

Module 7

FUNDAMENTALS OF PAT

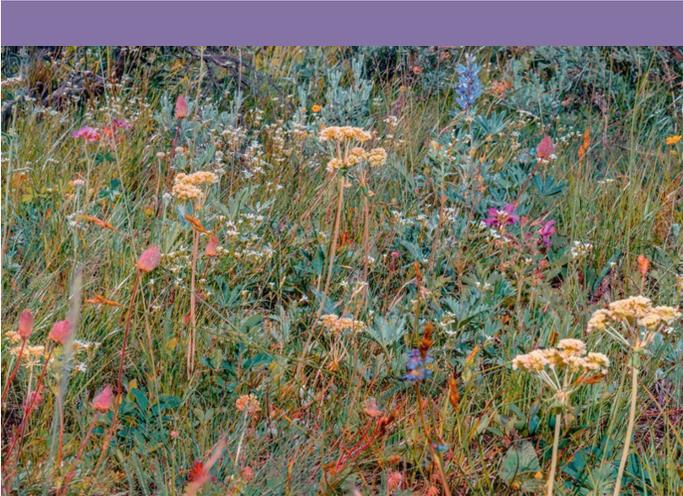
Integration

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Group Agreements

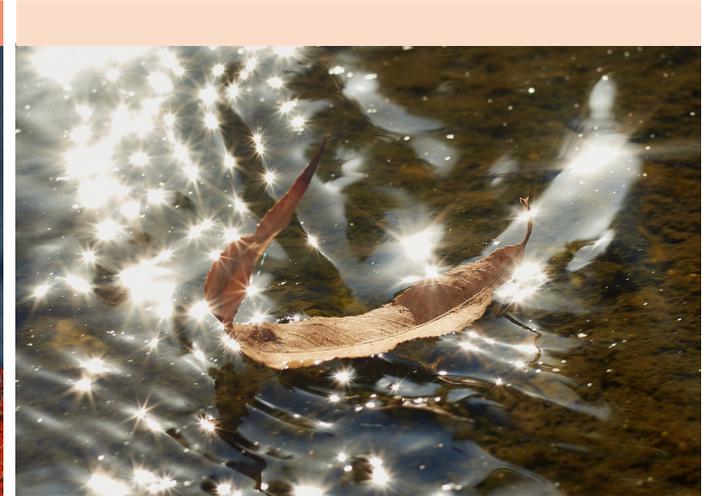
CENTRE



CONFIDENTIALITY



ENGAGEMENT



NON-JUDGMENTAL
LISTENING

Group Agreements

CENTRE



TIMELINESS



RIGHT TO PASS



EQUITY

AGENDA

Welcome & Opening	01
Integration: Context & Overview	02
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Integration

Integration Needs

REGULATION

NORMALIZING

METABOLIZING

MEANING-MAKING

KEEPING IT ALIVE

CONNECTION TO OTHERS

COMMITTED ACTIONS

SPIRITUAL NEEDS



Integration Domains

- Mind/emotional/contemplative
- Somatic
- Spiritual/existential
- Lifestyle (Behavioural)
- Relational/communal
- Natural world

(Bathje et al. 2022)



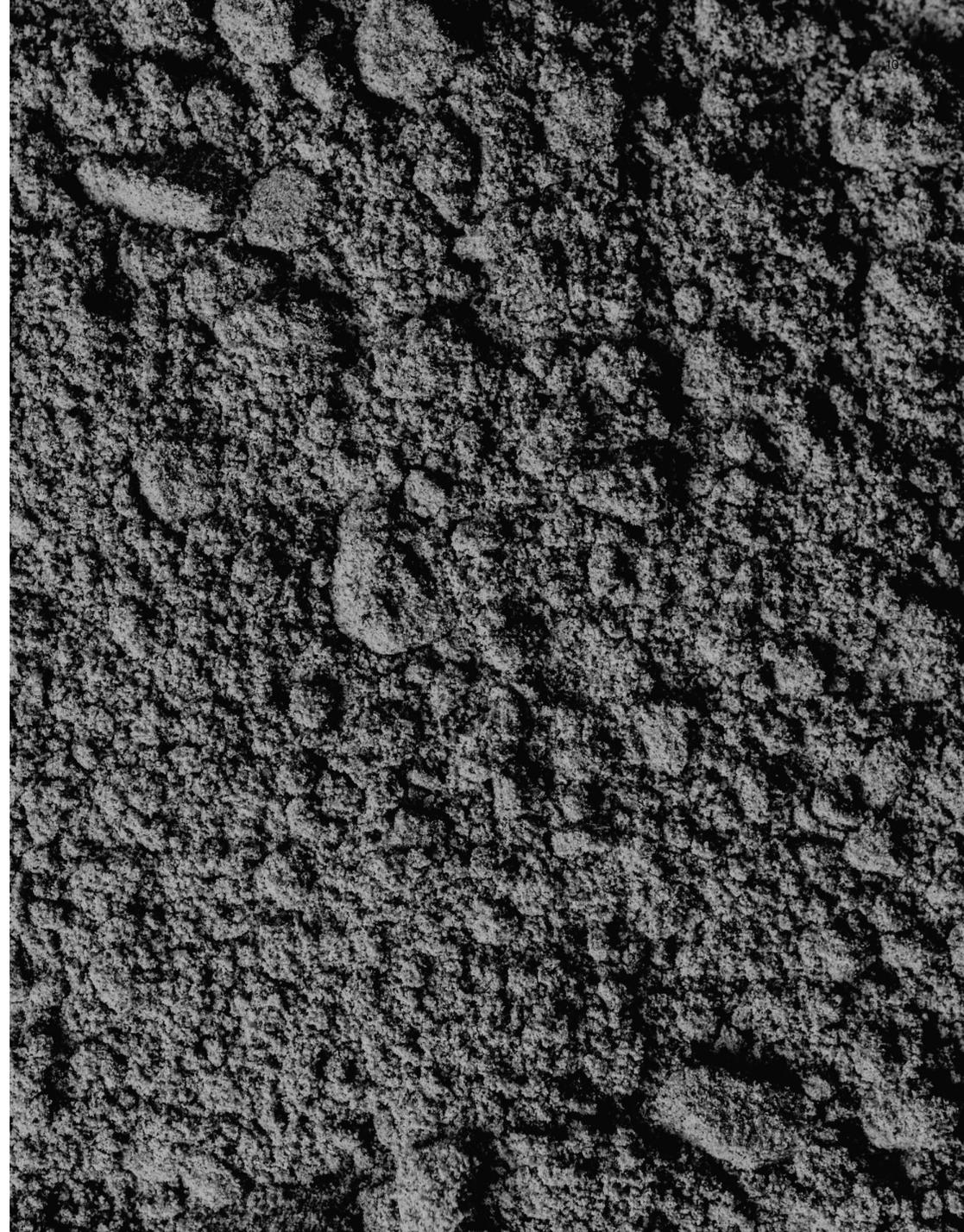
What directs therapist interventions

- Client intentions
- What need are you working with?
- Support the client to do something different
- Clinical judgement – what you think is needed



Integration Inquiry: Aims

- Reinforce & support inner-directed healing
- Psychological flexibility
- Enhance mindful attention
- Increase embodiment
- Assist turning toward (exposure)
- Regulation
- De-center - witness, deconstruct, re-appraise, externalize
- Accept



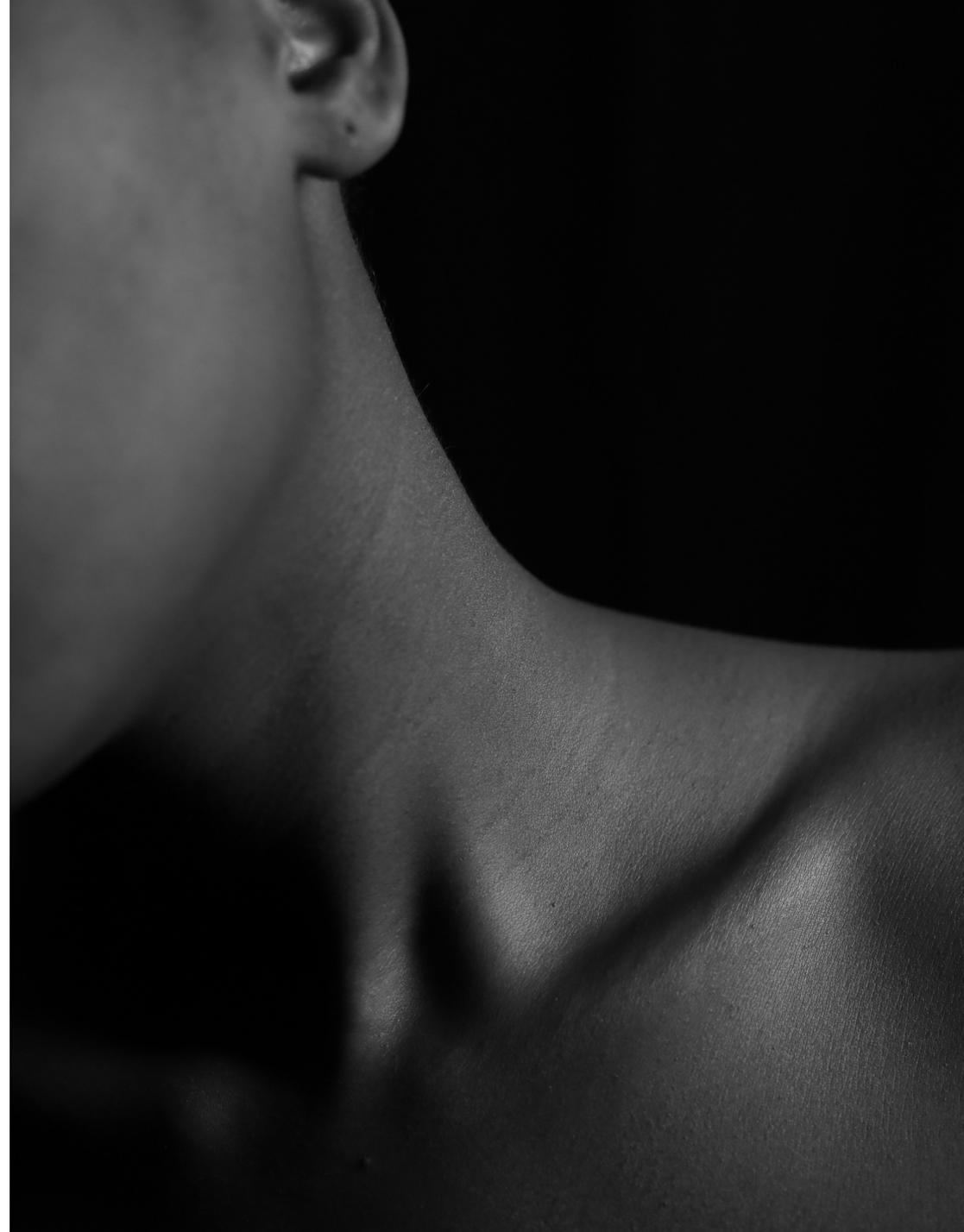
Inquiry: What are we doing?

TRAINING ATTENTION:

- immediate/direct experience
- embodied
- experience as objects vs content
describing/tracking sensorial experience*
labelling affect
- challenging experience – reducing avoidance

ABSTRACT CONCEPTUALIZATION

- Functional meaning making = true
- application – integration
- metabolizing - perspective taking, processing challenges, decreasing resistance



Inquiry: Therapist Stance and Attitudes

- acceptance & receptivity
- loving/kind
- compassionate care
- curious
- open
- I don't know mind



Somatic Inquiry

SIBAM

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

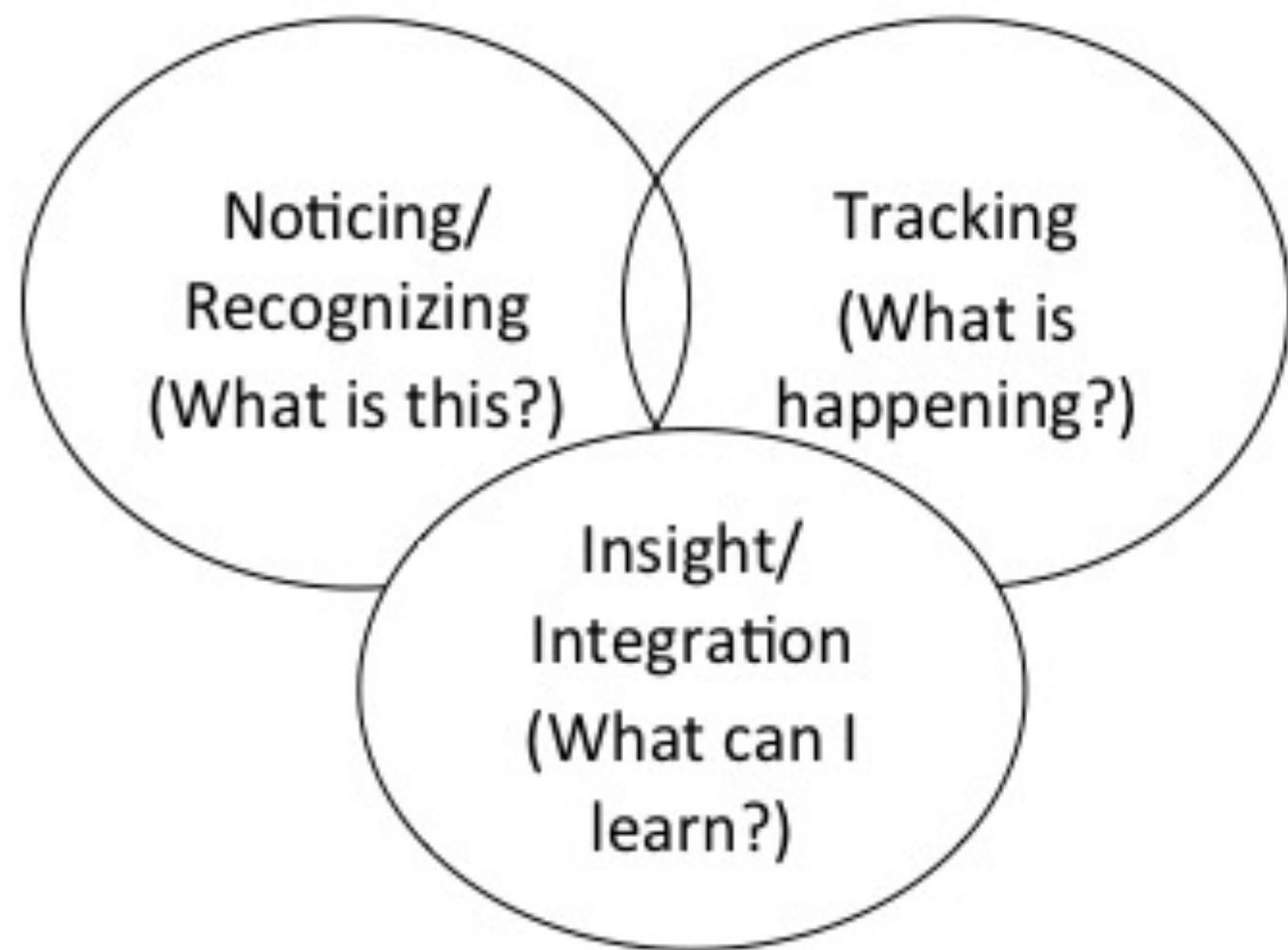
Mindful Inquiry

B, T, E, BE (ACTIONS, URGES, IMPULSES)

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

INQUIRY LEADS BY FOLLOWING THE CLIENT

Inquiry: Form and Process



Layer 1

What do you notice?

Layer 2

How is this different?

And then what happened?

Layer 3

How does this relate to...?

What might be the benefit...?

Regulation

HOW IS THE CLIENT COPING OR NOT, POST EXPERIENCE?

THE PRIORITY OF THE INTEGRATION NEEDS IS REGULATION

- Nervous system and emotional regulation
- Down regulating & up-regulating

SOMATIC AND MINDFULNESS TECHNIQUES TO SUPPORT:

- Returning to window of tolerance
- State shifting
- Managing & coping
- Accepting and turning towards discomfort

Regulation Therapist Tasks



- REGULATION
 - To track the client's and your nervous system
 - To ensure different nervous system states are available
 - Know when client is within or outside of their WOT
 - To intervene with down and up regulating strategies
 - To practice and elaborate resources from experiential sessions
 - To attune to the client, mirroring, tone, etc.
 - To know when someone needs more acute or emergency care

Normalizing

“IS THIS NORMAL?”

- Worldview and experience translation and integration
- Provides the client with a reference point
- Psychoeducation and understanding the basic psychedelic effects are essential

Normalizing Therapist Tasks



- To provide the frame of reference for clients
- To know the normal range of impacts and effects of psychedelics
- To provide psychoeducation where applicable
- To recognize when someone needs acute support

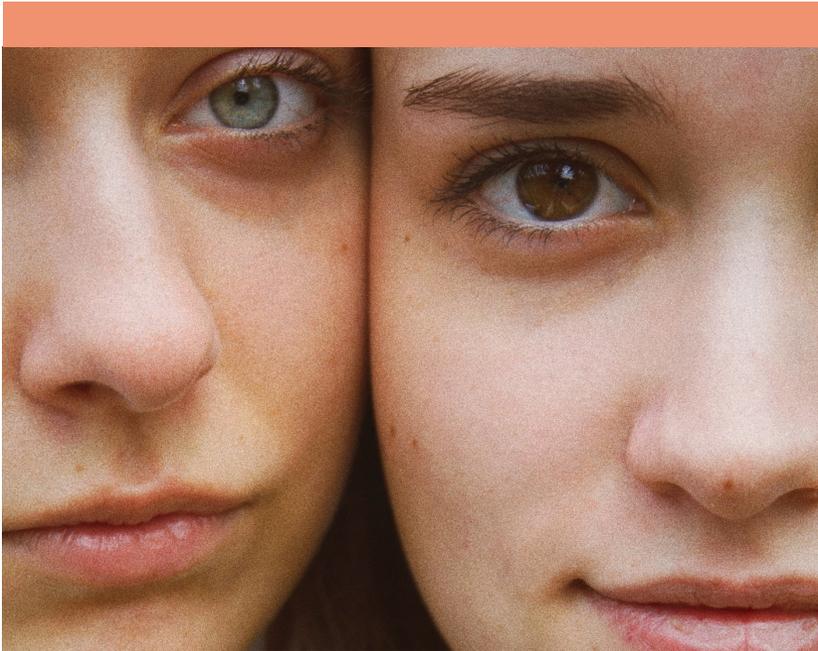
Metabolizing

- Psychedelics as tools for opening and connecting us more deeply to our internal experiences
- Period of increased sensitivity post experience
- The continued processing and moving through the body: emotions, sensations, thoughts, and actions

Meaning-Making

- Humans are meaning makers
- Makes sense of experience
- Define and reinforces a sense of self
- Provides alternative perspectives and interpretations
- Disrupts fixed views and beliefs
- Processing and exploration of symbols, metaphors, and archetypes

Metabolizing & Meaning Making



THERAPIST TASKS

- METABOLIZING
 - Assist somatic, emotional and cognitive processing of the experience
 - Follow client lead intervening when needed
- MEANING MAKING
 - Recognize and reinforce meaning making for wellbeing and c/w client intentions
 - Make links between meaning making and its application to life

Keeping it Alive

Highlights the need to stay in relationship and connection with the experience. Allows the experience to evolve, change over time and be integrated into everyday life.

WAYS OF DOING THIS

- Developing new practices and rituals
- Carving out time for reflection (scheduling)
- Exploring meaning in their day to day lives (journaling)
- Creative expression: such as art, writing, and music
- Gratitude practices
- Identifying an object that represents what has been important, and using it as a touchstone

Keeping It Alive – Therapist Tasks



- KEEPING IT ALIVE
 - To assist in creating time and ways to engage with the experience
 - To promote different activities and/or create rituals to stay engaged with their process

Committed Actions

ACCEPTANCE AND COMMITMENT THERAPY APPLICATION

- New values may emerge
- Support the client to make values explicit
- Use these values to clarify intentions for integration
- Establish manageable actions, goals and tasks
- Determine behaviours that move the client away from discomfort
- Develop behaviours that support the client to move towards intentions/values
- Shipibo concept of tests during the integration phase and opportunities to practice the lessons

Committed Action Therapist Tasks



- To articulate values and align with intentions
- To identify behaviours that are no longer serving the client
- Explore the purpose of those behaviors and alternative ways to meet the underlying need

Connection to Others

Relationships and relationship needs may change.

IMPORTANT ELEMENTS

- Knowing with who and how much to share the experience
- Relationship changes – letting go and cultivating new connections
- Desire for likeminded community
- Deeper connection to the natural world

Spiritual Needs

FOR OUR CLIENTS

- Explore authentic and non-appropriative spiritual practices as needed
- Reconcile discordance between spiritual beliefs and the experience (atheist having “a direct experience of god”)
- Develop relevant spiritual practices and meaning on the emotional, cognitive, and practical level
- Make sense of mystical experiences concordant with the sense of self

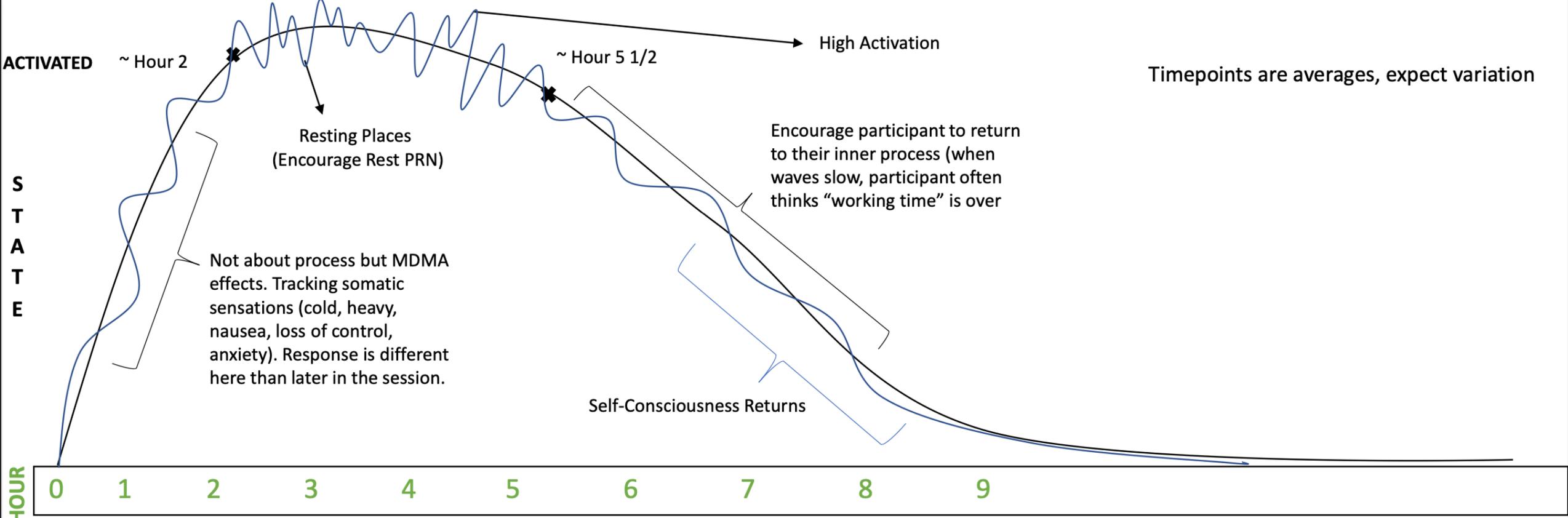
FOR THERAPIST OR GUIDE

- Reflect on biases
- Mindful not to impose one’s biases
- Respect difference

Spiritual Needs & Connection - Therapist Tasks



- SPIRITUAL NEEDS
 - To explore with the client; mystical or spiritual experiences, their meaning and potential practices
 - To attend to and explore discordance between old and new belief systems
- CONNECTIONS TO OTHERS/ NATURAL WORLD
 - To promote finding safe places and people to share experiences with others
 - To help navigate client changes in relationships – losses, gains and desires



ONSET	ACTIVE (Main Working Phase)	Tapering of Effects	Approaching New Baseline	New Baseline
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INWARD, PRESENT MOMENT EXPERIENCE, ENGAGE RIGHT BRAIN	BALANCE BETWEEN INNER AND RELATIONAL WORK (Non-Linear following participant)	TENDS TO RELATIONAL, CURIOUS SURRENDER, RELEASE, STRUGGLE, INSIGHT, "AH-HA" MOMENTS	EVERY DAY LIFE CONCERNS RETURN
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MUSIC Slower, Spacious, Welcoming, Inquiring, Curious	Tempo and Energy Increase to match participant. Also, have spacious music to match waves. Open-hearted, deep, powerful.	Relaxing, Slower Tempo, Integrating, Connecting, Spacious, Thoughtful, Considerate
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The Place of Ritual in Integration

