



PSB

Integration Circle
Manual



Psychedelic Society Berlin (PSB) is a grassroots organization that revolves around the needs of the psychedelic community, with respect to the psychedelic experience, whether with substances or through other methods of altering ordinary consciousness.



**Psychedelic
Society Berlin**

CORE VALUES

Horizontality

Our organization is community-based. Leadership is transferable. We exist to empower community projects as long as they are in line with the core values of the organization.

Cognitive Freedom

We believe in the essential right to use psychedelics in ways that best suit us. We value decriminalization over medicalization or the creation of profit. We advocate the evolution of social consciousness.

Harm Reduction

We believe in the importance of the use of consciousness-altering techniques and substances, as long as it is done in an informed, considerate and careful manner, and that risk is minimized. Likewise, this applies to all of our actions as a collective.

Social Justice

We believe in an absolutely equal society. We promote progressive values of equality, accessibility and diversity. We categorically reject violent, abusive or harmful behavior. We are a society of peace and open communication.



OUR VIEW OF INTEGRATION

OUR VIEW

Integration is the process of intentionally assimilating experiences during non-ordinary states of consciousness into one's daily life. This process unfolds through sharing and the application of different practices or exercises, while being embedded within a community that provides support.

OUR APPROACH

As a community organization, our approach toward integration is to cultivate and offer the power of community space and support for harm reduction, including the critically important element of integration. To do that, we have turned to the increasingly present and proven power of coming together in a circle to be with, witness, and support one another.

Our integration circles offer a safer space as well as time for individuals in the PSB community (new and old) to connect and support each other around our experiences of extraordinary states and realms of consciousness. Guided by principles of respect and tolerance, participants commit to providing safety and empathy, and procure not to judge. In addition to this, information on harm reduction can be given if asked for.



OPEN SHARING

Our circles are structured in a way that gives everyone in attendance the open space to share whatever they wish, in relation to their lived integration process. Sometimes themes may surface, but discussions are open and not limited by a governing theme, unless otherwise indicated in the event details, prior to the circle.

PEER-LED

For the community, by the community. Facilitators are not meant to be guides or therapists that run the entire discussion. The sharing and reflections are made to and from the entire group. Facilitators are present to keep the discussion on track.

SAFER SPACE

No violence, acts of inequality - racism, sexism, gender discrimination, etc. - or forms of abuse of any kind will be tolerated. As well, no buying, selling, ingesting or recommending substances is permitted in the circles. Lastly, entry into the circles will not be permitted after 15 minutes past the start time, once the circle and sharing has begun.

The circles are not a substitute for therapy, professional mental health services, medical or emergency care. If this is needed, we can provide resources to point individuals in the direction for adequate care.

*Inspired by PsychedeLIA Integration Circles Guide,
TWBH Integration*



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INTEGRATION CIRCLES

STRUCTURE

- Welcome and introduction from facilitator(s)
- About: The space, PSB organization

- Definition of integration (see *Our View of Integration* above for definition)
- Legal disclaimers - not therapy, medical professional services; no buying, selling, or taking.

- What to expect:
 - Circle structure
 - Group rules and guidelines

- Guided meditation, bodywork, guided journaling, sound journeys, etc.
- Participant introductions and intentions
- Circle sharing and reflections

- Closing activity (guided meditations, bodywork, guided journaling, sound journeys, etc.)
- Final announcements, closing
- Feedback round (only while facilitation team is in learning process)
- Community mantra, gratitude & contribution reminder

Adapted from PsychedeLIA Integration Circles Guide, Mt. Tam Integration Circle Guide, TWBH Integration



SIZE

Circles may consist of 3-10 people, including the facilitator(s). There will be up to two facilitators depending on group size. A limit of 10 participants has been put in place to maintain a sense of intimacy and comfort for sharing, and to permit everyone present to have the time and chance to share.

LOCATION

Due to the current situation and regulations during the pandemic, we are currently holding circles virtually via zoom. However, once we are able to meet again in groups, in person circles will be held at venues (locations to be determined).

Please keep in mind regarding outdoor circles that while it can be nice to be in nature and out in the fresh air, there may not be the same sense of a safe container, as there is with an indoor venue that has a dedicated room for the circle to take place. If a circle is held outside, the space should be set to create a warm, intimate atmosphere.

GUIDELINES & AGREEMENTS

To be agreed upon before sharing begins

- Confidentiality: What is shared in the circle remains in the circle, particularly anything linked to names or any content that may identify someone.
- Do not offer advice without the consent or specific request from the person who just shared.
- Speak from your own direct experience: “I” and “my” vs. “you” and “we”.
- Speak from the heart, remaining in the present moment (vs. planning out what you want to say in response to someone while they are still speaking).



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- Listen from the heart when others are speaking, trying to remain in the present moment without criticizing or judging and from a place of empathy and compassion.
 - Step forward/Step back: This is a check in tool to make sure everyone has time to speak and share (from Mt Tam Integration Circle Guide).
 - Do not interrupt others while they are sharing.

ROLE AND RESPONSIBILITIES OF FACILITATOR(S)

Checklist of considerations and organizational tasks for before, during and after the integration circles.

INITIAL PREPARATION

- Decide on the team: Who is facilitating and if applicable, who is the support facilitator/observing?
- Confirm location and time at least 1 week in advance to give potential participants ample notice.
- Announce and share on social media and PSB community publications to spread word of the circle, including time and date.
- Collect and confirm registrations.
- Send a confirmation email to participants the day before the circle to confirm registration; remind them of time, location and to be punctual; links to the Disclaimer, Self Inquiry Questionnaire and Preparation for Participants to read beforehand; and an invitation to come to the circle with an intention and/or object for the group altar if they would like.

IMMEDIATELY BEFORE THE CIRCLE

- Arrive early, giving yourself ample time to drop in and prepare yourself and the space for people to feel welcome upon arrival.



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- Set up any necessary items: altar (if being created), seating area/ cushions (if in person), sign in sheet, donation box, feedback forms, talking stick, bell for time signal.

DURING THE CIRCLE

Skills and techniques to support:

- Non judgment
- Normalization and validation
- Reassurance
- Active listening and curiosity
- Reflecting back and mirroring

GUIDING PRINCIPLES FOR FACILITATORS DURING FACILITATION

1. Consider the sharing experience as an experiment and be curious about it.
2. Enjoy yourself and the process.
3. Remember to place your ego aside.
4. Find a place you trust within yourself, try trusting it for a while.
5. Stay present, observing and listening even while experiencing challenging states of consciousness (Eddy, Swann & Weaver).
6. Find gratitude: credit one's heritage and roots of knowledge, honoring important events and people.
7. Provide service and consider ways to be aware and if possible, change inequities and imbalances (e.g. acknowledging and pointing out a judgemental or disrespectful comment/attitude as being



unhelpful in the integration process, emphasizing that it is the comment/ attitude that is out of context, not the person).

8. Use different communication skills with personal integrity (e.g. body language, gestures, and emoticons in online platforms).
9. Maintain confidentiality, respect and cherish what has been shared in the circle and the participants. The personal stories and processes shared remain within the circle.
10. Don't forget the power of play and laughter (if appropriate).

Adapted from Marth Eddy, Carol Swann and Jon Weaver (1997), Seven Principles Guiding Learning Outcomes at Moving on Center

ENDING THE CIRCLE

- Remind participants for feedback, donations and to contact the facilitators for any resources or to share resources they may have mentioned.
- If in person, clean up the space, leaving it as it was found.

POST CIRCLE

Follow-up and support

- Follow-up email to thank participants, provide any resources discussed or related to the circle, as well as the feedback form.



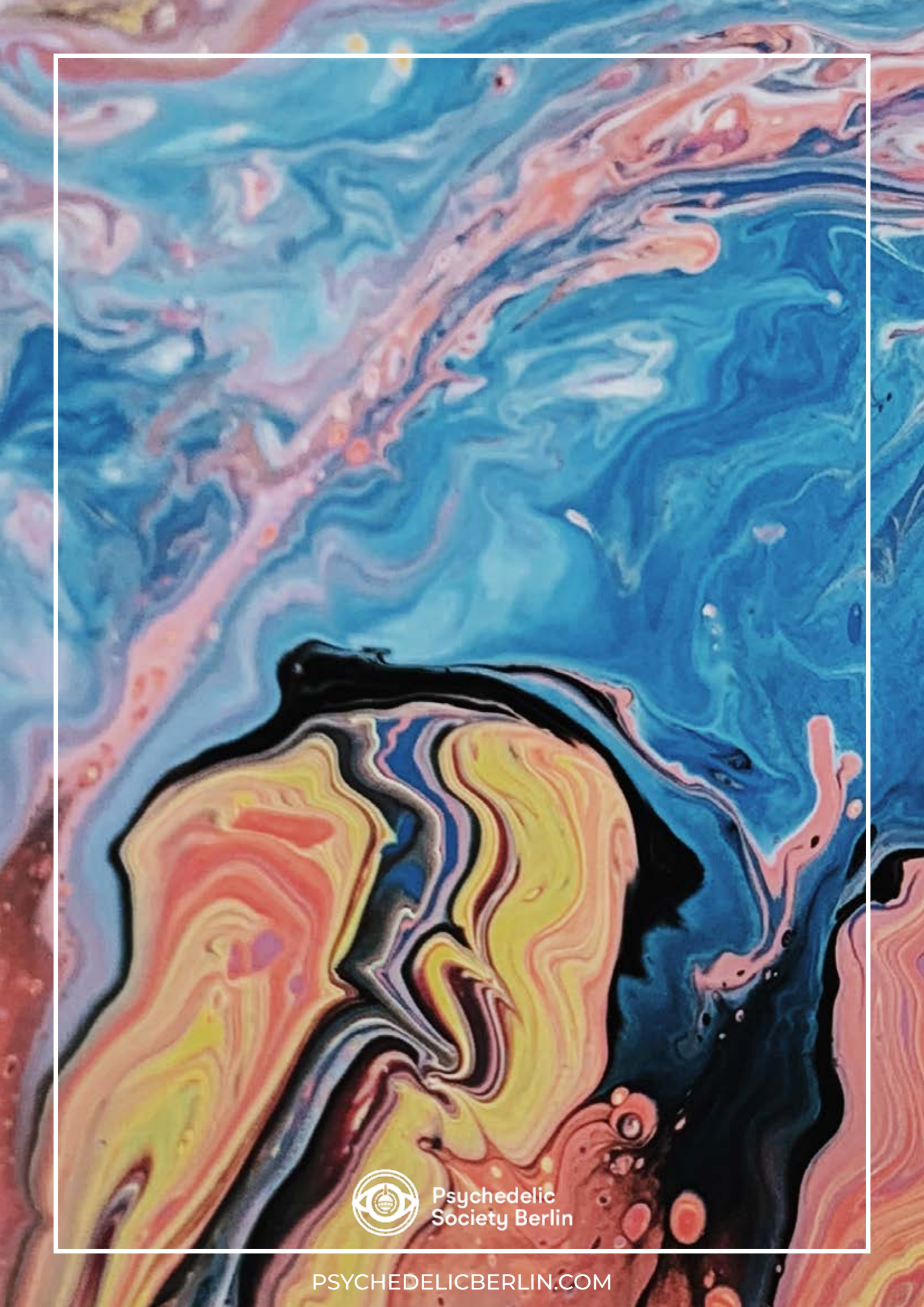
RESOURCES



- [A Guide to Starting a Community Psychedelic Circle](#) by PsychedeLiA Integration
- [Creating Community Psychedelic Integration Circles](#) course by Mt. Tam Integration
- [Seven Principles Guiding Learning Outcomes at Moving on Center](#) by Marth Eddy, Carol Swann and Jon Weaver
- [The Way Back Home Integration](#)
- [Fireside Psychedelic Peer Support Line](#)
- [Psychedelic.support](#) psychedelic therapy providers
- *Consciousness Medicine* by Francois Bourzat

Further, continually updated resources, as well as other news and information about upcoming events can be found at the PSB website at psychedelicberlin.com/initiatives





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PSYCHEDELICBERLIN.COM