

Integration Group

Experiencing a non-ordinary state can be a potent force for healing and transformation. In order to translate insight from non-ordinary states of consciousness into daily life, the intensity, uniqueness and ineffable nature of these experiences needs to be rooted in a practice of reflection, connection and discovery through the many ways we are human beings with one another in the world.

This group will consider common themes in the integration of non-ordinary experience by discussing how physiological, psychological, historical and transpersonal weave together. Participants will gain practical information about integration practices while accessing a space for peer support around the experiences that can occur in psychedelic use, meditation, breathwork, yoga and other practices. Participants are invited to support one another as they carry experience and insight into an unfolding healing and harmony throughout their lives.



Meeting Details

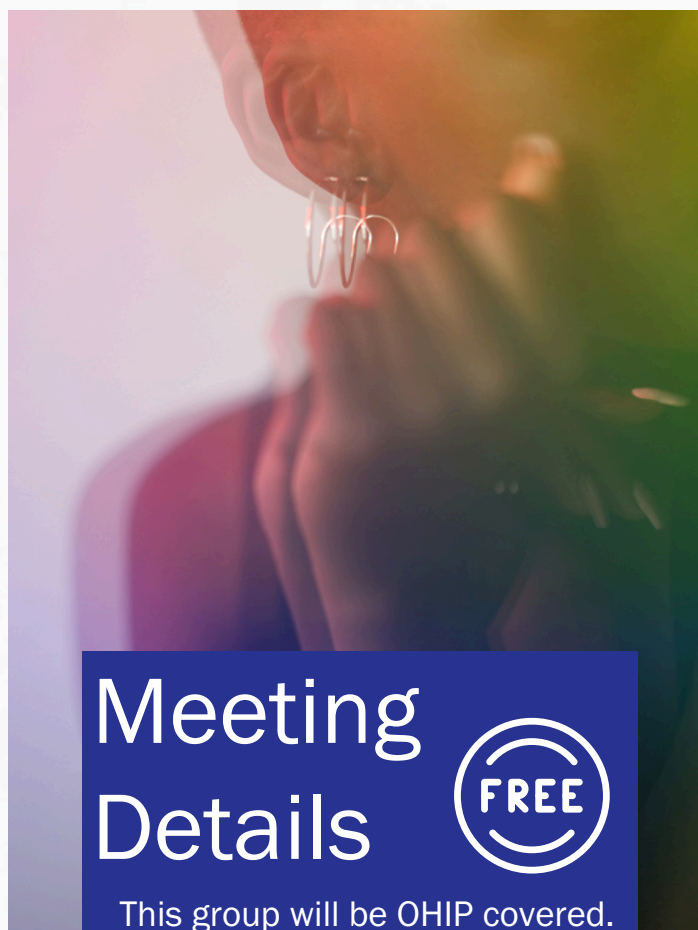


This group will be OHIP covered.
(Free to participants)

WHEN: Tuesdays 6:00 - 7:45pm.

STYLE: 15 week program with 5
scheduled break weeks throughout.
(Assessment and Intake Required).

WHERE: 703 Bloor Street West, Suite
201, Toronto, Ontario

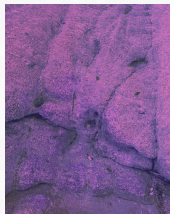


Our Vision

Heart-centered inner work
through practice,
innovation, community
and science.

REMEDY

Who is this group for

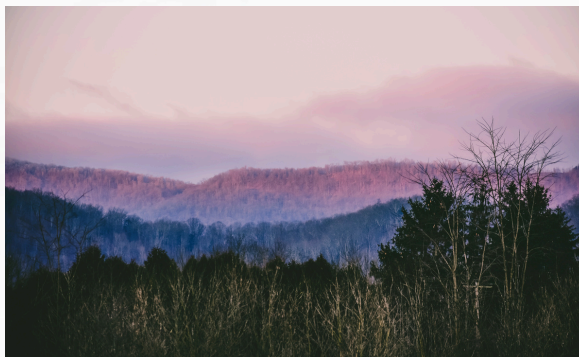


- Non-ordinary state experience.

- Connected to a primary care provider.



- Connection with a therapist recommended.



Aims and Means

To provide a space that supports individual discovery towards integrity and community

- A group meeting regularly on a weekday evening.

If you are interested:

Apply Now

Group Facilitator Meet our Doctor



Dr. Paul Uy is a psychiatrist who practices in Toronto. With a committed interest in Zen Buddhism, poetry, voice and fitness, Paul avidly considers how complexity and emergence are threaded through healing, creativity and awareness. He has provided psychiatric care and psychotherapy to substance user populations, indigenous populations and artists. He has trained in a range of psychotherapeutic modalities, including Emotion Focused Therapy, Sensorimotor Psychotherapy, Internal Family Systems, and psychedelic-assisted psychotherapy.

Contact



Phone Number

(647)-362-8822 ex. 103



E-mail Address

intake@remedycentre.ca



Our Location

703 Bloor Street West Suite 201, Toronto, M6G 1L5



Website

www.remedycentre.ca