



Sabrina Santa Clara

&

The Center for Embodied Spirituality

presents



**An Introduction to
Self Psychedelic Integration™**

in conjunction with The Nowak Society



February 3, 2022

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- MA, Somatic Counseling Psychology
Naropa University, Dual Degrees:
Body-Centered Psychotherapy
Dance/Movement Therapy
- BA, Sociology
Minors in Human Sexuality & Spanish
- CO Licensed Professional Counselor
- Certified Internal Family Systems (IFS)
Therapist & Consultant
- Registered Dance/Movement Therapist
- Certified Psychedelic Integration
Therapist - Fluence
- Registered Yoga Teacher
- Registered Massage Therapist 25
years (currently inactive)

- Bicultural/Bilingual (Spanish)
- Genderfluid – She/Her



Sabrina S. Santa Clara
LPC, CIFST, CPIT, R-DMT, RYT



Why this talk?



Healing From Healing – Adam Aronovitch

Healing Culture is, in its essence, a culture of consumption. Consumerism is inextricable from the way we think about healing, transformation and personal development. Hopelessly entranced by the allure of its slick marketing and grandiose promises, the wellness industry delivers endless streams of aspirational content, as we chase our tails signing up for yet another exotic retreat, doing another diet, buying that new supplement that we saw in that swole guy's Instagram Live, buying into another Keto junk fad pumped-up with sponsored content for Yoga moms in lululemon pants and craving that new fancy treatment that we saw advertised in the stylized pastel fonts of the Goop Lab.

“Doing the work” is the new moral imperative of the awakened consumer-class, who trade in webinars that teach how to be a mindful entrepreneur and conscious capitalist, mixing and remixing word salads that draw from the language of marketing and the jargon of healing to produce new brands of expensive and organic Spiritual Bypass, contributing our bloated share of carbon footprints as we book round trip flights to Tulum and Bali, casually gentrifying and destroying the delicate social fabric of our exotic paradises, turning them into instagrammable pockets of colonial privilege.

Of course, as long as we call it “medicine” and “healing work” we can indulge in all of these excesses without much guilt. And if we stop for a moment and in a flash of lucidity we begin to reconsider what “doing the work” actually means, we run the risk of being shunned and ostracized from our community of committed light workers who might feel personally attacked if we decline their invitation to participate in another conscious full-moon tantric cacao and DMT enneagram-inspired shamanic ceremony. You gotta look into that shadow, brother. How are you gonna do that without frog poison or Amazonian vine juice?

And what is integration anyway? What does integration mean in the age of hyper-individualistic alienation and ecological catastrophe? What could integration look like, grounded and in alignment with our individual, social and environmental global predicaments?



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Medical Model

1. Educated Experts
2. Pathology Focused
3. Chemical of medicine active agent – Magic Pill
4. Patriarchal/Hierarchical
5. Scientific Model as Highest Value
6. Individualistic
7. Set/Preparation via therapeutic process
8. Setting based on structure
9. Integration strong focus but often limited
10. Ethics as legalities and not fully explored

Shamanistic Model

1. Shaman as Experts
2. Spirit Pathology Focused
3. Spirit of Medicine active agent via Shaman
4. Community Focused w/shaman hierarchy
5. Spirit/God as Highest Value
6. Spirit-community-individual
7. Set/Preparation determined by Shaman
8. Shaman determines setting
9. Integration generally limited
10. Ethics – Often not explored

Self Psychedelic Integration Model

1. Individual as expert – medicine as expert. Guides, shamans, therapists are helpful adjuncts.
2. Wholeness focused. People are not broken, rather parts carry wounds.
3. Medicine is one tool among many tools for expansion. There is no magic pill.
4. Eschews hierarchy. Individual and community focused.
5. Integration & Intuition highest value: pluralistic, all/and, science/spirit, mundane/spiritual
6. Integration of the spirit - individual – community
7. Preparation via self-reflection, artistic process, somatics and, parts in alignment
8. Set/Setting via self-reflection, somatics, parts in alignment
9. Integration IS the work: somatics, artistic process, movement, ritual, music, parts exploration, etc.
10. Ethics explored deeply.

EXPERIENTIAL: HEARING THE YES AND THE NO IN YOUR BODY





Self Psychedelic Integration

Incorporates

Somatics

Internal Family Systems

Expanded States of Consciousness (NOSC)

Creative & Expressive Arts

Poetry, Art, Dancing, Singing, Etc

Energetics & Touch

Neoshamanistic Ritual

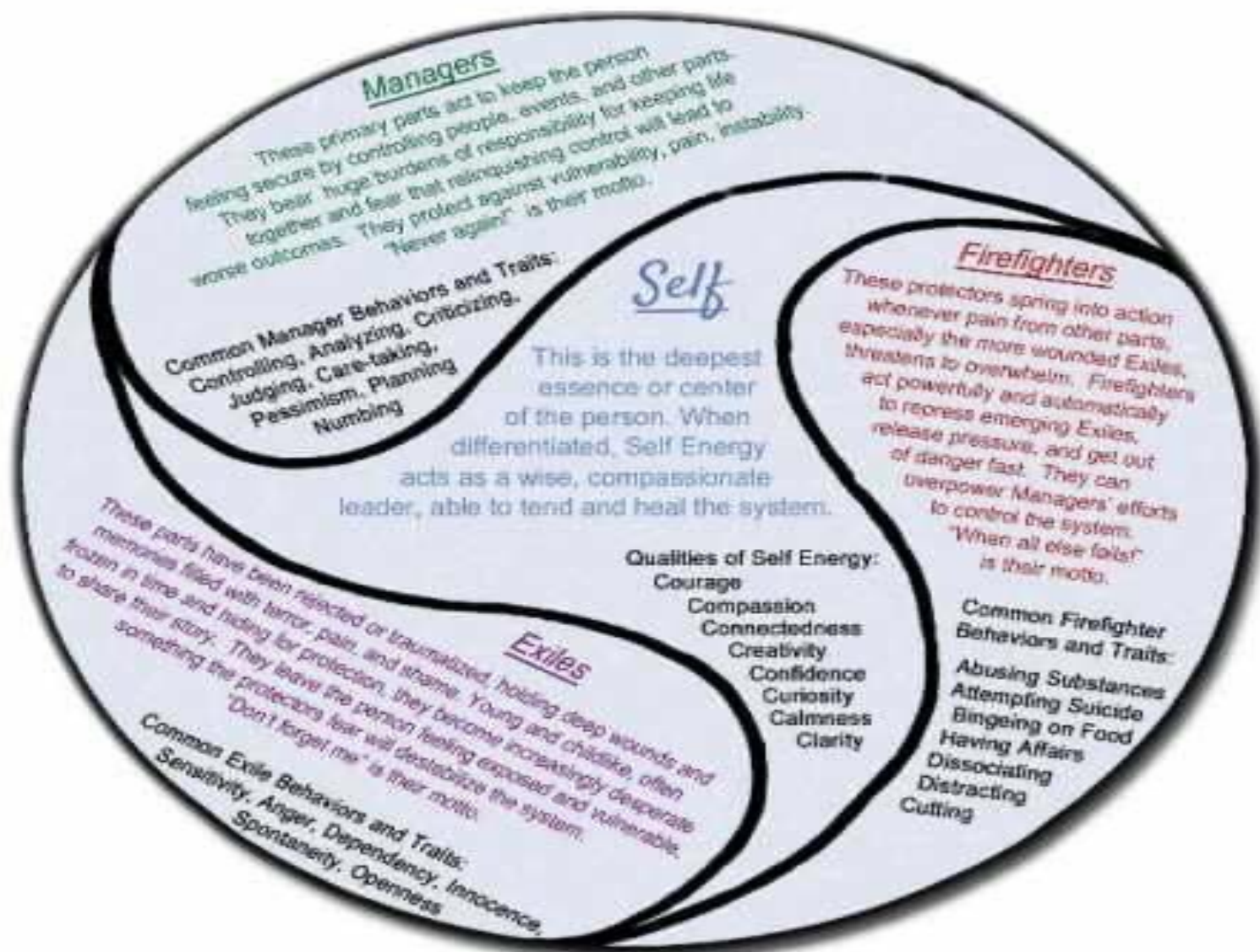
Community

The Natural World

Spirituality/Mystery

Note that while I am separating these out they are also integrated. For example IFS is neoshamanistic, somatic and takes us into NOSC states; Expressive and creative arts can be explored in nature, etc.

The Burdened Internal System



Graphic by Janet R. Mullen, LCSW

Text adapted by M. Pastor from *Internal Family Systems* by Richard Schwartz, PhD.

The 8 C's of Self Leadership

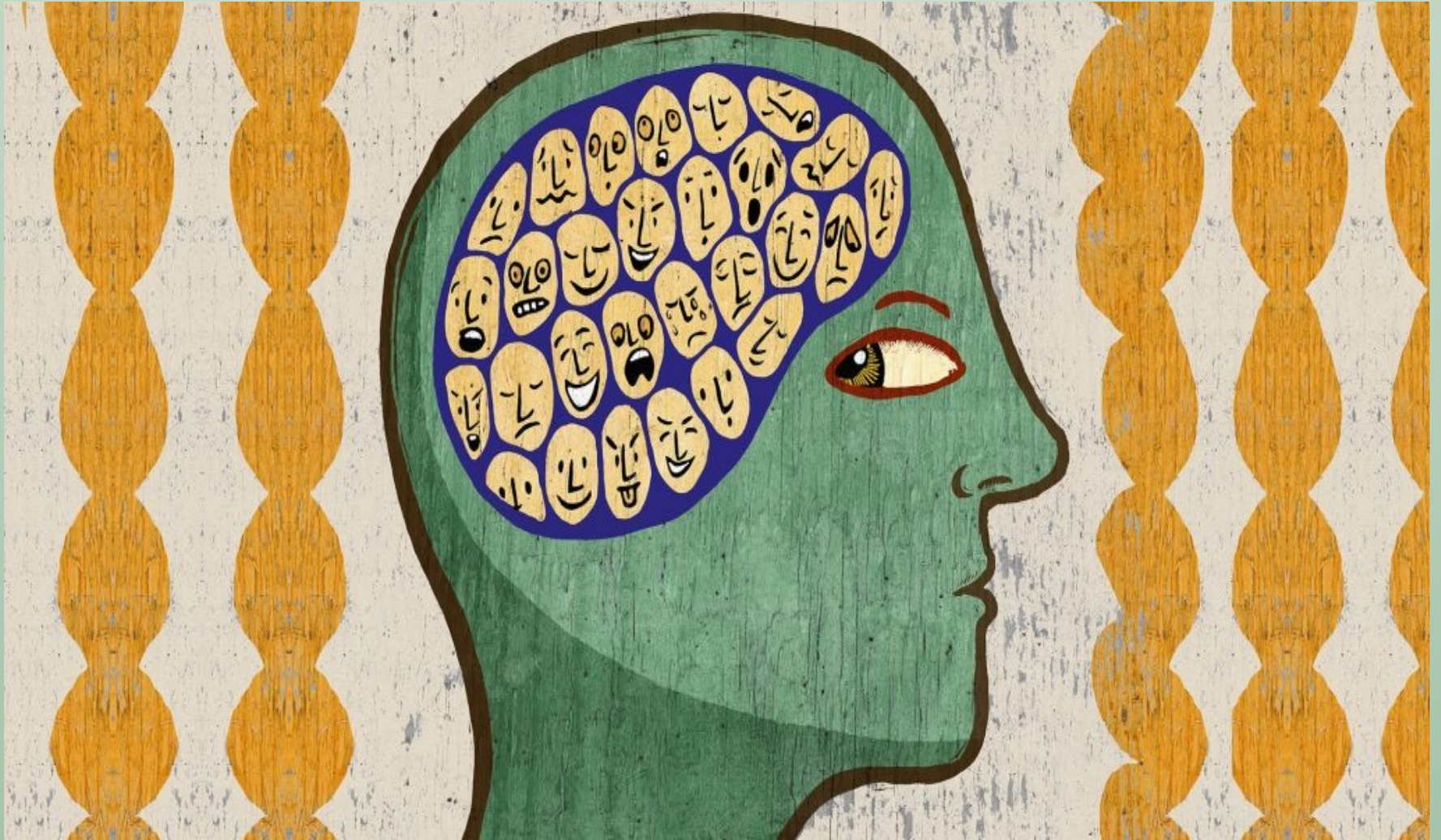


"Our Grounded, Wise, Infinite, Knowing Self is like the sun...
It can be eclipsed and obscured, but never eradicated."

Sabrina Santa Clara



All Parts Welcome



SOME EXAMPLES OF EXPANSIVE, ALTERED, OR NONORDINARY STATES OF CONSCIOUSNESS

- Meditation
- Breathwork
- Art Making
- Psychedelics
- Lucid Dreaming
- Shamanic Journeying
- Hypnosis

Deprivations:

Sleep Fast, Food Fast,
Sensory Deprivation

Indulgences:

Physical exercise, Sex,
Music, Singing/Sound

Therapy:

Regressed States, IFS,
Family Constellations

Movement:

Authentic Movement,
Ecstatic Dance, Butoh,
Tai Chi

Movement - Embodiment



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Embodiment & Touch

solo and
within community



In this incarnation,
our bodies are the
medium through
which we experience
the spiritual, so rather
than transcending the
physical world, the
practice is to deepen
into our full humanity
and the sensory-
emotional body.



Originally Drawn This Direction



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When Turned Upside Down



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Created This Direction



Upside Down





Original Direction

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Upside Down

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Experiential: Energy hands





Touching Objects

Everything has a life force





Sound



Ritual and The Natural World



Nature's Mandala



Nature's Mandala



Sue Wallingford



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Integration Rituals

Integrating the
spiritual world
with the
mundane world

Spirituality



Using Intermediary Objects: Weight Bags



For helpful videos search Youtube for Sabrina Santa Clara

UPCOMING TRAININGS

- 02/05/2022, zoom, 4 hours
Intro to Psychotherapeutic Touch for Integrative Psychedelic Professional
- 2/11/22 - 5/13/21, zoom, 9 hours
Internal Family Systems Mentoring – Novice Level
Applies towards IFS Certification
- 4/16/22, zoom, 6 hours
Self-Psychedelic Integration Certification
- 4/22-24/2022, Boulder County, CO, 20 hours
Psychotherapeutic Touch™ Certification Level 1-2



Consultation/Supervision Available: Abina@SabrinaSantaClara.com

YouTube: Sabrina Santa Clara

[Facebook.com/SabrinaSSantaClara](https://www.facebook.com/SabrinaSSantaClara)

COMMITMENT TO ACCESSIBILITY

I recognize how systemic racism, meritocracy, capitalism, colonialism, patriarchy, and white privilege have been an integral part of Western society and the field of psychotherapy.

If you are a BIPOC or global majority identified person, or you are from another historically marginalized population, AND you are providing care to BIPOC or other historically marginalized populations AND have financial needs, I offer 10% of all training at a reduced price based upon financial need.

Good-Bye



Whatever goodness this day has brought, may it be of service to all those who suffer.
Whatever wisdom and insight we have gained, may we willingly share it with all beings.
Whatever grounding and solidity we have discovered, may it be multiplied and
transmitted for the happiness and welfare of all living beings