

10 Gentle Ways to Begin Healing with Ketamine- Assisted Psychotherapy

PAX KAP



Hello Friend,

The soul always knows how to heal itself - Caroline Myss

If you're holding this guide, something deep inside you is stirring. Maybe it's a whisper, maybe it's a roar and it's calling you towards healing. This isn't a step-by-step checklist. It's a collection of invitations. Gentle, grounded, sacred. Just like you.

Let's begin:

#1. Anchor Your Intention.

Ask yourself; *'Why am I drawn to this work?'* Let the answer arrive softly. Write it down, or record a voice note. KAP deepens when rooted in authentic longing.

#2. Create a Micro-Ritual.

Designate a small daily ritual. It could be a word, it could be stretch, it could be a scent. This is to signal safety to your nervous system. It primes your body for integration, long before the medicine touches your tongue.

#3. Learn to Listen to Your Body.

Trauma lives in the body. KAP invites it to speak. Begin by placing a hand on your chest or your belly each morning. Ask, *'What do you want me to know today?'*

#4. Prepare a Sacred Space.

Create your sanctuary, even if it's just a corner, for your journeys, to hold your grief and to explore your growth. Add blankets, plants, art, sacred objects ... anything that soothes your soul.

#5. Introduce Gentle Movement.

Trauma can freeze us. Movement restores flow. Consider slow walking or stretching, dancing, tai chi, even swaying to the music... anything to let energy move again.

#6. Choose a Grounding Object.

Select a small item that represents safety... a smooth stone, a photo, a shell. Hold it when you feel overwhelmed. Use it during medicine journeys to stay tethered.

#7. Curate a Healing Soundscape.

Create a playlist of music that feels like medicine. *(Need help? I'll share one.)* Music in KAP isn't background... it's a guide, a pulse, a bridge.

#8. Practice Nonlinear Journaling.

Instead of writing with logic, try drawing, scribbling, or word clouds. Trauma isn't linear. Your healing story doesn't have to be either.

#9. Identify Your Circle.


Healing doesn't happen in isolation. Name one or two people who feel safe. Let them know you're exploring Ketamine-Assisted Psychotherapy. Connection is part of the medicine.

#10. Breathe with the Earth.


Go outside, barefoot if you can. Breathe with the rhythm of something bigger, trees, waves, sky. Remember you belong.

Your Two Free Healing Tools:

Free 3-Track Trauma- Informed Music Playlist for KAP Prep

Carefully selected nonverbal music to soothe and open. Perfect for preparation or integration moments. (You'll find the link listed below in the next section )

Printable Daily Integration Journal Page

Gentle prompts for pre-journey insights and grounding reflections. Print it. Keep it near your sacred space. (You'll find the link listed below in the next section )

You don't have to do this alone.

This guide is just the beginning. If you're ready to explore this healing path together, I'm here. Real talk, real healing, real hope.

With deep respect and an unwavering belief in your capacity to heal, Let's Talk *Domínique*