

Psychedelic Preparation & Integration Support

Psychological support before or after psychedelic or altered-state experiences

Psychotherapy only — we do not prescribe, supply or administer psychedelic medicines.

About this service

Psychedelic-assisted therapy (PAT) is an emerging treatment in which a psychedelic medicine is used within a structured therapeutic and medical framework, under specialist psychiatric care. Integrate Therapy & Consulting supports people considering, undertaking or reflecting on a psychedelic-assisted treatment or other altered-state experience — through psychological preparation and integration. This is talking-therapy support: we do not provide, source or administer any psychedelic substance, and an enquiry here does not create or guarantee access to psychedelic-assisted treatment.

What is integration?

Integration is the process of exploring an altered-state or psychedelic experience, and considering how it might be understood and incorporated into everyday life. Experiences can be meaningful, challenging, confusing or emotionally intense. Integration offers a structured, supportive space to reflect, ground and make sense of what has occurred.

Preparation and integration can occur at different stages

BEFORE TREATMENT	AFTER TREATMENT	AFTER AN EXPERIENCE
Preparation, expectations, intentions, coping strategies and practical planning.	Reflection, grounding, meaning-making and integration of the experience.	Support following a psychedelic or other altered-state experience, including when it has been challenging or awe inspiring.

Integration may provide space to:

- Consider how integration may sit alongside broader psychological or medical care, where appropriate
- Explore grounding and stabilisation strategies to prepare for, or following an experience
- Explore emotions, memories, perceptions or insights that arose during an experience
- Reflect on changes in perspective, values, relationships or sense of self
- Consider practical ways of incorporating personally relevant insights into everyday life

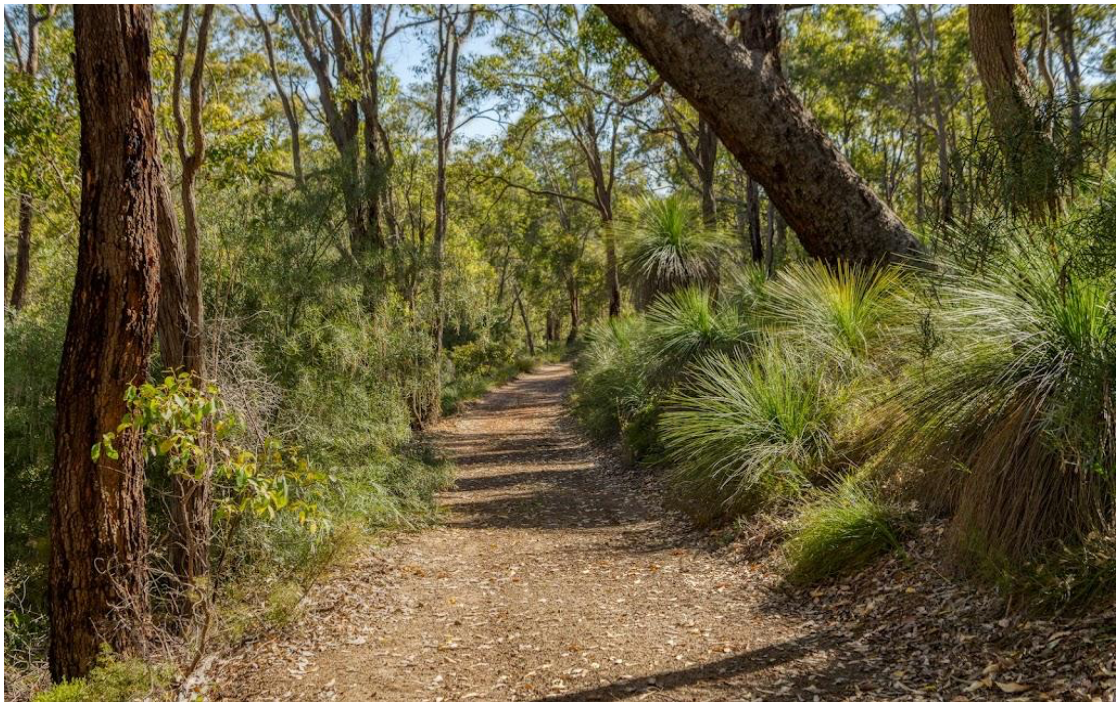
Is this support right for you?

Preparation or integration therapy may suit people who are:

- Exploring whether psychedelic-assisted treatment could be relevant
- Wanting psychological support before a medical or psychiatric referral
- Already engaged in treatment through an authorised psychiatrist or a clinical trial and want psychological support alongside it
- Making sense of a past psychedelic or altered-state experience, including one that felt difficult, confusing or unresolved
- Wanting to share their experience and work towards incorporating the experience into everyday life

You do not need to have accessed treatment through a medical or clinical pathway to seek this kind of support.

Professional. Compassionate. Evidence-informed.



What to expect

Not every psychedelic experience feels positive, clear or transformative. Some people feel unsettled, emotionally activated, confused or unsure what to do with what they experienced. Others may feel that something important happened but find it difficult to make sense of it or bring it into everyday life. You don't need to have accessed psychedelic therapy through a medical setting to seek psychological support.

Sessions are client-centred and non-interpretive — we won't tell you what your experience "should" mean. Our approach is trauma-informed and harm-reduction informed: the focus is your safety and understanding, without judgement and without endorsing unlawful drug use.

As with any psychological therapy, outcomes can't be guaranteed. What's helpful differs from person to person, and this support tends to work best as one part of your overall care, alongside your GP, psychiatrist or other treating practitioners where relevant.

What we offer

We take a trauma-informed, non-judgemental, harm-reduction approach — supporting safety, understanding, stabilisation and integration, without assumptions or judgement about what an experience should mean.

Preparation

Psychoeducation, setting intentions and expectations, preparation for possible emotional or psychological challenges, grounding strategies and practical planning.

Integration

A client-centred space to process an experience, explore meaning and insights, manage difficult material and consider how learning may translate into everyday life.

Therapeutic support

Psychological support may sit alongside broader treatment where clinically appropriate, with attention to existing supports, treatment goals and ongoing care.

Harm-reduction informed care

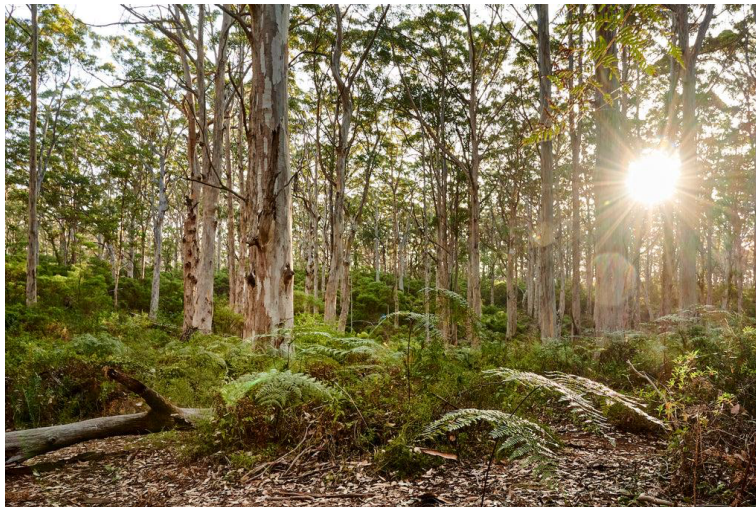
After a psychedelic or altered-state experience, support can focus on safety, stabilisation and understanding, whatever the setting of the original experience, without judgement or endorsement of unlawful substance use.

This may involve

- Psychoeducational preparation and integration sessions
- Evidence-informed strategies to support safety and risk management
- A non-interpretive, client-centred approach to integration
- Skilled therapeutic support to explore insights, sensations and emotions with curiosity and care
- Support to make sense of challenging or distressing experiences
- Support to ground experiences and explore how learning might translate into meaningful, sustainable change
- Support for reconnection with self, relationships and everyday life

Important considerations

- Psychedelic-assisted treatment is not suitable for everyone. Physical health, psychiatric history, current medications, substance use and other clinical factors may affect suitability.
- Psychedelic experiences can be psychologically challenging and may involve unexpected or distressing experiences.
- Preparation, medical assessment, appropriate clinical supervision and follow-up are important components of responsible care.



What we do not offer

We do not prescribe, supply, administer or facilitate access to psychedelic medicines or substances, including MDMA or psilocybin. In Australia, these medicines can currently only be prescribed by specially authorised psychiatrists under the Therapeutic Goods Administration's (TGA) Authorised Prescriber Scheme — for post-traumatic stress disorder (MDMA) and treatment-resistant depression (psilocybin) only.

There is no self-referral pathway to these medicines through a psychologist or counsellor, and suitability is determined by medical and psychiatric assessment, not by an initial enquiry.

These are strictly controlled treatments, provided in clinical settings under psychiatric supervision.

If you're using outside a clinical pathway

Some people are using, or considering using, a psychedelic substance outside a clinical or medically supervised setting. We don't provide, source, or advise on how to obtain, dose or combine any substance, and nothing here should be read as encouraging or endorsing unlawful drug use. If this applies to you, you're welcome to get in touch for a confidential conversation about psychological preparation, safety planning and integration support — from a non-judgemental, harm-reduction informed perspective. As with all our sessions, this is subject to the usual professional and legal limits on confidentiality (for example, where there is a risk of serious harm to you or someone else).

Australian regulatory context - Psychedelic-assisted treatment

Psychedelic-assisted treatment involving unapproved psychedelic medicines is subject to specific regulatory requirements. Access to certain psychedelic medicines for therapeutic use is restricted to authorised pathways, including the TGA Authorised Prescriber Scheme and clinical trials. These medicines are not approved for general use and are subject to strict controls.

You are welcome to enquire

If you are considering psychedelic-assisted treatment or would like support following a psychedelic or altered-state experience, you are welcome to enquire about preparation or integration therapy. We'll arrange a time to talk with you about your circumstances and whether this support is a good fit — an enquiry is the start of a conversation, not a booking into psychedelic-assisted treatment.

Preparation • Integration • Psychological Support

www.integratetc.com.au

This information is general in nature, correct as at August 2026, and does not replace individual medical or psychological assessment. Regulatory details reflect current Therapeutic Goods Administration (TGA) and Ahpra guidance — please check tga.gov.au and ahpra.gov.au for updates.