

# PSYCHEDELIC INTEGRATION



## THERAPY GROUP

Tuesdays from 1-2:15pm beginning January 10th, 2023

Ananda Therapy  
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**In this group,** we will discuss the different experiences, thoughts, fears, confusions, excitements around psychedelic integration.

**The group is limited to 8 people**  
**Cost is \$50/person**  
**Group runs 4 weeks**

**Topics of discussion:**

What is pre-integration?  
How do I know if I'm ready?  
What is set and setting?  
What if I have a "bad" trip?  
What do I do with my experience?  
How do I set an intention?  
How to change my habits after?