

Processing and Integration

Client Handout | *After Ketamine*

Name:

Date: / /

Processing your experience

What struck you the most about your journey?

What are you struggling to make sense of?

What did you experience in your body?

What emotions did you experience?

What wisdom could you draw from this experience?

What is the most significant lesson/insight you would like to hold on to?

How can you see applying these lessons/insights into your life?

Integration Plan

Integration is the process of processing insights from ketamine sessions and manifesting them to the fullest expression to optimize your healing and growth. The following are prompts to help you identify what you plan to do to support your integration over the next week.

What is one thing you plan to do to support your integration this coming week?

How might you get in your own way?

Identify integration strategies from each of these four pillars of well-being that you are most likely to utilize between sessions.

1. Connection to self

Mental:

Emotional:

Physical:

2. Connection to others/community

3. Connection to nature

4. Connection to spirituality
