



NUMINUS

SIBAM

QUICK REFERENCE FOR SIBAM

SIBAM is a tool that is part of the somatic experiencing approach used to explore and process chronic stress and post-traumatic symptoms. It can also be applied to post-psychedelic integration processes.

Somatic Experiencing is a psychobiological model that utilizes the body as a place to direct attention (interoception; proprioception), and to work with implicit memory: a bottom up rather than a top-down approach. SIBAM is a framework that we have expanded to address psychedelic content.

The acronym SIBAM refers to:

- Sensations
- Images
- Behaviours
- Affect
- Meaning

SENSATIONS

Direct sensations perceived from the body (interoception, proprioception, internal sensations).
For examples: tingling, tensions, warmth, spaciousness, clenching, and heaviness.

Questions examples:

- Bringing to mind your journey, what sensations do you notice?
- You said you experienced immense freedom, how do you notice that now in your body, if you do?
- How do you experience that?
- How do you notice that?
- Where do you notice freedom?

IMAGES

These include images, colors, external senses (sight, smell, touch, taste). Somatic Experiencing also utilizes an external orientation to the environment as a tool to assist in client regulation.

Question examples:

- Were there images that stand out from the experience? Can you describe them?
- If you had to imagine that experience as a color or image, what color or image comes to mind?
- You said you imagined yourself as part of a tree during the experience? If you bring this experience to mind, where are you now? What is happening with that tree? Are there any desires, urges or impulses that arise?

BEHAVIOURS

Consider also the observable behaviours of the client both verbal and nonverbal, voluntary and autonomic processes, and conscious and out of awareness. For example: gestures, facial expressions, and other movements.

Question examples:

- I noticed when you talk about this part of your ceremony, your body starts to rock back and forth. Is it okay if we do that together? What arises as you engage in this behaviour?
- When you speak about wanting to make that change in your life, your hands keep coming up in front of you. What happens when you notice that?
- Since the experience, what behaviors have you been doing that feel supportive? Any that feel unhelpful? If so, what?
- Is there a movement or gesture that expresses this new commitment to (e.g., loving yourself)? What might that look like (mirror/do the gesture with the client as they create one, repeat several times, explore with other aspects of SIBAM)?

AFFECT

Emotions can also present as sensations (physical correlates). Since emotions are associated with the limbic system, they may have both the emotional (named) and sensorial quality.

Question examples:

- What (if any) particular emotions come up when you are talking about that?
- Is it possible to allow that emotion to be there? What do you notice as you sit with it?
- What words, colors, or sensations might be associated with the emotion?
- When you look at that photo, what emotions do you notice, if any?

MEANING

Meaning includes thoughts and language (associations, ideas, opinions, interpretations, conclusions). For example, verbal processing of information that arises directly out of the altered state of experience.

Question examples:

- You stated that you have nothing to be afraid of; what does that mean for you going forward?
- Can you tell me more about how this experience impacted you?
- What seems important to you about this?
- When you are noticing that sensation, are there any words that arise? If yes, could you elaborate on them? If that sensation (e.g., heaviness in your abdomen, lump in your throat, etc.) could talk, what would it say?