

Psychedelic Integration Group Therapy

Guidelines

We offer the unique opportunity for psychedelic-oriented individuals to experience group therapy within a supportive container that encourages the integration of non-ordinary states of consciousness. In addition to welcoming discussion of specific integration methods, this group fosters a dynamic, affective, and interactional environment for addressing issues of everyday functioning that psychedelics typically reveal to the user. Members are invited to show up just as they are, express their authentic, here-and-now experience, and even venture outside their comfort zone.

Being thus receptive to the variety and complexity of human experience, here are the ways you can help uphold this environment:

1. Be as open as possible to receiving feedback—even when it is framed negatively—from others about how they perceive you.
2. Stay engaged with the entire group as much as possible. That means actively disclosing your immediate inner experience to the group. When you have the urge to speak, do so as soon as you deem it appropriate.
3. Give honest, specific, and direct feedback to others, including the group leaders, about how you feel toward or perceive them in the here and now.
4. Be respectful of other people's choices and ways of life, even though you may have disagreements.
5. Adhere to the standards of confidentiality. We ask that you not share other members' experiences or identifying information outside the group.
6. Take social risks, as the group's purpose is largely for experimenting with new ways of behaving interpersonally. Achieving this end requires significant courage and wonder.

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Safety & Responsible Use

The mindful and cautious use of psychedelics is essential when working with them intentionally. Not only because they are powerful substances but because creating the optimal conditions and following safety guidelines will make them more effective. When psychedelics are used in a safe and comfortable setting, it's easier for people to relax, open themselves to the experience, and to gain the most benefit.

Guidance

We don't recommend taking a psychedelic for the first time without someone present who has experience with the substance you are taking. This should be someone you trust to help talk you through challenging moments if they come up. Support can be very helpful for letting you feel safe and open to the experience. Also, having someone around to help with practical needs like getting you a glass of water or answering the door, will let you focus on your work with the medicine. Even for experienced users of psychedelics, we recommend having a trusted sitter present or nearby.

Physical & Mental Health

Contraindications for the use of psychedelics include but are not limited to: pregnancy, serious physical illness (such as cardiovascular disease, hypertension, recent head injury, recent surgery), serious mental illness (such as schizophrenia, personality disorders, mood disorders, acute suicidal tendencies)

Drug Interactions

It's recommended that you research any potential interactions with prescription or non-prescription medicines or supplements that you are currently taking. In particular, antidepressants (SSRIs and MAOIs or 5HTP and L-Tryptophan in particular) but also anti-anxiety medications, and antipsychotic medications are often not safe to take with psychedelics.

Purity Testing

There are many companies that make purity testing kits for psychedelics. They are available online and can be found with a Google search. If you are uncertain about a substance or its purity it's always better to test it before you take it.

Resources

Many of these links were provided by Elizabeth Nielson on Twitter: [@addiction_psych](#) and Ingmar Gorman on www.ingmargorman.com of the Psychedelic Integration and Continuing Care in NYC.

Foundations

- Maps.org
 - MDMA Research sponsor
 - Event listings
 - Latest research articles/books
 - Training for MDMA therapy
 - Zendo Harm Reduction Manual (free download)
- Heffter.org (Psilocybin study sponsor)
- Usonainstitute.org (Psilocybin study sponsor)
- Beckleyfoundation.org (Psilocybin & LSD Research sponsor)
- Mind Foundation
- Source Foundation
- Mind Medicine Australia
- ISRP

Articles & News

- Chacruna.net
- Psymposia.com
- Psychedelictimes.com
- Psychedelicstoday.com
- Psychedelicreview.com

Conferences

- Beyondpsychedelics.cz
- Horizonsnyc.org
- omterra.org
- Psychedelicsscience.org
- Breakingconvention.co.uk
- Colloquium on Psychedelic Psychiatry
- InSight
- World Ayahuasca Forum
- ICPR
- Mapping the Mind

Information

- Erowid.org
- ecstasydata.org
- globaldrugsurvey.com
 - High-Way Code (for MDMA and LSD/Psilocybin)
 - Drugs Metres (for cannabis, ketamine, & MDMA)
- Drugscience.org.uk
- video.vice.com/en_uk/show/safe-sesh
- www.microdosingpsychedelics.com
- Bunkpolice.com
- Dancesafe.org
- Tripsafe.org
- Testkitplus.com
- <https://kahpi.net/>

Psychedelics and Antidepressants

- <https://www.spiritpharmacist.com/blog/2019/5/10/antidepressant-and-psychedelic-combination-a-guide-to-risks-and-discontinuation-times>

Local Resources

- [Dharma Center](#) - meditation retreats
- [Float Toronto](#) - Floatation tanks (great for integration)

Clinical Trials

- <https://remedycentre.ca/>
- www.clinicaltrials.gov
- Mdmaptsd.org (Central site for referral to MAPS trials)

Other Stuff

- www.psychedellicprogram.com -psychedelic integration training and clinical services
- www.cfol.org - integrative harm reduction psychotherapy training and services
- Iceers - International Center for Ethnobotanical Research and Science (Includes the Ayahuasca Defense Fund)
- [TheThirdWave](#) (Microdosing resource)
- [Jim Fademan's Webpage](#) (Microdosing Research)
- Mindspacewellbeing.com/psychedelics - mindfulness-based therapy, psychedelic integration, and training in both areas.

- [Psychedelics.support](https://www.psychedelicsupport.com/) - listings for psychedelic integration therapists and training

Mental Health Resources

- <https://www.camh.ca/>

Podcasts

- <https://medicinepathpodcast.com/>
- <http://www.soulspacepodcast.co>
- <https://www.jameswjesso.com/podcast/>

Contact us - we welcome feedback

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