

# Aftercare & Integration Guide

*Where lasting change is built: making the most of the window after treatment.*

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The ibogaine experience is only the beginning. What you do afterward determines whether change lasts. This guide explains the window of opportunity that follows treatment and how to make the most of it.

## The window of neuroplasticity

After treatment, the brain enters a period of heightened neuroplasticity, when it is especially able to form new connections and patterns. This window can last for weeks. It is when old habits feel looser and genuine change becomes possible.

## What integration means

Integration is the process of making sense of what surfaced during treatment and turning it into new ways of living. It includes:

- Reflecting on the insights and emotions that came up
- Setting clear, realistic goals
- Building new daily habits
- Rebuilding trust and relationships
- Planning ahead for difficult moments

## Protecting your progress

- Stay connected to your support network
- Keep routines that support your health: sleep, movement, and nutrition
- Avoid the people, places, and triggers tied to old patterns
- Reach out early if cravings or low moods return

## Ongoing support

Our aftercare support helps you carry the clarity and relief home with you, with guidance for the weeks when old patterns could otherwise creep back in. You do not have to navigate this alone.

## If you slip

A setback is not a failure, and it does not erase your progress. What matters is reaching out and getting back on track quickly. Honesty and support, not shame, are what keep recovery moving forward.