

TIPS TO MAXIMIZING KETAMINE BENEFITS

Ketamine and Spravato (Esketamine) are known to allow you to positively alter your perception of yourself and the world around you. For simplicity's sake, we will refer to Spravato and ketamine treatments as “Ketamine”. Ketamine can unearth inner realizations and help release buried trauma. Ketamine alters your mood and mind, therefore, preparing the body and mind will increase the likelihood of a good experience and create lasting changes after treatments are over. Here are some tips for maximizing the benefits of ketamine:

Preparing for the Experience:

Detoxify your body and mind by:

- Avoiding substances, activities, and items that can affect both
- Minimizing exposure to stressful, negative, or violent digital content/TV/social media
- Be mindful of what you drink, eat, watch, read the day before treatment

Healthy practices:

- Journaling and write down:
 - Goals for treatment, start with 3 and add more as you go
 - Revelations from the treatment to review with the therapist/provider
- Relaxation techniques:
 - Deep breathing to reverse fight-or-flight response into relaxation
 - Progressive muscle relaxation is consciously releasing body tension
 - Visualization creates a relaxing scene in detail to evoke positive emotions
 - Meditation can help quiet the mind
- Diet and exercise:
 - You knew this one was coming. We recommend starting slow and simple with something like going for a walk, switching the soda for a cup of water, or having smaller snacks

Setting your Intentions:

An intention is a goal you have for the experience, for your healing, and your treatment session. Having a positive experience is something we aim for but it is not always going to happen. During a session, it is important to let go and “roll with it” versus trying to control the experience. When developing an intention try to focus on the change you want to see in yourself. Before your treatment session, assess what areas of the brain you want to heal. Set one intention for each treatment session. An intention is never a requirement or expectation; to have a healing experience it is important to let go of control and allow the ketamine to do the work. Here are some examples of intentions.

- “Nurture a more trusting relationship with myself”
- “Learn how to connect with my intuition”
- “I intend to love and accept myself unconditionally”
- “I intend to release all fears and limiting beliefs”
- “I intend to let go of all that no longer serves me”



Integration for Lasting Changes:

Ketamine is proven to create neuroplasticity in the brain, inducing the brain to easily create new neural pathways (thought patterns). To take advantage of the neuroplasticity induced by ketamine, we recommend integration. Integration is processing and acting on revelations and lessons you learned during the ketamine treatment. The experience during the ketamine treatment only showed you the power of unlocking your subconscious and wisdom. The desire and motivation to make the change is the strongest immediately after your infusion and weakens over time. Integration is crucial to extending the benefits beyond the physical effects of Ketamine and to creating lasting positive changes in your life. How does integration work?

- **New intentions:** Set new intentions immediately after your ketamine treatments to capitalize on the neuroplasticity and convert the creative mind state into action
- **Expression:** Express what you experienced through writing or art
- **Plan:** Contemplate old routines, habits, and unhealthy behaviors you want to change
- **Action:** Gradually start making changes
- **Support:** Share with supportive family and friends, or explore ketamine support groups in person or online. (Be aware that their opinions are their own opinions and separate from your interpretation of the experience.)
- **Therapy:** Research has shown increased effectiveness of treatment and length of remission if therapy is done within 24 hours after ketamine. Patients who have gone to therapy majority of their lives have said attending therapy after ketamine is almost an entirely new experience, allowing them to approach it with a refreshed perspective

Recommendations on What NOT to do After Treatment:

- Don't take what you saw and experienced literally - the subconscious experience during Ketamine treatments is often abstract and symbolic like a dream.
- Don't make dramatic life changes immediately. Inspiration and the urge to take immediate action are both common after treatments. Please concentrate on reasonable and incremental changes. Dramatic changes will often result in being overwhelmed and stressed which is counter-productive to healing.
- Avoid overstimulation, work, chores, and stressful situations immediately after the infusion. It takes a while to regain normal consciousness and would also waste a golden opportunity for reflection and growth.

Responsibility and Patience:

Yes, ketamine provides an opportunity for powerful psychological change, but the change ultimately comes from within you. The healing and changes you want requires dedication, ownership, and action. Everyone is capable of this with the right tools, support, and planning. Ketamine may not be the right tool for you, but if it is then you will now know how to maximize the benefits of treatment.

Lastly, be patient with yourself and give yourself some grace throughout this healing journey. Remember that it is not a race, but a process of gradual transformation. Understand that not every ketamine-induced altered state will be profound or remembered clearly. There may be days when your mood declines, and you feel disheartened. **That is okay.** The challenges you have faced did not manifest overnight, therefore **it will take time** for your mind and body to heal. Despite all you have been through, you have preserved, and now we are here to provide the support you need to rediscover and embrace your true self once again.