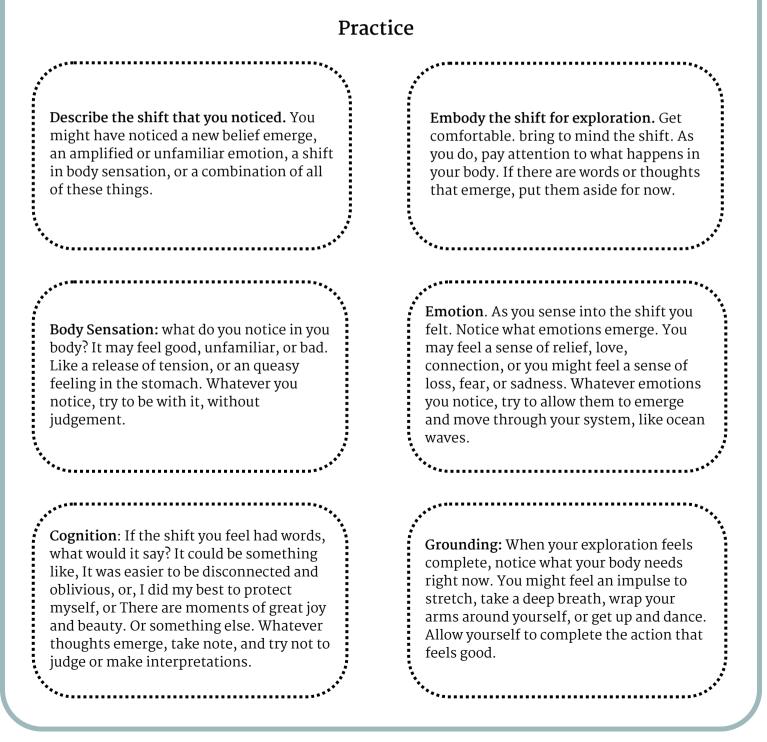
Beckley Academy

Tracking the Unfolding Process of Psychedelic Transformation

Psychedelic transformations often unfold well after the medicine session and well after the client has left the office. That doesn't mean that clients will need to navigate it alone. In integration sessions, we will focus on creating new meanings from the psychedelic experience in the days and weeks that follow.

Clients can use this two-page worksheet to track and explore any shifts in thought, feelings, or sensations they notice, and bring it back to session to explore together. Respond to the prompts below using the second page to write any insights.





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Closing: During the transformative window of opportunity after psychedelic experiences, we have the opportunity to update patterns of belief, emotion, and behavior that are no longer helpful for us. But, it can be difficult to identify and change habits alone. When you record what you notice and are curious about your experience after psychedelic sessions, you can bring that material back to your therapist to help navigate the potential new meaning.

Write Your Insights