



KETAMINE: PSYCHEDELIC ASSISTED THERAPY

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EVOLVE MIND WELLNESS

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WHO WE ARE

German Ascani MD, MS

Psychiatrist, Psychotherapist

Brookwood Homeless Clinic (SCBH 2014-2018)

Founder, Evolve Mind Wellness 2019, Sebastopol

MAPS certified provider, L1 consultant, MDMA-AT

PRATI, Psychedelic Research and Training Institute, medical lead and co-faculty

Based in Denver, Evolve Mind Wellness 2022

GA

WHO WE ARE

Suegee Tamar-Mattis DO

Family Medicine Physician

Founded the SRCH Transgender Clinic in 2009

Brookwood Homeless Clinic

CIIS Psychedelic-Assisted Therapies and Research Certification 2018

Medical Lead at Evolve Mind Wellness Sebastopol since 2021

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WHO WE ARE

Moksha Donahue LMFT

MA in Counseling Psychology Meridian University

Ketamine Assisted Psychotherapy training Polaris Insight Center 2021

MD

WHO WE ARE:

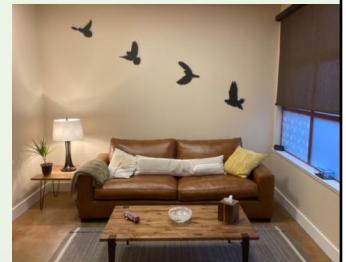
Celeste Monnette LCSW

Trauma-Informed Psychotherapist for over 25 years.

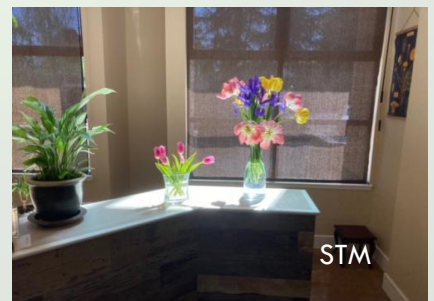
Certified Ketamine Assisted Psychotherapist since 2018

Clinical Director and therapist at Evolve Mind Wellness since 2019

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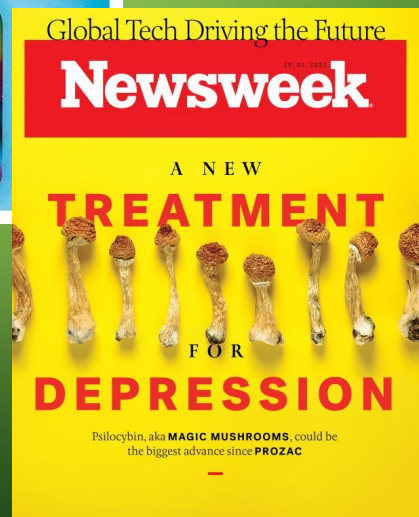
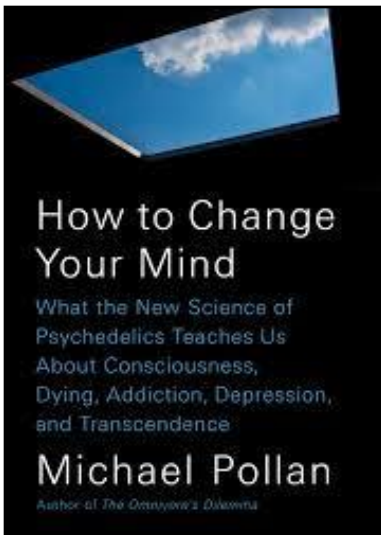
WHAT OUR FRIENDS THINK WE DO:

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WHAT WE ACTUALLY DO:

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WHAT IS PSYCHEDELIC MEDICINE?

- It's not just the medicine
- Medicine + Therapy
- This is a new way to use medication: FDA had difficulty with the concept

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HOW IT HELPS

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NEUROGENESIS AND NEUROPLASTICITY

Neurogenesis: the ability of the brain to grow new neurons

Neuroplasticity: the ability of the brain to form new connections and pathways between neurons

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Snow Globe Effect:
A good analogy



SUEGEE



WHAT IS KETAMINE?

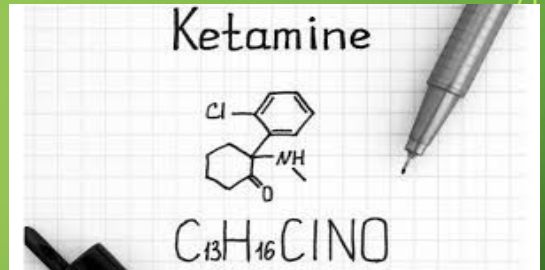
Ketamine:

- First synthesized in 1962, Arylcyclohexylamine
- Approved in US in 1970 for general anesthesia
- On WHO list of essential medicines
- “Dissociative anesthetic”
- Extremely safe track record with medical use
- Most popular agent for procedural sedation and analgesia in ED, intensive and acute care, burn patients, children, and in field medicine for trauma
- Pain management, chronic pain and palliative/hospice care



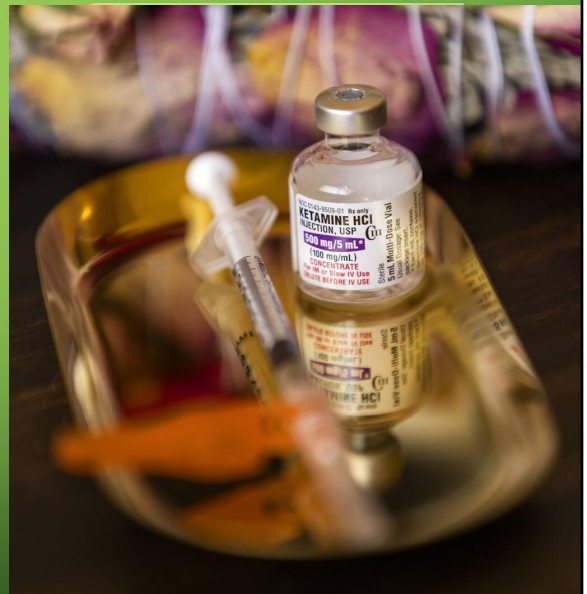
Ketamine:

- Different ROA (IV, IM, IN, SQ, SL)
- Short duration of action, short half life
- Extensive liver metabolism by cytochrome P450 (CYP 3A4)
- Minimal respiratory and cardiovascular effects
- Generic medication, very cheap



Ketamine in Psychiatry

1. The only legal psychedelic available for clinical use!
2. Rapid antidepressant effect
3. Dramatic reduction in suicidal ideation
4. Wide range of positive studies in psychiatry- TRD, PTSD



Ketamine in Psychiatry

- Antidepressant effects known for decades, 1970s
- Research into rapid anti-depressant effects in 1990s (Berman et al. 2000; Krystal et al. 1994)
- Multiple follow up studies provided evidence of efficacy (60-70%) in TRD using IV infusion (Zarate 2006)
- Remissions were short lived, IV protocol was developed with repeated infusions
- “Growing evidence supports ketamine’s robust and fast antidepressant and anti suicidal response, effects that are prolonged with repeated and continued treatment” (Sanacora 2018)
- Single ketamine infusion found to rapidly relieve Suicidal Ideation independent of mood relieving effect. (Krystal 2007, meta review by Wilkinson 2018)

Ketamine in Psychiatry

- **2017** APA Consensus guidelines on use of Ketamine to treat mood disorders
- **2019 Esketamine (Spravato) FDA-approved** for refractory depression (TRD) in conjunction with a regular antidepressant under direct observation and supervision.
- **All other use of Ketamine is off label**
 - Phase 2 trials: Suicidal ideation, psychiatric symptoms associated with serious illness, palliative care, PTSD, OCD, pain, drug resistant epilepsy, Depression associated with Parkinson’s Disease

KAP Research Publication

JOURNAL OF PSYCHOACTIVE DRUGS
2019, VOL. 51, NO. 2, 189–198
<https://doi.org/10.1080/02791072.2019.1587556>



OPEN ACCESS  Check for updates

Ketamine Assisted Psychotherapy (KAP): Patient Demographics, Clinical Data and Outcomes in Three Large Practices Administering Ketamine with Psychotherapy

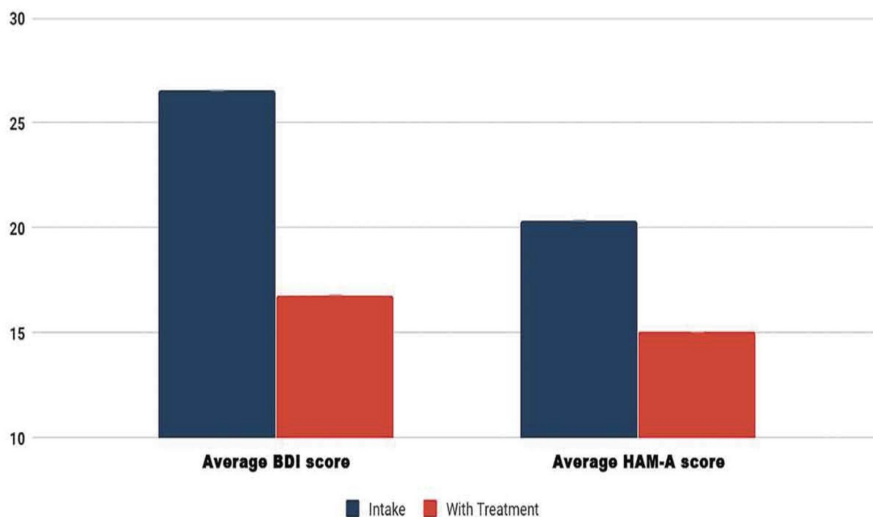
Jennifer Dore^a, Brent Turnipseed^b, Shannon Dwyer^a, Andrea Turnipseed^b, Julane Andries^c, German Ascani^c, Celeste Monnette^c, Angela Huidekoper^d, Nicole Strauss^d, and Phil Wolfson^{c,d}

^aHelios Psychiatry, Woodside, CA; ^bRoots Behavioral Health, Austin, TX; ^cCenter for Transformational Psychotherapy, San Anselmo, CA;

^dKetamine Research Foundation, San Anselmo, CA

KAP Significantly Decreases Depression and Anxiety

****Clinically significant decrease in both HAM-A and BDI after treatment ($p < 0.0001$)****



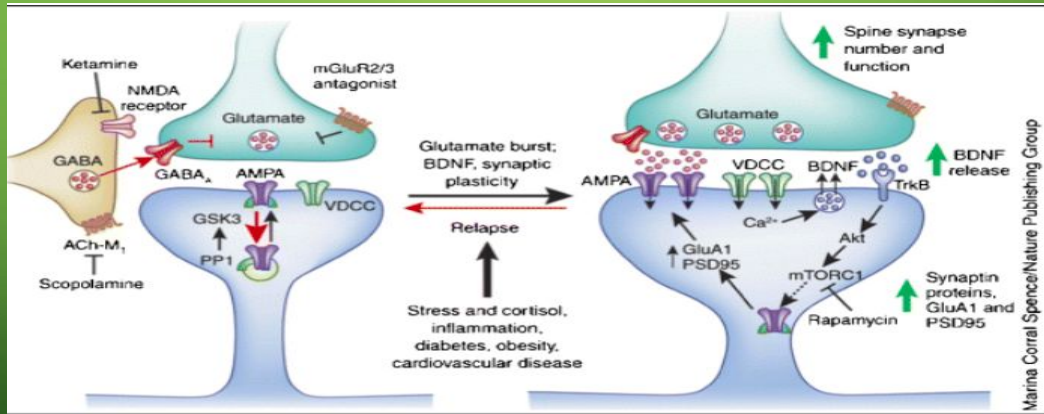
Depression and Neurotransmitters

- Monoamine hypothesis no longer holds
- Antidepressants (MAOs, TCAs, SSRIs, SNRIs) take long to work and are largely (30-40%) ineffective
- Most classic psychedelics work on serotonin receptors (5HT2A)
 - LSD, Psilocybin, Mescaline
- Antidepressants interfere with the action of most psychedelics
- *Ketamine works on the glutamine signaling and synaptic plasticity*

Ketamine psychopharmacology

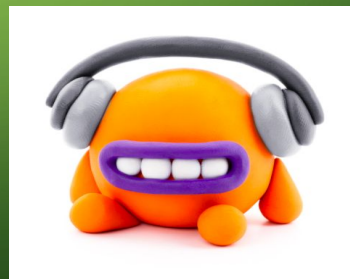
- Selective antagonist of the NMDA glutamate receptor at GABAergic interneurons (PFC, Hippocampus)
- AMPA receptor activation and BDNF release
- Downstream effects promoting synaptogenesis and neuroplasticity
- Other receptor pathways including opioid, dopamine, Ach (nicotinic and muscarinic), sigma

Ketamine pharmacology



Ketamine effects on Nervous System

- There is growing convergent evidence that **effects involve neuroplastic changes** that extend beyond the presence of drug in the body, suggesting there is an **optimal window of time while brain is more malleable** to engage in other forms of psychosocial treatments.



Indications:

- Depression (TRD, Bipolar)
- Suicidal ideation
- Trauma (PTSD, cPTSD, developmental)
- Anxiety
- Life threatening illness
- End of Life
- Being stuck
- Compulsive behaviors (OCD)
- Maladaptive patterns (Personality d/o)
- Psycho-spiritual growth

Ketamine and Treatment:

Psychiatric/Medical Evaluation

Contraindication:

- Thought Disorder (Schizophrenia)
- Active Psychosis
- Active Mania, recent mania, hypomania
- Disorganized Personality (BPD)
- Severe Substance Use
- Caution with severe trauma
- Heart Disease
- Aneurysm
- Unstable HTN
- Liver Disease
- Pregnancy
- Unstable thyroid disease
- Allergy to Ketamine
- Caution with Sleep Apnea

KAP phenomenology

- Dissociation
- Out of body
- Changes in perception, cognition, emotion
- Mood enhancement
- Anxiety reducing
- Hallucinations, vivid imagery, sensory distortions
- Ego reduction, dissolving
- Transcendence of space and time
- Mystical experiences
- Sense of oneness and connection

Ketamine Assisted Psychotherapy

What is it and who does it help?



What is Ketamine-Assisted Psychotherapy?

- High intensity, short term treatment, but can be flexible
- It is an adjunct to ongoing therapy, patients return to their therapist
- KAP is combining psychotherapy with the administration of ketamine.
- This allows for rich opportunity: being altered while participating in therapy can allow for deep shifts in perspective and opportunities for change and growth.
- Clients are matched with a therapist who works with clients by first establishing a relationship/rapport, working to prep clients for treatment, and doing integration sessions.

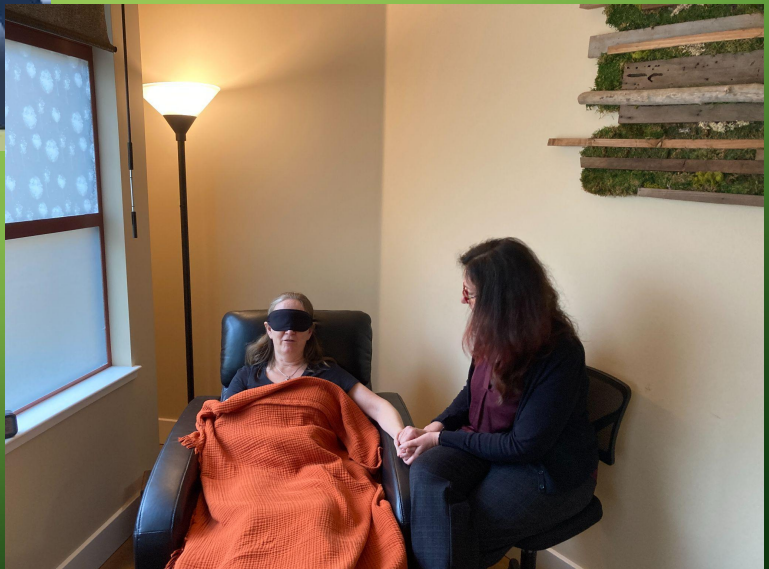
Therapy in an Altered State

- Shift from the intellectual understanding of one's issues and struggles to a internalized felt shift.
- Significant felt shifts around ones understanding of self, others, and the way one interacts with their environment.
- Accelerated form of treatment.
- Ketamine is a "dissociative" not the same as how the word is used in therapy, allows people a perspective on who they are

KAP: What it looks like:

KAP session:

- Fast for 4 hours before session
- Calming room and decor
- Reclining in chair
- Blindfold
- Music





Essentials of Ketamine Assisted Psychotherapy

CREATING YOUR CONTAINER

Set

Do I feel comfortable?

Do I feel supported?

Do I feel prepared?

Do I feel open?

Do I understand my intentions?

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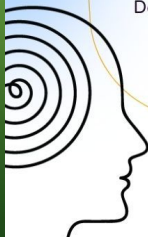
Setting

Am I surrounded by people that make me feel relaxed?

Do I feel comforted by the objects and things around me?

Do I feel safe and secure?

Do I have the tools I need?
Nature, music, blanket, etc.



INTEGRATION: FOR LASTING RESULTS



INTEGRATION: FOR LASTING RESULTS

- Done within a week of the journey
- With a trained therapist
- Helps to form and reinforce new pathways
- Bring the insights from the psychedelic experience into everyday life



Group KAP

- Newer modality
- Increased connection with others
- Builds community
- Lower cost, makes treatment more affordable



Helping the Helpers: Ketamine-Assisted Psychotherapy, Group-based Healing and Support for Health Professionals

Evolve Mind Wellness in Sebastopol :

Five-week ketamine-assisted psychotherapy (KAP) group for medical and mental health care providers in the local area.

Spaces are limited!

A FEW SPACES LEFT FOR THE MAY GROUP, CALL SOON!!

For more information:

To apply for this workshop, or for questions or info about future groups, please contact Evolve Mind Wellness at (707) 861-9208, or at evolvemindwellness@gmail.com.

Taming the Inner Critic: A Ketamine-Assisted Psychotherapy Group for Healing and Support

**Five-week ketamine-assisted psychotherapy (KAP) group
Evolve Mind Wellness in Sebastopol :**

Our group experience will support you to:

- Create a transformative space in which each participant will learn about their inner critic and how it works to limit free expression
- Develop a deeper connection to our true selves, allowing a more compassionate inner ally to speak through us
- Allow the mystical experience of non-ordinary states of consciousness to inform ourselves of what our life path could be like with a clearer sense of our deepest self
- Create community with others on this path

Spaces are limited!

For more information:

To apply for this workshop, or for more info: please contact Evolve Mind Wellness at (707) 861-9208, or at evolvemindwellness@gmail.com.

Case presentation



Questions?



EVOLVE

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