

The MAPS Psychedelic Integration Workbook

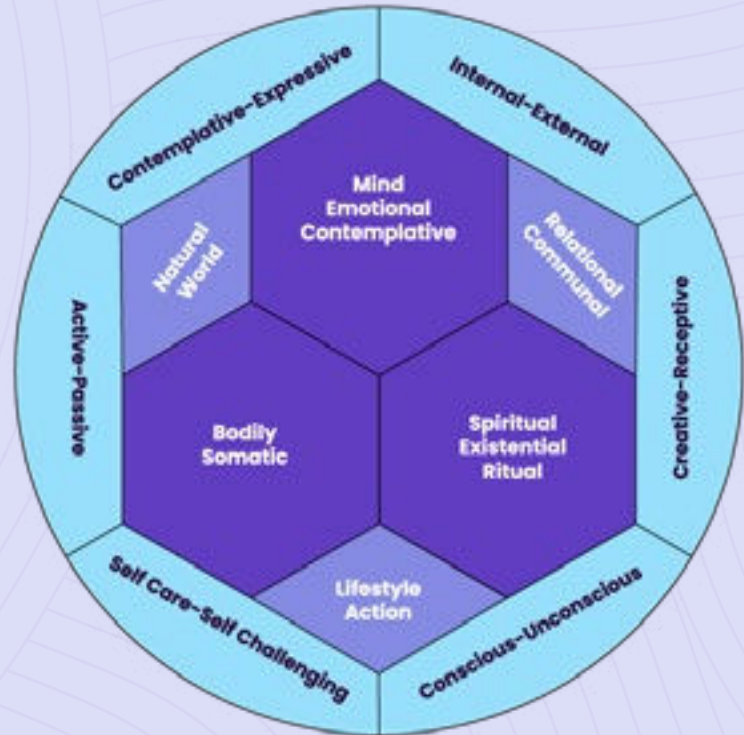
A guide to help process, understand,
and incorporate psychedelic insights
into your daily life

maps.org/integration



A Synthesized Model of Integration

There are many different definitions of integration and models for describing how integration works in theory. In perhaps the simplest terms, integration is the process of making sense of psychedelic experiences. At MAPS, we adopt the intention that integration be approached holistically. For this reason, we are drawn to Bathje, Majeski, & Kudowor's (2022) *Synthesized Model of Integration*.



This model posits 6 domains that integration practices work within: **Mind, Body, Spirit, Relationships, Lifestyle, and Nature.**

It can be beneficial to plan integration practices and intentions that relate to several (or all) of these domains and the connections among them, in alignment with the idea that integration is about the whole of experience and intactness.

The model also describes 6 *continuums*: **Contemplative-Expressive, Internal-External, Creative-Receptive, Conscious-Unconscious, Self Care-Self Challenging, and Active-Passive.**

Each of these continuums pairs well with one or more of the domains of integration, and the same activity could fall on an end or in the middle of one or more of these continuums. Specific integration activities can relate to more than one continuum. For example, a walking meditation in nature might be thought of as Contemplative, Active, and occurring in a middle space in the Internal-External continuum.