

# Worksheet: Integration Session

In the Fundamentals of Psychedelic-Assisted Therapy course, we learned about the Integration Needs Framework which outlines the key components that a clinician may focus on during Integration Sessions to help organize and integrate a client's Medicine Session experiences into their ordinary life.

## INSTRUCTIONS

While you are observing the Integration Sessions (Observational Period and Practicum), please complete this worksheet. As the lead therapist guides the conversation with the client, make notes in each section detailing how the lead therapist guides the conversation to focus on a specific aspect of the Integration Needs Framework.

Note: depending on the direction of the conversation in the Integration Session, not all characteristics will be applicable. As a result, not every section of this worksheet needs to be completed.

## INTEGRATION NEEDS FRAMEWORK

Please complete this worksheet during the Integration Session.

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| --- | --- | --- |
| NEED | GUIDING QUESTION | NOTES |
| Regulation | How does the therapist focus on helping the client better regulate their emotions? |  |
| Normalizing | How does the therapist help the client make sense of their experience? How do they help the client to create coherence and integrate it into their sense of self and worldview? |  |
| Metabolizing | How does the therapist help the client digest emotions and other sensations that arose/are arising? |  |
| Meaning-making | How does the therapist guide the client to interpreting their experience and drawing key conclusions? |  |
| Keeping it alive | What are some strategies the therapist recommended to help keep the experience alive, stay connected, and stay engaged? |  |
| Connection to others | Has the client identified an increased need for relationships, connection to the environment, and community? |  |
| Committed actions | What types of concrete tasks are developed between the client and the therapist? (be generic to avoid sharing personal details) |  |
| Spiritual needs | How does the therapist approach inquiries about spirituality? |  |

## INTEGRATION REFLECTION

Please complete this worksheet *after* the Integration Session.

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| GUIDING QUESTION | NOTES |
| Is there something you would have done differently than the lead therapist in the Integration Session? |  |
| What is your overall impression of how the integration session went? Do you feel the client was supported to integrate their experience? What do you base that on? |  |
| Which of the ways in which the therapist supported the client's integration appeared to have the greatest impact on the client? Why do you think it was so impactful? |  |
| Please identify any aspects of the session that you would like to discuss with the lead therapist. |  |