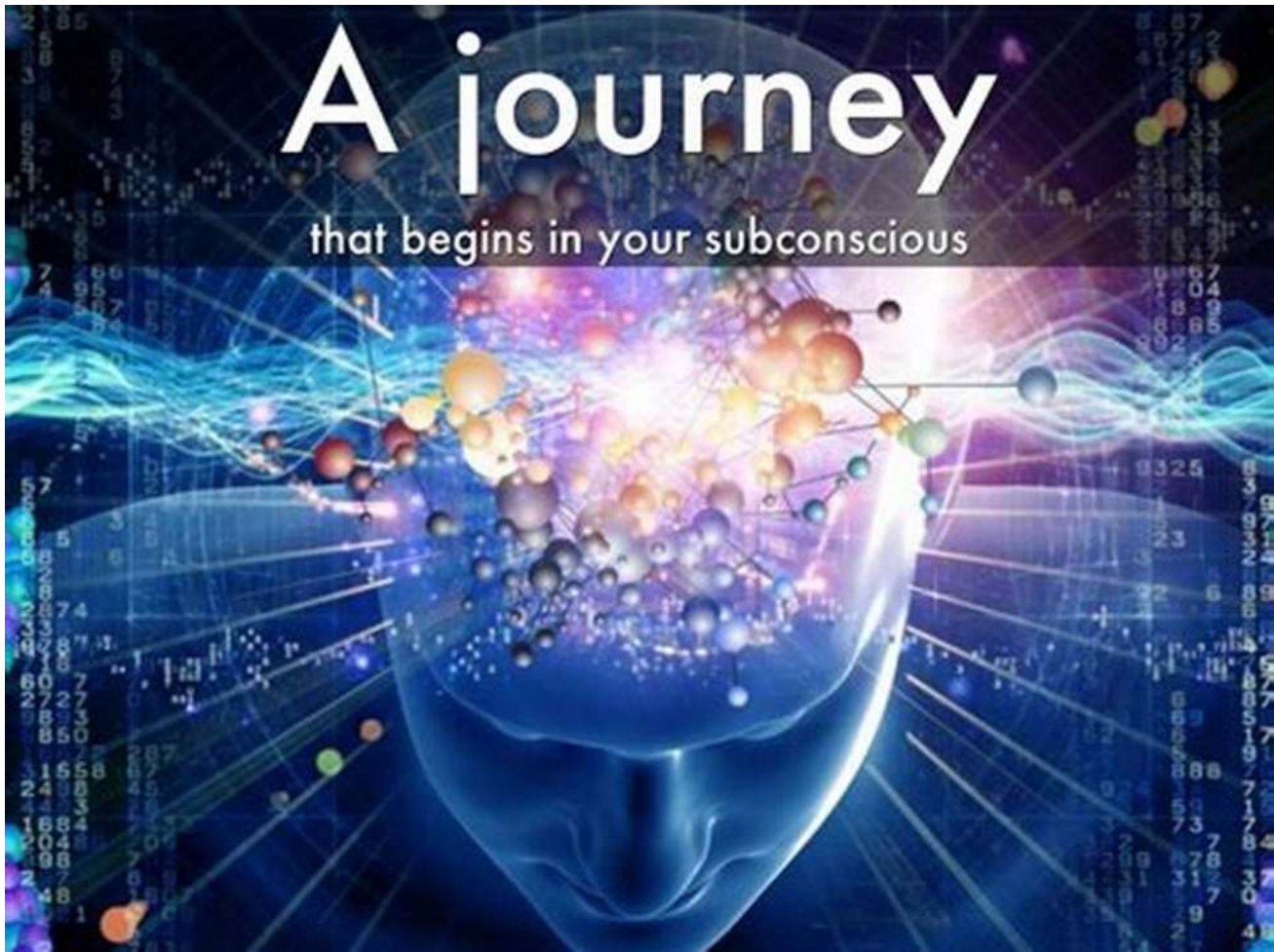


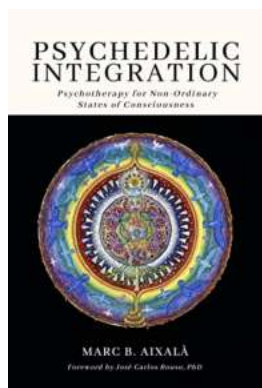
Unlocking the Hidden Power Within: Psychotherapy for Non Ordinary States of Consciousness



Have you ever wondered about the immense depths and untapped potential of your mind? Non ordinary states of consciousness can provide profound insights and transformational experiences that can change the course of our lives. Fortunately, psychotherapy offers a doorway into these altered states, allowing individuals to explore and leverage their hidden abilities.

Understanding Non Ordinary States of Consciousness

Non ordinary states of consciousness refer to mental states that are different from our everyday waking consciousness. These altered states can be induced through various means, such as meditation, breathwork, plant medicines, or intense spiritual experiences. They offer a unique opportunity to explore the depths of our psyche, tap into our intuition, and gain a different perspective on our lives.



Psychedelic Integration: Psychotherapy for Non-Ordinary States of Consciousness

by Henry Liaw (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

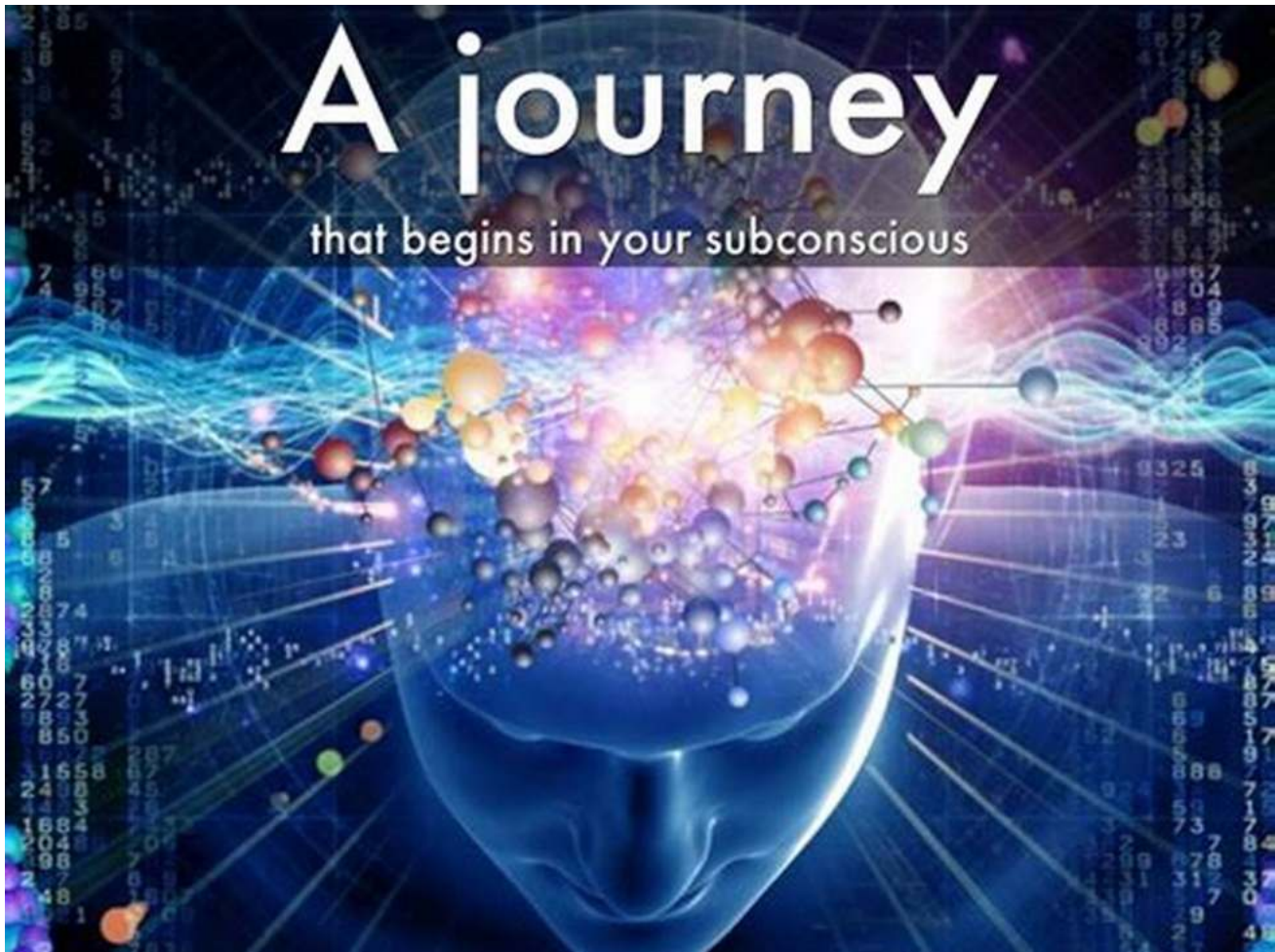
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Screen Reader: Supported

Print length : 67 pages





A journey

that begins in your subconscious

The Benefits and Potential of Non Ordinary States

Non ordinary states of consciousness hold immense potential for personal growth, healing, and self-discovery. By venturing beyond the boundaries of our everyday perception, we can access powerful insights, release deep-seated traumas, and unlock our true potential. These states often reveal hidden aspects of our personalities and provide a profound sense of interconnectedness with the universe.

Psychotherapy acts as a supportive modality that allows individuals to navigate these altered states safely and purposefully. With a skilled therapist, one can

explore the underlying causes of their distress, integrate past traumas, and gain a deeper understanding of their personal journey.

The Role of Psychotherapy

Psychotherapy serves as a vital tool in helping individuals make sense of their non ordinary experiences and integrate them into their everyday lives. A skilled therapist provides a safe and supportive environment in which clients can examine their altered states, process any challenging emotions that arise, and develop strategies for integrating their newfound wisdom into their daily existence.

PSYCHEDELIC INTEGRATION

*Psychotherapy for Non-Ordinary
States of Consciousness*



MARC B. AIXALÀ

Foreword by José Carlos Bouso, PhD

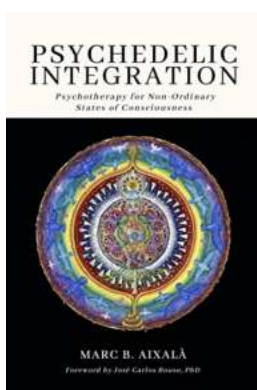
Through psychotherapy, clients can gain clarity and deeper self-awareness, allowing them to make positive changes and transform their lives. Therapeutic techniques such as cognitive-behavioral therapy (CBT), mindfulness practices, and somatic experiencing can be employed to help individuals navigate the sometimes tumultuous waters of non ordinary states.

Choosing the Right Therapist

When seeking therapy for non ordinary states of consciousness, it is crucial to find a therapist who understands and has experience working with altered states. Look for professionals who specialize in transpersonal psychology, psychedelic-assisted therapy, or those who have a comprehensive understanding of spiritual experiences.

Additionally, it is essential to find a therapist with whom you feel comfortable and can establish a strong therapeutic alliance. Trust is crucial when exploring vulnerable and transformative states, so take the time to research and interview potential therapists to find the best fit for your unique needs.

Psychotherapy offers a powerful and transformative path for exploring non ordinary states of consciousness. Through therapeutic interventions, individuals can harness the untapped potential of their minds, integrate profound insights, and make meaningful changes in their lives. The journey into non ordinary realms can be both awe-inspiring and challenging, but with the right therapist by your side, you can unlock the hidden power within and experience true personal growth.



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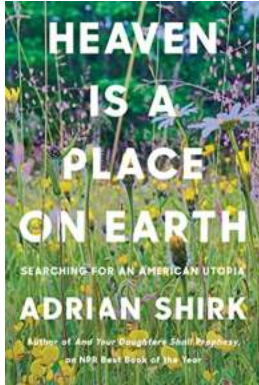
When psychologist and psychotherapist Marc B. Aixelá began fielding questions from people around the world seeking help integrating their own psychedelic experiences, he couldn't find a singular source of collected research and support. What began as an attempt to help others became *Psychedelic Integration*, a work that traces the evolution of psychedelic-assisted therapy and integration research from the 1960s to the present moment, explains therapeutic techniques and outlines a clinician's real-world observations on the deep work of healing.

Written for practitioners and the generally curious, this book offers 11 metaphors for understanding integration and concisely explains the seven dimensions of integration, which Aixelá sees as part of a process inextricably linked to preparation and the psychedelic session experience.

Grounded in the idea that integration work serves two main objectives: maximizing the benefits of a psychedelic experience and dealing with adverse effects, Aixelá maintains that understanding why an individual seeks integration support can inform therapeutic techniques. *Psychedelic Integration* outlines foundational practices like rest and nutrition, spiritual approaches including water rituals and tarot, embodied techniques of dance and singing, and frameworks including Holotropic Breathwork, Gestalt therapy and integration circles.

The author acknowledges that psychedelic experiences can be difficult and even traumatic, and he confronts that reality with compassion. In this book, Aixelá shares stories and artwork created by some of his patients as they progressed through their own integration journeys.

Psychedelic Integration is an essential companion for practitioners, their patients, and those seeking integration work not as a solution but as a tool for self and collective discovery.



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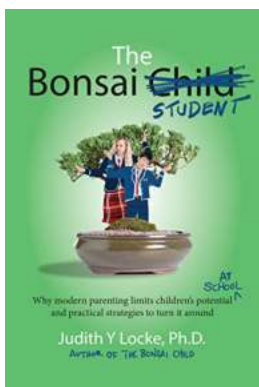
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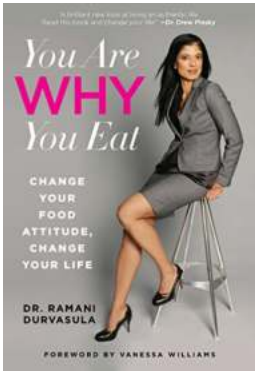
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