

Psychedelic Integration

Reviewing the Synthesized Model from the
Bathje et al., 2022 Study

Proposed definition of integration

Integration is a process in which a person revisits and actively engages in making sense of, working through, translating, and processing the content of their psychedelic experience. Through intentional effort and supportive practices, this process allows one to gradually capture and incorporate the emergent lessons and insights into their lives, thus moving toward greater balance and wholeness, both internally (mind, body, and spirit) and externally (lifestyle, social relations, and the natural world).

The Bathje et al., 2022 integration model was created by synthesizing 10 other models. Let's check them out!



1

Visionary Plant Medicine Integration model (Gorman et al., 2021; originally described by Françoise Bourzat's work). Organizes post-journey work across experiential domains (body, mind, spirit, relationships, nature) and emphasizes narrative review, meaning-making, and concrete life changes grounded in Indigenous and transpersonal perspectives.

2

Holistic Model for a Balanced Life (Bourzat & Hunter, 2019). Frames integration as returning, understanding, and implementing by systematically attending to body, mind, spirit, community, and natural environment so that insights become balanced, practical lifestyle shifts.

3

Realms of Integration model (Buller & Moore, 2019). Conceptualizes integration as work across multiple “realms” (e.g., intrapersonal, interpersonal, systemic) and guides people to translate psychedelic insights into aligned changes at each of these levels.

4

Psychedelic Harm Reduction and Integration Model (Gorman et al., 2021). Uses a transtheoretical, harm-reduction-oriented psychotherapy frame to help people process any kind of psychedelic use, reduce risks, and support autonomous meaning-making and behavior change.

5

ACT-based integration model developed within a psilocybin for depression trial (Acceptance and Commitment Therapy-oriented). Applies Acceptance and Commitment Therapy by linking psychedelic material to psychological flexibility processes (acceptance, defusion, values, committed action) and turning session insights into values-consistent behavior change.

6

Jungian- and transpersonal-psychology-oriented integration approaches (drawing on Jungian analysis and transpersonal psychotherapy). Emphasize symbolic analysis, archetypes, shadow work, and dream/imaginal processes to relate psychedelic material to the unconscious and the individuation journey.

7

Somatic-psychology-oriented integration approaches (body-focused and trauma/somatic methods applied to post-psychedelic work). Focus on body awareness, regulation, and trauma-informed somatic techniques so that psychedelic experiences are processed and stabilized at the nervous-system and embodied level.

8

Nature-relatedness/ecopsychology-informed integration approaches (emphasizing connection with nature as a core integration frame). Use contact with nature and nature-based ritual as a primary context for integration, supporting feelings of connectedness, ecological identity, and environmental engagement.

9

Biopsychosocialspiritual-type integration frameworks (using biopsychosocial plus spiritual domains to organize integration work). Map integration tasks onto biological, psychological, social, and spiritual domains to ensure that insights are followed by coordinated interventions across health, mind, relationships, and meaning.

10

Harm-reduction-oriented integration frameworks (broader harm reduction psychotherapy models explicitly adapted for psychedelic integration). Extend general harm-reduction psychotherapy principles to psychedelic experiences by normalizing mixed outcomes, exploring use patterns and context, and collaboratively supporting safer, more intentional future use.

The Synthesized Model of Integration proposed by Bathje, Majeski and Kudowar (2022)

This model makes use of 6 domains (major areas of a person's life) and 6 continuums (how integration can occur across the domains).

Domains

Mind
Body
Spirit
Lifestyle
Relationships
Nature

Continuums

Contemplative < -> Expressive
Internal < -> External
Creative < -> Receptive
Conscious < -> Unconscious
Self Care < -> Self Challenging
Active < -> Passive