

JOURNEY SUPPORTED

Ketamine Assisted Psychotherapy

Ketamine-assisted Psychotherapy involves:

- An independent arrangement between a prescriber (independent from our psychotherapy practice) and the client, whereby the prescriber, in their clinical judgment and to the extent clinically indicated, prescribes ketamine to the patient.
- An independent arrangement between a pharmacy (independent from our psychotherapy practice) and the client, whereby the pharmacy fills the prescription for ketamine and dispenses it to the client, typically through the mail.
- The client transporting the ketamine from their residence to the office.
- The client self-administering the ketamine in our office
- Securing informed consent from the client on the provision of KAP.
- Talk psychotherapy which may include psychological support before, during, and after the client's self-administration of ketamine.

Ketamine-assisted Psychotherapy does not involve:

- A psychotherapist prescribing ketamine to a client.
- A psychotherapist dispensing ketamine to a client.
- A psychotherapist administering ketamine to a client.
- A psychotherapist advising on the administration, or assisting with the administration, of ketamine to a client.
- A psychotherapist receiving, storing, or maintaining ketamine for a client.