journal
Music / Singing	Listening to music Playing music Chanting / singing Drumming	Therapy / Mind Focus	Therapy Bibliotherapy Psychotherapy Family constellation therapy Internal family systems Sculpting ACT Model Group therapy Mindfulness Harm reduction Transpersonal / psychodynamic Values clarification/Belief work / Virtues Assimilating memories Emotions work Reinforcing new habits Insights / Values into action
Movements / Somatic	Drumming Yoga Dance Qigong Tai Chi Progressive muscle Relaxation Walking in nature Active movement: Hiking, Bicycling, Sailing, Martial Arts Exercising Massage Acupuncture Bath soaks/shower essential Oils / aromatherapy Sweat /sauna Sensory deprivation / float tank Laugh Sexual life / needs	Meditation / Mindfulness	Mindfulness practice Meditation Walking meditation Shinrin-Yoku practice Breathing techniques Breathwork Mundane activities one with mindfulness

Theme	Integration Practices	Theme	Integration Practices
Diet / Health Practices	<ul style="list-style-type: none"> Healthy diet Fasting Naturopathy Colonic irrigation 	Quiet Time / Downtime	<ul style="list-style-type: none"> Self-reflection / introspection Rest Reading Time Space for emotions
Nature	<ul style="list-style-type: none"> Time in nature Horticulture Nature walk Talk therapy in nature Shinrin-Yoku practice Favorite places in nature 	Creating space / ritual	<ul style="list-style-type: none"> Creating an altar/Sanctuary Physical comforts Arrange comfortable workspace Organizing/Cleaning Nourishing environment
Spiritual / Existential	<ul style="list-style-type: none"> Spixritual practice Intention setting Mantra work Gratitude practice Prayer Tarot/Medicine Individuation practice Astrology Inner listening Connect with spiritual mentor/community Practice openness, presence, awareness Exploring relationship with death Reflect on elementals 	Dreamwork / Symbolic interpretation	<ul style="list-style-type: none"> Dream work Shadow work Dream journaling Interpreting symbols Exploring metaphors in nature
Community / Activism	<ul style="list-style-type: none"> Community participation and support Volunteer Activism Service Donating Serving in hospice care Bring beauty in the world Practice love toward world 	Relational / Interpersonal	<ul style="list-style-type: none"> Boundary setting Building connections Writing letter to loved one Reaching out for help Non-sexual touch/physical closeness Interpersonal closeness Practice love toward others Sharing circles/groups Time with loved ones and children

Dietary Recommendations Before Medicine Session

In general, we encourage you to eat whole foods, limiting processed foods and foods high in salt, sugar, oils, and animal fats.

Please avoid the following for at least 2 weeks prior to your medicine session

- Recreational drugs (including cannabis)
- Alcohol
- Pork & red meat
- Sexual & sensual activity with self or others
- Limiting processed foods
- Limiting salt and foods high in salt
- Limiting foods high in sugar
- Limiting foods high in oils & animal fat
- Spicy foods
- Blue cheese
- Peanuts, soy, and fava beans

Please avoid the following for at least 1 week prior to your medicine session

- Caffeine (at least 1 week)
- Refined sugars
- Pickled, fermented, and smoked foods
- Overly ripe foods
- Dairy
- Ice & ice cold drinks (cool drinks are OK)
- Adrenaline-inducing activities (i.e. sky-diving, extreme sports, endurance activities, getting a tattoo, horror films, etc. – routine workouts OK.)

The general principle here is that your base energy level or adrenaline levels should not be peaking and dropping. Think of it as trying to remain on an "even keel" before your retreat. This will help you maintain this type of energy while you are here as well.

As a reminder, please listen to yourself and know that this is a very individual process.

Recommendations After Medicine Session



Dietary Recommendations

- Oils
- Salt and pepper
- Sugars
- Mild stimulants like caffeine and cacao
- Supplements (such as vitamins)
- Avoid for 1 week:
 - Dairy
 - Fermented foods
 - Spicy foods
 - Red meat
- Avoid alcohol ideally for 2 weeks
- Avoid pork for at least 1 month
- Avoid substances and plant medicines (including ayahuasca with another healer) for 1 month

Behavioral Recommendations

- Refrain from sexual/sensual sensation or activity with self or others for 2 weeks
- Refrain from having energy work done for 2-3 weeks
- Hold off on making big, life-changing decisions for several weeks
- Wait to participate in adrenaline raising activities such as extreme sports, watching horror/thriller movies and getting a tattoo. Trust your own judgement about timing on this.

If you are doing a journey and spending the night



Recommended Hotel

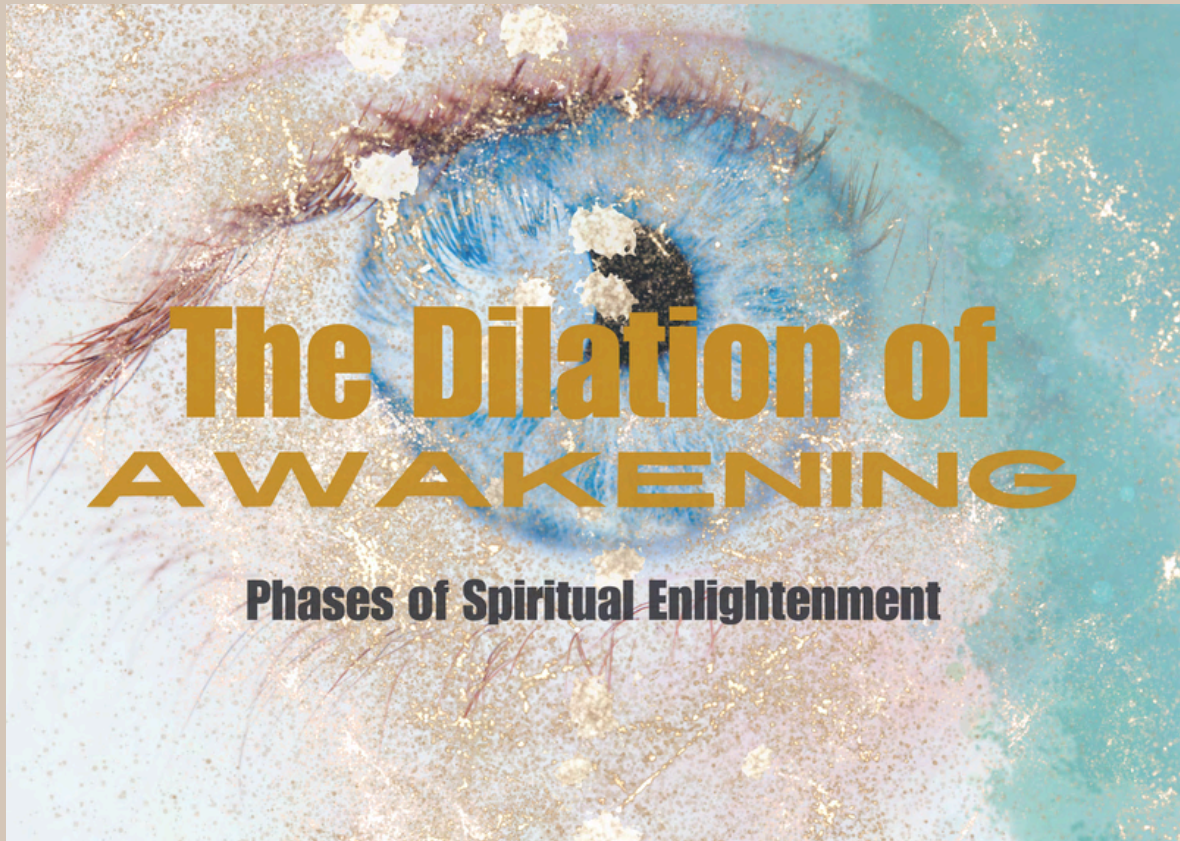
Bedford Post Inn - <https://www.bedfordpostinn.com/>

A tranquil escape just one hour from New York City, nestled on 20 acres of pristine woodlands in the heart of Westchester County. Guests can immerse themselves in a variety of enriching experiences, from forest bathing and guided trail walks to floral workshops and hiking. Enjoy unique experiences such as astrology readings, sound baths, and hot air balloon rides, or partake in seasonal delights like skiing, farmers markets, and fireside ceremonies.



Car Service

- The Inn can help you make arrangements for car service that will take you to and from the medicine facility.



The Dilation of AWAKENING

Phases of Spiritual Enlightenment

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Moving from the unconscious dream- state to the true nature of reality.

Spiritual awakening is a spontaneous unfolding. While it can be catalyzed by tools like plant medicine, it's not something we can control, formulate, or reach through a set plan. For most of us, our awakening will happen in brief, spontaneous moments where our aperture expands, allowing us to glimpse into the glorious truth of reality, touch oneness, and experience who we truly are.

Expansion, Contraction **'I got it, I lost it'**

After glimpses of awakening, it can feel disconcerting when we return to unconscious behaviors. We know the deeper reality we have touched but retract back into our conditioned patterns.

This back-and-forth between an evolved state and our illusioned state feels confusing and leads us to believe we have undergone a reversal or setback. However, it is actually the next natural phase in our awakening process unfolding and must be honored.

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The Painful Oscillation Between *Truth and Illusion*

Although unexpected, it is natural to experience increased inner conflict after enlightenment experiences. Although we have learned deep truths and reached expanded states within, we find ourselves still behaving in ways that don't align with that vision. We feel we have digressed, yet it is this exact self-actualization process that makes us acutely aware of when we act from truth versus untruth.

As our consciousness expands, so do the consequences of our actions. When we live in ways that are no longer harmonious with our being, it becomes harder and harder to bare.

Navigating 'non-abiding' awakening

For most, awakening won't remain a linear, upward continuous process - we experience a vacillating state of awareness. Moments of great expansion, followed by moments of closure and unconsciousness.

Trying to chase or cling to the awakened states we touch only creates more resistance. As we run from the present moment, we strengthen our tendency for attachment and suffering. Instead, we must learn to embrace the oscillating nature of this journey, rather than seeing closure as something to overcome.

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Clarifying the illusions of modern spirituality

Unfortunately, what we mostly see in the West now is a form of 'faux' modern spirituality, disguising itself as spiritual practice, but clearly driven by ego. Focus is placed on appearance, achievement, competition, and the chase of personal perfection. Instead of fostering inner transformation and peace, it has become a spiritual mask that feeds the very self-centered it claims to transcend.

Wholeness, Not Perfection

True awakening isn't about becoming a "perfect" being or completing the "perfect" spiritual checklist. The true path of spiritual enlightenment is about becoming conscious to that which is causing division within us.

The forces, stories, and illusions within that keep us divided, feeling the illusion of separateness, and stuck in unconscious behaviors are what need to be healed - not achieving an idealized version of ourselves.

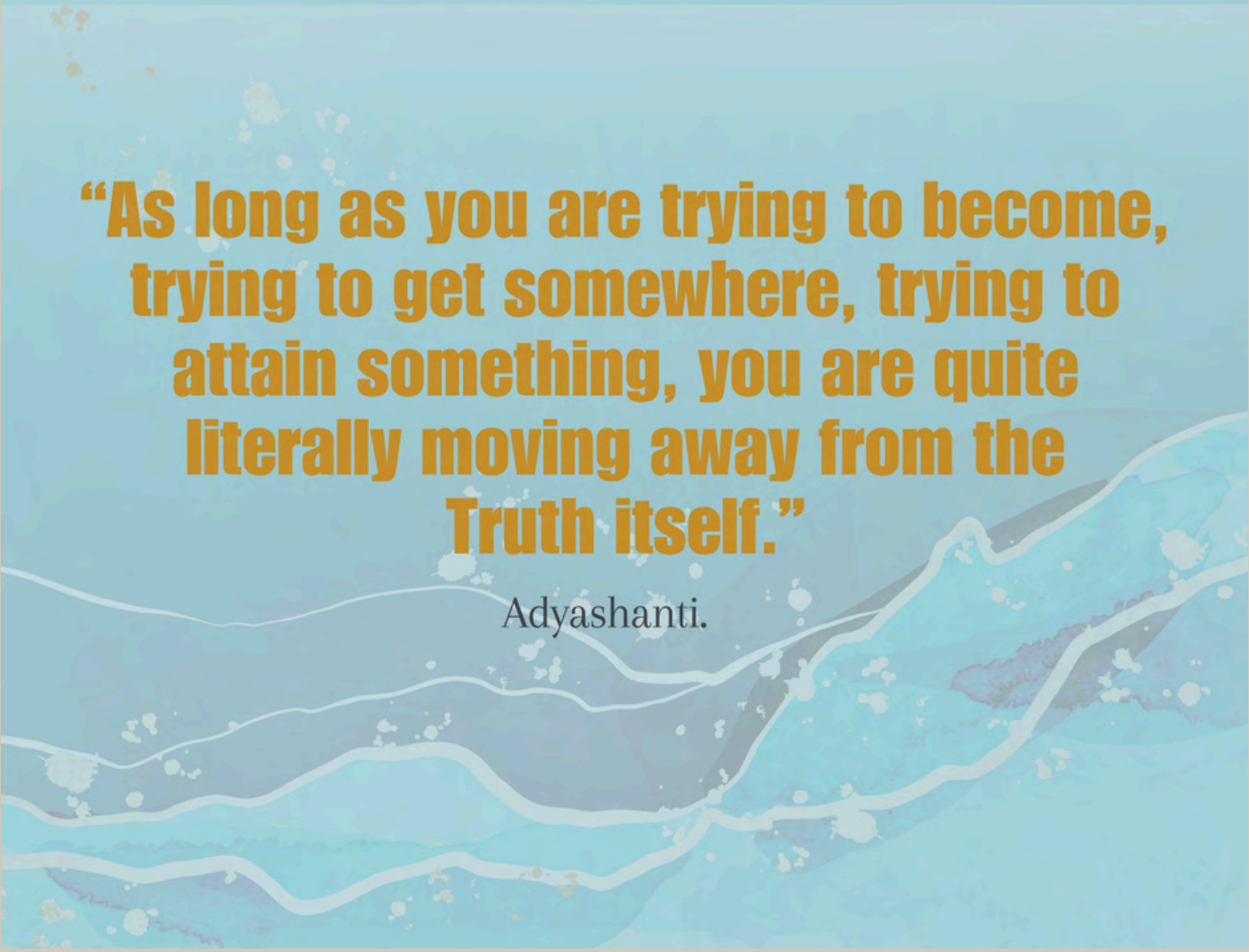
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Cultivating Radical Honesty

This stage of awakening demands radical honesty with ourselves. We must courageously examine how we fall back into unconscious patterns and resist the truths we have already discovered. What leads us to our own forgetting?

Only through fierce honesty, continuous self-inquiry, and willingness to face our shadows can we truly move toward abiding awakening and live from a place of embodied wholeness.

The background of the quote is a textured, abstract composition of various shades of blue and white. It features wavy, horizontal lines that resemble water or mist, with scattered white speckles and soft, painterly brushstrokes. The overall effect is serene and ethereal.

**“As long as you are trying to become,
trying to get somewhere, trying to
attain something, you are quite
literally moving away from the
Truth itself.”**

Adyashanti.

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