

Creative Pathways: Art Therapy for Psychedelic Integration in Group Contexts

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Abstract

Psychedelic integration refers to multiple interrelated dimensions that contribute to psychological well-being. These include the physical (body and movement), emotional (processing and regulating emotions), cognitive (thinking and learning), social (relationships), spiritual (beliefs, values, and meaning), and environmental (external influences shaping experience) domains (Bathje et al., 2022). Integration is supported by mind-body practices such as meditation and art-making (Tadmor et al., 2025).

The body-mind model in art therapy emphasizes the link between somatic experience and emotional processing. Creating with art materials can access implicit bodily memories and transform them into conscious emotional and cognitive insights. This process fosters self-reflection, new perspectives, and decision-making, supporting integration (Czamanski-Cohen et al., 2021).

This experiential workshop introduces a model for psychedelic integration through visual art-making in a group setting. The model is grounded in principles of group-based psychedelic integration (Modlin et al., 2025) and mindfulness-based group art therapy (Joshi et al., 2021), delivered in a single-session format (Wilson, 2021). The workshop focuses on integrating past experiences through creative expression. As a non-verbal language, art-making enables access to ineffable experiences—such as those encountered in psychedelic states, and supports their expression and reflection.

Participants will engage in a guided art-making process, followed by reflection on their creations as a means of connecting the psychedelic experience to everyday life. The model presented is part of an ongoing research and development project in collaboration with Voyager, exploring art-based approaches to psychedelic integration.

The workshop is open to all participants and does not require prior experience in meditation or art-making.