

Therapist Cheat Sheet

Psychedelic-Assisted Therapy Integration

Integration Needs and Therapist Tasks

Regulation

- Tracking the client's nervous system
- Managing dysregulation (up and down regulate)

Normalizing

- Providing a frame of reference and psychoeducation where applicable
- To recognize when acute or emergency care is needed

Metabolizing

- Assist client to somatically, emotionally, and cognitively process the experience
- Assist the client to make links between their intentions, meaning arising from the medicine/integration sessions and daily life

Keeping It Alive

- Promoting and creating ways to continue to engage with the experience (ritual, practices etc.)

Spiritual Needs

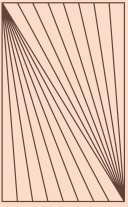
- Explore the meaning of mystical or spiritual experiences, and integrate these into their current beliefs and daily practices
- Attend to and explore discordance between old and new belief systems

Connection to Others/ Natural World

- To promote finding safe places and people to share experiences with others
- To help navigate client changes in relationships – losses and gains

Committed Actions

- Articulate values and support client behaviours aligned with them
- Identify behaviours and their function that are no longer serving the client



Inquiry Approaches

Itemized below are the aspects of the client experience to which the therapist attends, and inquires about, using two different approaches that have significant overlap.

Somatic Inquiry

SIBAM

- Sensations (intero/proprio)
- Images (internal sight)
- Behaviour (observable)
- Affect (named, physical correlates)
- Meaning (arising/applying)

Mindful Inquiry

B, T, E, BE

(ACTIONS, URGES, IMPULSES)

- Body (sensations/senses)
- Thoughts (sentences, images)
- Behaviour (actions, impulses, urges)
- Emotion (single word/phys. correlates)
- Abstract Conceptualization
- Integration

Layers of Inquiry

Questions

How, What, When, Where? – open ended questions
Why is rarely used and only in Layer 3 (see below)

Noticing and Recognizing Experience

LAYER 1:

What do you notice?
What showed up in that experience?

Tracking and Contrasting

LAYER 2:

How is this different?
What happened when you noticed? And then?

Abstract Conceptualization and Application

LAYER 3:

How does this relate to...?
What might be the benefit (or utility) of?
What would it be like to...?