



Integration Book
Trip Without Falling

Contents

Integration Overview

Integration Checklist

Integration Stages

Stage 1: *Capture And Reflect*

Stage 2: *Sense-Making*

Step 3: *Embodied Change*

Important Notes:

Entheo does not condone or promote the use of psychedelics or other illegal substances. In a spirit of harm-reduction, Entheo encourages safety and awareness for those who choose to use psychedelics, including those who wish to experience psychedelic integration.

If you have had a difficult experience and are having trouble coping, talk to a **healthcare provider right away**. If you encounter repressed psychological content, you may have a fear response which could be uncomfortable and challenge you to reflect upon your experience. In this case, you are encouraged to seek support and/or consultation with a healthcare provider during your integration process.

Remember: **You are not alone**. We encourage journeyers to seek support (personal or professional) following their psychedelic experience.

Integration Overview

“Psychedelic experience is only a glimpse of genuine mystical insight, but a glimpse which can be matured and deepened by the various ways of meditation in which drugs are no longer necessary or useful. If you get the message, hang up the phone. For psychedelic drugs are simply instruments, like microscopes, telescopes, and telephones. The biologist does not sit with eye permanently glued to the microscope, he goes away and works on what he has seen.”

— Alan Watts

Psychedelic Integration

Psychedelic integration is how you make sense of an experience and bring what matters into daily life. Whether you are preparing for a journey or have returned home, curiosity and reflection can help you decide what to carry forward.

Most Notably, Psychedelic Integration Can:

Be a tool for reflection and self-discovery.

Explore possible changes.

Offer connection to self, others, and world around us.

Make sense of it all.

Support everyday changes.

Integration Fundamentals:

- **Integration practices:** We strongly encourage a daily mindfulness and meditation practice. Also, consider other grounding practices such as breath work, creative expression or body-oriented therapies. These practices can help us embody psychedelic insights into daily life.
- **Drawing:** Expressing yourself in the form of drawing helps process from a place of embodiment. Use shapes, designs, and/or colours to offer homage to your experience.
- **Journaling:** Write down your thoughts, emotions, visuals, and insights as soon as possible after the experience. This helps capture the details and aids in later reflection.
- **Self-reflection:** Take time to introspect and reflect on the experience. Consider the themes, symbols, and patterns that emerged during the trip. Explore your emotional responses and contemplate their meaning.
- **Patience and self-compassion:** Integration is a gradual process, and it takes time to fully understand and integrate the psychedelic experience. Be patient with yourself and practice self-compassion as you navigate the insights and emotions that arise.
- **Seek support:** Engage in conversations with trusted friends, therapists, or support groups who have experience with psychedelics.
- **Professional guidance:** Consider working with a qualified therapist or integration coach who specializes in psychedelic experiences. They can provide valuable guidance and support throughout the integration process.

Let's jump in right away with your first reflection:

What was your intention for your experience?

Describe your journey using one sentence:

Excellent! You've taken a great first step. Let's keep it going.

What To Expect Following The Journey:

Afterward, you may feel open, tired or unsettled. MDMA can leave low mood or fatigue; LSD can leave wakefulness. There is no required response or recovery deadline.

- **Afterglow:** Some people feel more open or emotionally responsive afterward. This varies and does not establish a biological window for change.
- **Increase in Motivation:** Strong impulse to make major life changes.
- **Decrease in Motivation:** It may feel difficult to return to ordinary tasks. This does not necessarily mean your life is misaligned or needs a major change.
- **Sense of Purpose:** Increased awareness of intentions, ambitions, and aspirations.
- **Shift in Meaning:** Shift in being and purpose, or challenged with the ability to reconnect or find meaning.
- **Universal Connectivity:** Deep connection with the universe, humanity, the natural world, and the divine.
- **Noetic Experience:** A powerful feeling of knowing or insight. That feeling does not establish that an interpretation or memory is factually accurate.

If symptoms persist, worsen or affect daily life, seek support. Read the compound guides for recovery and risks:

Psilocybin

LSD

MDMA

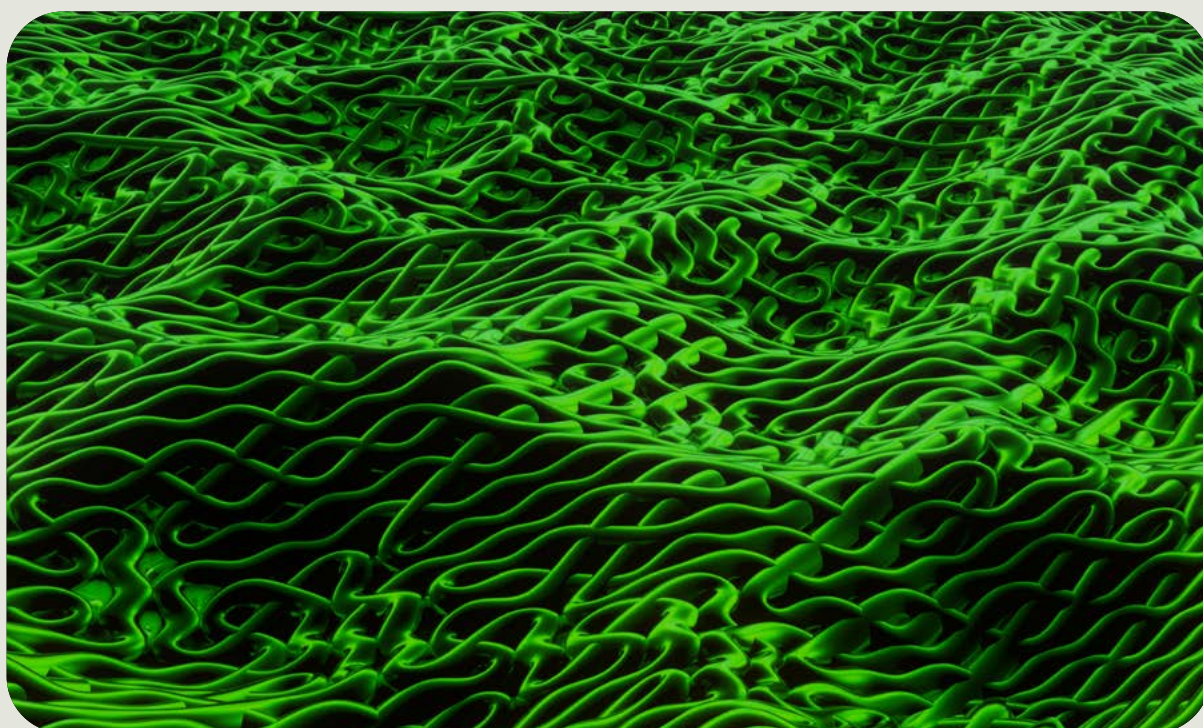
*What do you hope to achieve for your integration process?
Do you have any worries or concerns? If so, what are they?*

Integration Checklist

You can use this checklist to help you get started with psychedelic integration:

- ☐ Complete Stage 1 of this integration book.
- ☐ Identify a trusted person you can discuss your experience with.
- ☐ Commit to no significant life changes immediately after your journey (unless you are in immediate danger).
- ☐ Consider finding and engaging with a [psychedelic integration circle](#) or [online community](#) to learn more about your experience and what others are saying about theirs.
- ☐ Think about whether psychedelic integration with a [mental health provider](#) would be helpful. You can email us at info@entheo.org if you want to access one of Entheo's qualified Integration Specialists.
- ☐ If you need emotional or medical support, consult with your primary healthcare provider and consider calling the [Fireside Project](#), a psychedelic support line.
- ☐ If you experience a medical emergency, call your local emergency services or go to the nearest emergency room.

The following writing prompts are meant to inspire self-reflection and exploration. Feel free to **adapt** or **modify** them to better suit your unique experiences and needs during psychedelic integration.



Mindfulness And Meditation

Mindfulness and meditation help with integrating and sustaining the benefits of psychedelics in daily life. They are practices that can develop a state of heightened awareness and presence in the present moment. Through mindfulness, you can learn to observe thoughts, emotions, and sensations without judgment.

Engaging in regular mindfulness practices, such as meditation, breathwork, or body awareness exercises, helps to cultivate presence, self-awareness, and a deeper connection to one's inner experience. Mindfulness practices provide a deeper foundation for ongoing self-reflection and emotional regulation.



Let's Practice A Short Meditation You Could Incorporate Into The Week:

- Start with 2 minutes of meditation per day.
 - └ The goal is not to eliminate or suppress thoughts, but rather to cultivate awareness and non-judgmental observation of them. When the mind wanders, gently bring the attention back to the breath, and repeat this process as thoughts arise.
- Now set a timer and draw awareness to your breathing.
- Sit comfortably, breathe normally, and just notice the inhalation, the space between the inhalation/exhalation, and finally the exhalation, without attempting to control it.
- For other free meditation instruction check out [UCLA Health](#).
 - └ To dive deeper complete the 28-day introductory course at [Waking Up](#).

Integration Stages



Stage 1: Capture and Reflect

The "Honeymoon Phase": lingering effects may include euphoria in the first month. Make time for self-care, document your experience and reflect on what it means to you. This is a time to capture the narrative(s).



Stage 2: Sense-Making

Often called "Bridging Worlds", this stage can feel exciting and liberating, or unmooring and disruptive. You may no longer identify with familiar ways of being. Lean on your community and be easy on yourself as you explore new actions, identify themes and let go of old patterns.



Stage 3: Embodied Change

Referred to as "Clarity of Knowing", this is where goals and intentions begin to take shape in daily life. Notice how your relationships, patterns and actions are changing, and whether they reflect what matters to you.



As you make your way through this guidebook, consider the following 6 domains as it relates to you and your life's practice. These themes will help foster a well-rounded life practice to assure time is invested in the areas that matter most.

We strongly recommend devoting time to contemplative, physical health, and nature practices as soon as possible following the psychedelic experience. These three facets invite reconnection to the experience, connection with the physical self, and connection with the natural world.

1	<i>Mind & Contemplative Practice</i>	2	<i>Nature Practice</i>	3	<i>Relationships & Community Practice</i>
	Meditation Body Scan Breathwork Mundane Activities Done With Mindfulness		Nature Walks Time In Nature House Plants Or Other Nourishing Environments		Boundary-Setting Building Connection Community Participation & Support Volunteer Or Activism
4	<i>Spiritual, Religious, Or Existential Practice</i>	5	<i>Body & Physical Health</i>	6	<i>Lifestyle Practice</i>
	Gratitude Exercises Self-Awareness Practice Creation Of An Altar Or Sanctuary		Stretching & Yoga Progressive Muscle Relaxation Massage Acupuncture Physiotherapy		Comfortable And Organized Living And Workspace Healthy Diet Regular Exercise Adequate Sleep Schedule

Reflect on the 6 domains of holistic well-being. Write down 1 or more of the domains you are in need of balancing. What specific actions or changes do you feel inspired to implement in creating balance?

What are some potential challenges you may face when implementing these actions? What can you do to remove any barriers?

At any stage during integration, we recommend speaking to trusted family, friends, social groups or healthcare providers who have experience with psychedelics. Their support and help can aide in the sense making process.

If you have **had a difficult experience** and are having challenges coping, know that this does occur and your condition can improve with the proper integration tools and support. It's important to not avoid or push aside the challenges you're experiencing during the aftermath of the journey.



Stage 1:

Capture And Reflect

All 3 stages of psychedelic integration are important, but Stage 1 is a **key ingredient to making the most of your psychedelic experience**. In Stage 1, use a Travel Log to help navigate the initial reflections of the psychedelic experience. This includes contemplation, documentation, and conversations with trusted individuals.

Keeping Up With Journaling:

Make a plan and start small, perhaps journaling for 5 minutes once per day. The hardest part is getting started.

- Write down where and when you will journal. This removes ambiguity on the 'how' to make a new habit. Consider using 1-2 writing prompts to explore each day.
- The environment shapes behaviour. Be sure to leave your journal in a place you will see it regularly, this can be the environmental prompt.
- Consider setting a calendar reminder to prompt writing times.
- If motivation is low or you are having trouble keeping up, make the habit (i.e., the journal entry) smaller. Write one word or one sentence to keep the momentum going and activity sustained. Consistent small actions lead to big change over time.



Writing / Drawing Reflection:

This style of journaling is commonly known as "stream-of-consciousness" writing. It involves sitting down and freely expressing whatever comes to mind, without any editing or filtering. As you begin, you may discover that the words effortlessly flow onto the page, almost as if they have a mind of their own.

Before each entry or activity, we recommend engaging in a short meditative or breath practice to ground oneself and bring intention to one's experience.

Set a timer for 5 minutes, or more, and enjoy!

Drop back in your Journey: travel back to a potent memory of your experience. Start here and begin free-writing. If you wish to draw instead, use the second box below.

Capture your experience by drawing a memory from it.

Stage 1: Travel Log Journal Prompts

Here Are Your Instructions:

- Write down the date and answer one writing prompt per day.

Before you begin, just know that if you miss a day or two of journaling, don't sweat it, this won't derail the process. Just begin again and pick up where you left off.

Writing Prompts: Round 1

*Reflect on the "Drop Into The Journey" activity, what stands out?
What was most challenging? What was most rewarding?*

*As you consider your journey, did any physical sensations appear? If so,
where in the body did you feel it most? Describe the feeling, was it tight
or relaxed, warm or cool, etc.?*

Did you feel moments of extreme emotion? Did you experience a spiritual/religious connection? What did you feel yourself let go of? Explore the range and describe the feelings.

Are there any people you are feeling the need to connect with? If so, what would you like to say to them?

What are some questions you have? What are you still curious about?

Describe five things you love about yourself and feel gratitude for.

Writing Prompts: Round 2

Next, spend 5-10 minutes answering the following questions. Complete them one by one. These are invitations to compare and contrast how things were prior to your psychedelic experience and how they are at this point in time.

What has changed for you? Consider if small behaviours, thoughts, beliefs, mood, connection, perspectives etc. have shifted.

What hasn't changed and that you feel you want to continue to explore more deeply?

What obstacles are you facing that is preventing you from making the changes you want?

Do you have any visions or insights that are easy to recall from your trip? Why might this be?

Have you discussed your experience with others? If so, how did it go and did this help you make sense of your experience? If not, what barriers are you encountering and how can you overcome them?

Stage 1 Summary

Great work! You have reached the final part of Stage 1 in your psychedelic integration. During this week, document what have learned and what has changed.

Since having your psychedelic experience, what have you learned or noticed? What feels most important to you after this psychedelic experience?

Drawing Exercise: Deeply reflect on your experience. We recommend closing your eyes and taking a few deep breaths. What symbols, shapes, or doodles appear in your mind's eye?

Reflect on the 6 domains of holistic well-being. Write down one activity per domain that you would like to include into your life's practice.

Contemplative	Nature	Relationships
Spiritual / Religious	Physical	Lifestyle

Interlude

Integration Tips: *Be Intentional and Share*

- Think about how to make undesired behaviours harder to do and the ones you want to do easier. Stack the deck in your favour of reaching your goals.
- Consider sharing your experience with a person you trust this week who has had a psychedelic experience. This person should be someone you trust and can listen completely and be free from judgement.
- If you are having difficulties coping since your psychedelic experience, consult with your primary healthcare provider.

Optional: *Creating A Personal Action Plan*

Next, we are going to create a personal action plan which is a clear framework for us to articulate our goals and the habits and behaviors needed to achieve it. Essentially, the personal action plan serves as a clear roadmap for personal growth and development. Let's begin developing your goals and the map to get there.

Here Are Your Instructions:

- Complete the personal action plan.
- Complete the 3 writing prompts.
- Take action and try out some of these new behaviours.
- Embrace mistakes as opportunities for growth.

1

Write down your initial intention and any insights gained on it during your psychedelic experience.

2

Write down one short-term and one long-term goal. These goals are centered around the key areas you previously identified.

3

Write down the plan and what behaviour(s) will help you achieve your goal. Start by identifying one high-impact and easy to implement behaviour that nudges you toward your goal.

- Write down a behavioural or environmental prompt:

└ *After I ... have Saturday breakfast*

- Map out the behaviour:

└ *I will ... text my friend*

- Celebrate and self-monitor

└ *A silent congratulations to myself and put a check mark on my calendar*

After I... _____

I Will... _____

Celebration / Self Monitor... _____

If you are finding the behaviour too easy or too hard to do, come back to this exercise in step 3 and adjust it accordingly.

Integration Tips:

- Consider using a calendar or a habit tracker to **keep track** of your progress.
- Next, score yourself on a scale of 1 to 10, how confident you can make your plan happen. If you score a 6 or less, think about what things you could do to **increase your confidence** to a 7 or more out of 10, and update your personal action plan accordingly.
- Set and write down a follow-up date where you can review your Personal Action Plan and progress every 2 weeks. It's likely you will adapt to the plan over time.

Up until this point, you have started building a new habit of journaling, casting the net wide with your reflections, and capturing many different aspects of the journey. Now it is time to go deep in a few select areas. By directing efforts and energies towards a few aspects of a journey, you can create an optimal environment for in-depth exploration and meaning making to happen. From here, you can set goals, create an action plan, and develop a path for personal growth.



Stage 2:

Sense-Making

In **Stage 2**, we will organize the data and themes from your initial experience to clarify direction and next steps. This stage serves as a road map for your personal growth.

During this stage, you will identify a few key presenting themes and start extracting meaning. Intentional action will be directed to decode some of the difficult or persistent topics to foster long-lasting change.

Making Lasting Changes

Sustaining change is a pivotal part of personal growth. It’s an intricate balance of planning, steadfast commitment and adaptability.

Here Are Your Instructions:

- Write down a short and long term goal.
- Progress or regress those small actions as needed.
- Complete an activity schedule to organize your week.
- Integrate mindfulness and meditation in your week.
- Complete the activity schedule and writing prompts that follow.

Use the activity schedule below to help plan how best to integrate your chosen activities into daily practice:							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning							
Afternoon							
Evening							

Notes for activity scheduling:

Always take your time and write free of judgment about whatever comes naturally to you. Go at your own pace and be flexible in your approach. See if you can inject a sense of playfulness and fun into the process.

Writing Prompts: Round 1

Take 5 minutes to read and review some of your Travel Log entries to date. After, write down 2-3 of the most notable insights, themes, questions, challenges, curiosities, or gaps in understanding you would like to explore further.

How do the above-mentioned themes relate to your current life's practice? Are there obvious alignments or misalignments?

Who or what are these themes related to (e.g., behaviours, actions, patterns, and lifestyle; family, friends, or colleagues)? Why do you think they're related in this way?

Integration is about achieving wholeness: which can mean a bringing together of all parts of self, to reconnect to self, others, and/or the world around you. What does wholeness mean to you?

How do the understandings of your experience weave a path towards wholeness?

What emerged during the psychedelic experience that helped you better understand these themes and how to work through them in your daily life?

Writing Prompts: Round 2

Reflect on your 2-3 key themes, how do these understandings relate to different aspects of yourself?

What insights have you gained about your health and well-being practices?

What has been your biggest challenge with your integration process?

Stage 2 Summary

Well done! You have made it to the Stage 2 Summary of your psychedelic integration. Hard work is the catalyst that transforms a vision into reality, perseverance into achievement, and potential into success.

Here Are Your Instructions:

- Document what you have learned and/or changed.
- The writing prompts will start to get you thinking about **small, safe, low consequence actions** you can experiment with that nudge you along your path to personal growth.
- Take your time, be intentional and meet any mistakes or setbacks as opportunities to improve.

In Stage 2 you identified 2-3 key areas that may be related to some aspect of your health. What changes are you considering making? What would happen if you made this change?

Consider the 6 domains of health practice. Are there any patterns that are being learned? Conversely, are there ones needed to be unlearned?

Contemplative	Nature	Relationships
Spiritual / Religious	Physical	Lifestyle

Reflecting on your interpersonal communications, has anything changed in the way you show up for others? How could you incorporate presence, active listening, and perspective taking more in your every day relationships?



Stage 3: *Embodied Change*

In **Stage 3** the focus shifts to integrating psychedelic insights into daily life. You identify value-aligned activities, set goals, and create an action plan around the 2-3 key themes previously identified.

Daily writing continues, exploring insights and its impact on health practices. You will experiment with small actions to test these insights and adapt them to your unique needs.

Psychedelic integration bridges self-understanding gaps, requiring engagement, reflection, self-compassion, and a growth mindset. Being intentional, attuned, and acting on new behaviours builds trust, fosters authentic change, and deepens self-understanding.

Writing Prompts: Round 1

How have your beliefs, perspectives, priorities or values changed since your psychedelic experience? How can you align your actions with these insights?

Are there any potential limiting beliefs or thought patterns that have come up during the experience and/or after while integrating? If so, how might you reframe them?

What are you most excited about since having your psychedelic journey?

Integration gets enacted if you are moving in a direction that is values-driven.

Are you on track for reaching some of your goals?

Now that many weeks have past since your experience, what insight seems to remain important or meaningful?

Is there anything you are having trouble unlearning, letting go of or working through?

Is there another small step you need or could take to facilitate positive change in your life?

Writing Prompts: Round 2

What new behaviours have you been implementing and experimenting with? How has this process been for you?

What behaviours are in need of change or adaption?

Where do you need to explore more deeply?

What tools or resources would help most in this process?

If we reflect on where you started prior to your psychedelic experience and where you are today, what has changed?

Maintenance Phase

The maintenance phase is the ongoing work of bringing insights into daily life. It can continue long after the initial integration period. Key components include:



one. Continuation of Mindfulness Practices: Regular practice can support presence, self-awareness and connection to your inner experience.



two. Integration of Insights Into Daily Life: Apply what you have learned through small actions, goals and self-care that reflect your values.



three. Continued Self-Reflection: Use journaling, therapy or regular check-ins to explore your thoughts, feelings and behaviour, and notice where you want to grow.



four. Community and Support: Stay connected with a supportive community or trusted integration professional. Sharing experiences can offer perspective and support.



five. Cultivating Balance and Well-Being: Make room for exercise, nutrition, restful sleep and your mental, emotional and spiritual well-being.



six. Continued Learning and Growth: Keep exploring through reading, workshops or practices that support your interests and self-understanding.

The maintenance phase of psychedelic integration is a dynamic process, unique to each individual. It requires commitment, self-compassion, and a willingness to continue integrating the transformative experiences and insights gained from the psychedelic journey into one's life on an ongoing basis.

Here Are Your Final Instructions:

- Complete the final writing prompts for **Stage 3**.
- Set the right trajectory for the next phase of your life.

Writing Prompts: Final Reflections

What has been the most rewarding part of this journey thus far?

How has this process impacted the different domains of your health?

What is the biggest challenge you overcame throughout your integration process?

Stage 3: Summary

Describe one ongoing self-reflection practice you will continue to engage in. How do they support your continued growth and integration?

Share how your community and support network have played a role in integration. How have connections with others who understand the psychedelic experience supported you?

Reflect on your relationship with mindfulness, what has changed in the way you approach thoughts, emotions, and actions?

Describe how a deeper connection with Nature can impact wellness and well-being:

Explore the areas of your life where you still feel a need for further growth or integration. How do you plan to address these areas moving forward?

Describe any resources, people, and behaviours that have supported your ongoing learning and growth. How have they contributed to your journey?

What would you tell yourself, prior to the psychedelic experience, how you have changed throughout the integration process?

Final Remarks

Congratulations on completing the integration guidebook! We hope you have embraced the challenges, celebrated the victories, and cultivated a deeper understanding of yourself. Your courage to explore and embody the lessons learned from your psychedelic experiences is truly commendable.

As you move forward, may the positive changes you have witnessed during this integration phase continue to ripple through all aspects of your life. Remember, this is just the beginning of an ongoing journey of self-discovery and personal evolution. Your dedication to your own growth is an inspiration, and we celebrate your achievements thus far.

If you are looking for additional support connect with an Entheo Integration Specialist by emailing us at info@entheo.org. Once again, congratulations and may your integration journey continue to bring you fulfillment, connection, and profound transformation.

Warm regards,



The Entheo Team



www.entheo.org

What may be happening in the brain

Evidence reviewed: September 27, 2026.

Classic psychedelics can temporarily change familiar patterns of perception, emotion and self-experience. One interpretation is that usual expectations become less dominant. This may offer an opportunity to examine old patterns; it does not ensure helpful change. [1, 2]

During the experience

Activation of serotonin 5-HT_{2A} receptors is important for the acute effects of psilocin, LSD and DMT. Studies show altered coordination across brain networks and more varied signals. The default mode network does not switch off. A colourful brain image cannot establish that someone is healing. [1, 3]

Afterward

Some brain changes outlast the experience. Human evidence for structural plasticity is still limited and indirect. Animal findings of new or enlarged synaptic structures should not be presented as demonstrated new connections in a person. A recent small human PET study found no significant overall increase in its synaptic marker. [4, 5]

The proposed window

There is no established biological deadline for integration. Animal studies of learning windows cannot tell us how many days a person has to make a change. Reflection, relationships and practical support can be useful without claiming they work through a proven window of plasticity. [6, 7]

Fresh snow, with limits

Our image of fresh snow covering familiar ski tracks can describe the feeling of having other routes available. Memories are not erased, and new routes are not automatically better. Give yourself time to decide which insights hold up in daily life.

Meaning, memory and support

A vivid experience is not independent evidence

A memory or insight can feel deeply convincing. That feeling does not establish its historical accuracy or factual truth. It is possible to take an experience seriously without deciding immediately what it means. Memory findings vary by substance and by the task used to study them. [8]

Flexibility is not a guarantee

Neural signal diversity, performance on a thinking task and psychological flexibility are different things. None can stand in for a clinical outcome. Associations between brain changes and symptom improvement do not prove that one caused the other. [3, 9]

Context matters; the best formula remains uncertain

Newer psilocybin research finds brain patterns that vary with music, meditation and other surroundings. That supports taking context seriously, while leaving open which supports produce lasting benefit. The contribution and best timing of integration remain under study. [7, 10]

You do not need to force an experience

Curiosity or mindfulness may be helpful when manageable. Asking for support or grounding is valid. Distress is not proof of a failure to surrender, and a difficult outcome is not proof that someone failed to integrate properly.

Keep substances separate

MDMA mainly promotes monoamine release through transporters and is different from classic psychedelics. Ketamine has different pharmacology, and ayahuasca includes MAO inhibitors. Do not use one neuroscience explanation to infer medication safety for another substance. [1, 11]

Read alongside

Read alongside Entheo's Basic Psychedelic Neuroscience page and "What Are Psychedelics Doing in the Brain?" Medication decisions are covered in the Preparation Book. Website updates remain under review; live pages may still use earlier wording.

Direct sources

The types of evidence are different. A model, a mouse experiment and a human imaging result should not be treated as equivalent.

1. The neural basis of psychedelic action (2022) <https://pmc.ncbi.nlm.nih.gov/articles/PMC9641582/>
2. Carhart-Harris & Friston (2019). REBUS and the Anarchic Brain <https://doi.org/10.1124/pr.118.017160>
3. Scharfner et al. (2017). Increased spontaneous MEG signal diversity for psychoactive doses of ketamine, LSD and psilocybin <https://doi.org/10.1038/srep46421>
4. Shao et al. (2021). Psilocybin induces rapid and persistent growth of dendritic spines in frontal cortex in vivo <https://doi.org/10.1016/j.neuron.2021.06.008>
5. Johansen et al. (2026). Psilocybin's effect on human brain synaptic plasticity <https://doi.org/10.1038/s41398-026-04285-y>
6. Nardou et al. (2023). Psychedelics reopen the social reward learning critical period <https://doi.org/10.1038/s41586-023-06204-3>
7. Carhart-Harris et al. (2018). Psychedelics and the essential importance of context <https://pubmed.ncbi.nlm.nih.gov/29446697/>
8. Doss et al. (2023). The acute effects of psychoactive drugs on emotional episodic memory encoding, consolidation, and retrieval: A comprehensive review <https://pmc.ncbi.nlm.nih.gov/articles/PMC10247427/>
9. Daws et al. (2022). Increased global integration in the brain after psilocybin therapy for depression <https://doi.org/10.1038/s41591-022-01744-z>
10. Stoliker et al. (2026). Psychedelics align brain activity with context <https://doi.org/10.1038/s41586-026-10910-z>
11. Ecstasy, molly, MDMA: What health practitioners need to know about this common recreational drug (2025) <https://pmc.ncbi.nlm.nih.gov/articles/PMC11932799/>