

INTEGRATING PSYCHEDELIC EXPERIENCES HANDOUT / WORKSHEET

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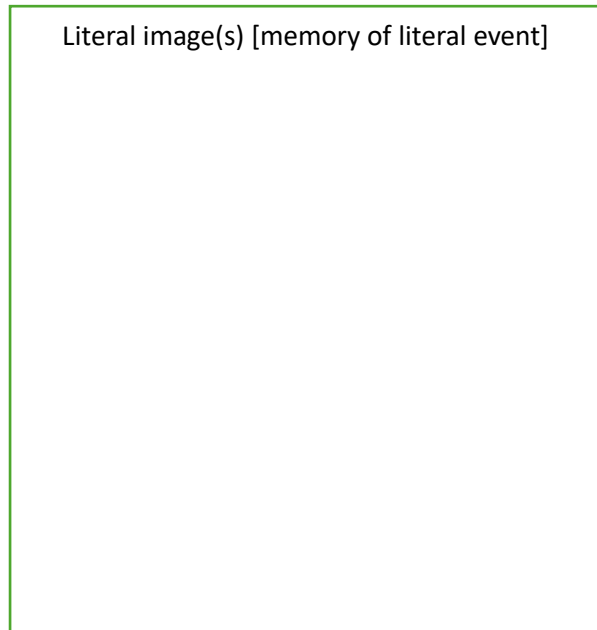
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THE 10 FUNCTIONS MATRIX OF EXPERIENCE

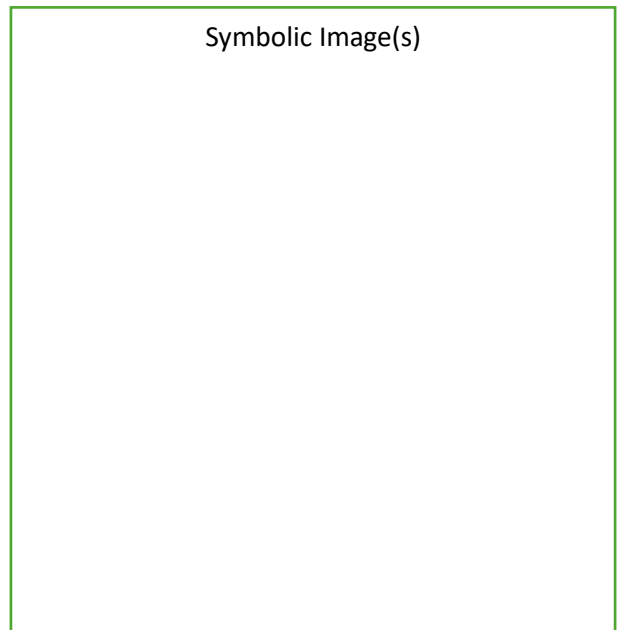
5 functions	10 Functions	Experiential fragments	SIBAM (Levine)
Sensation	Se	Memory: visual (and/or other senses -taste, smell etc)	Image
	Si	Affect / somatic memory / bodily sensations	Sensation, Affect
iNtuition	Ne	Symbolic image / insight / hunch (objective / external / archetypal)	(Behaviour - literal)
	Ni	Symbolic image / insight / hunch (subjective)	
Thinking	Te	Thoughts / beliefs about the world / ojective logic	Meaning (literal)
	Ti	Thoughts / belifs about yourself / inner reasoning	
Feeling	Fe	Feelings toward others / external world	
	Fi	Inner feelings / feelings about yourself	
Differentiative	Diff	(Process: Fragmentation / splitting / differentiation)	
Transcendent	Tran	(Process: Uniting / synthesizing)	
Key			
S = Sensation	Tran = Transcendent function		
N = Intuition	Diff = Differentiative function		
T = Thinking	i = introverted		
F = Feeling	e =extraverted		

UNPACKING & DISCOVERING EXPERIENCIAL FRAGMENTS

Literal image(s) [memory of literal event]



Symbolic Image(s)



Additional sense impressions (touch, taste, smell, sounds)? _____

Internal body sensations, affects, somatic aspects? _____

Feelings toward others / outer world?

Subjective feelings / feelings about myself or inner life? _____

Thoughts / beliefs about myself / subjective reasoning? _____

Thoughts / beliefs about the outer world / objective reasoning? _____

Intuitions, insights, patterns or hunches relating to yourself or inner experience? _____

Intuitions, insights, hunches relating to the outer world or archetypal / mythological world?

ACTIVE IMAGINATION AS AN INTEGRATIVE TOOL

Where possible try to use active imagination to fill in any missing fragments above. Invoke the memory of the experience via the fragments you do have access to – images, intuitions, sensations, affects, feelings, thoughts / beliefs etc. In this case the role of our conscious ego is to try to remain curious about the experience and invite any additional fragments or associations to arise. This may take time or multiple attempts but try to avoid “ruminating” and becoming frustrated if the process is not fruitful. You might revisit this later, possibly only years down the line. You may also experience resistance or blockages in which case that might become a new target experience to explore in its own right. Keep a record (journal) of these insights.

THE 5-STEP PROCESS OF INTEGRATION

In the case of a highly symbolic archetypal experience, fragments related to personal associations and physical events may not yet exist (though bear in mind that a symbolic experience could also be a defence against an actual lived trauma). In this case use the supplied **dream interpretation guide's** 5-step process to arrive at a meaning and transformation of the symbolic experience. You can also use the worksheet above as a starting point for the confession / catharsis with a particular emphasis on grounding the “message” through embodiment and incarnating the symbols into the word.

Conversely in the case of a literal, lived memory emerging, such as gaining insight into a lived traumatic experience, you can also use the 5-step process in the dream guide beginning with the fragments as that catharsis / confession with a particular emphasis on elevating the experience to the symbolic level of a personal myth. In the case of trauma tread lightly being respectful of ego-defences and make sure to resource yourself sufficiently to remain within your window of tolerance.

In all of these cases try to flesh out as many psychic functions as possible, namely intuition, sensation, thinking and feeling and try to account for introverted and extraverted attitudes.

INDIVIDUATION PROCESS: LONG-TERM BROAD INTEGRATION

5 functions	Individuation Process	Individuation process	Some thereapeutic modalities / approaches
Sensation	Grounding	Se Living into the world	incarnating your myth, somatic psychotherapies, dance, movement, action, yoga
		Si Embodying	
iNtuition	Symbolizing / Myth-making	Ne Envisioning - archetypal amplification	Active imagination, analytical psychology, family constellations, art, dream analysis, sand tray therapy, mythology, religion, yoga nidra
		Ni Knowing - personal associations	
Thinking	Making sense	Te Comprehending (broad)	Psychoanalysis, psychotherapy (talk therapy), peer-group support, philosophy
		Ti Understanding (detail)	
Feeling	Finding acceptance & relatedness	Fe Relating to others / world	Working through feelings, Psychoanalysis, psychotherapy, Transactional analysis, Ego-state therapy, Attachment theory, IFS
		Fi Finding acceptance and value	
Differentiative	Unpacking		Psychotherapy, group processes, mindfulness
Transcendent	Synthesizing		Engaging all functions

Key	
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