



## Ketamine-Assisted Psychotherapy Frequently Asked Questions

### What is Ketamine?

Ketamine is a safe, legal medication prescribed off-label to treat a variety of mental health diagnoses, including anxiety, depression, and PTSD. It has rapidly acting antidepressant and mood-enhancing effects, that can begin to take effect within hours after treatment and last for several weeks after. It works by blocking the brain's NMDA receptors and stimulating AMPA receptors, which may help form new synaptic connections and boost mood-regulating neural circuits. Ketamine has also been shown to enhance neuroplasticity for lasting symptom improvement.

### How does Ketamine-Assisted Psychotherapy work (KAP)?

Ketamine-Assisted Psychotherapy is a holistic modality in which ketamine is prescribed in tandem with psychotherapy. All medical activities, including patient eligibility, ketamine prescriptions and clinical follow-ups, are coordinated between the prescribing physician/medical team and Ampersand Holistic Wellness.

The effects of ketamine, which most patients find pleasant, last for approximately 30-45 minutes. These effects can make you feel "far from" your body and facilitate shifts in perception that can often feel expansive in nature. Your motor and verbal abilities will be reduced, so you'll be lying down in a comfortable position during the experience. Once these effects subside, we'll spend the remainder of our appointment giving you space to process and discuss your experience. While it may feel hard to articulate what happens during the experience, patients feel like the insights gained are clear.

### What determines patient eligibility?

Patient eligibility is up to the discretion of the prescribing physicians, as well as Ampersand Holistic Wellness Licensed Mental Health providers. We currently only work with patients over the age of 18 who reside in Iowa.

### Does insurance cover KAP?

Some insurance providers can cover portions of KAP. Depending on your plan, you may be able to use insurance for the Clinical Mental Health Assessment, Initial Psychiatric Assessment and Psychiatric Follow-up Assessments, KAP Prep Session(s), and Integration Sessions.



## Ketamine-Assisted Psychotherapy Frequently Asked Questions

### Key Words

**KAP-** Ketamine Assisted Therapy

**Troches-** Sublingual/Oral Ketamine

**Spravato-** Ketamine Nasal Spray

**KAP Prep Session-** The session reserved for discussing many factors for KAP to ensure the client feels supported, safe and understanding of the medicine process.

**Integration Session-** Therapy session that takes place following the KAP session. This could be a day or two after, or the next week, depending on the client. This session is to process the KAP experience and support the client in integrating their experiences.