

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.

Practice

Describe the shift that you noticed. You might have noticed a new belief emerge, an amplified or unfamiliar emotion, a shift in body sensation, or a combination of all of these things.

Embody the shift for exploration. Get comfortable. Bring to mind the shift. As you do, pay attention to what happens in your body. If there are words or thoughts that emerge, put them aside for now.

Body Sensation: what do you notice in your body? It may feel good, unfamiliar, or bad. Like a release of tension, or an queasy feeling in the stomach. Whatever you notice, try to be with it, without judgement.

Emotion. As you sense into the shift you felt. Notice what emotions emerge. You may feel a sense of relief, love, connection, or you might feel a sense of loss, fear, or sadness. Whatever emotions you notice, try to allow them to emerge and move through your system, like ocean waves.

Cognition: If the shift you feel had words, what would it say? It could be something like, It was easier to be disconnected and oblivious, or, I did my best to protect myself, or There are moments of great joy and beauty. Or something else. Whatever thoughts emerge, take note, and try not to judge or make interpretations.

Grounding: When your exploration feels complete, notice what your body needs right now. You might feel an impulse to stretch, take a deep breath, wrap your arms around yourself, or get up and dance. Allow yourself to complete the action that feels good.

