

# What to Expect from Ketamine Therapy

*A trauma-informed guide to healing  
through expanded states of consciousness*



# What to Expect from Ketamine Therapy



## *Scope of Practice Sidebar*

This guide is not medical advice. It's an educational and therapeutic support tool created by Dr. Cammy, a licensed therapist trained in ketamine-assisted psychotherapy. Ketamine is prescribed through licensed medical partners (like Journey Clinical). All participation is voluntary and based on informed consent. For urgent concerns, consult your medical provider.

# Welcome to Your Ketamine Journey

If you're reading this, you're likely considering—or preparing for—a new kind of healing experience. Whether you feel curious, cautious, relieved, or overwhelmed, it's all welcome here.

This guide was created to walk beside you through each part of your ketamine-assisted therapy journey. My goal is to help you feel informed, emotionally grounded, and connected to your own inner pacing.

Ketamine-assisted psychotherapy (or KAP) can offer something unique: the chance to access an expanded state of consciousness where old patterns soften, nervous systems unwind, and previously inaccessible truths come into view.

But it's not magic.

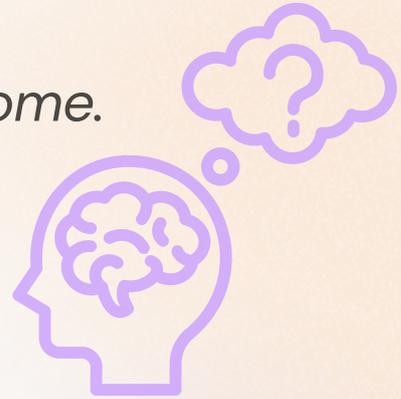
It's not a shortcut or a fix.

It's a supported window of neuroplasticity—a doorway—through which healing can begin or deepen, especially when combined with intentional preparation and skilled integration.

# Welcome to Your Ketamine Journey

*You don't need to "do it right."*

*You don't need to control the outcome.*



**You just need to arrive with curiosity and consent—to be willing to listen gently to whatever arises.**

As your therapist, my role is not to lead you somewhere I think you should go. It's to accompany you as you explore your own inner terrain, with reverence for your story, your protections, your grief, your hope. We'll move at the pace of your nervous system.

That means slowly.

Intentionally.

Kindly.

You are allowed to have questions. You are allowed to feel scared. You are allowed to change your mind.

This is your process. This guide is simply one way to support you through it.

I'm so glad you're here.

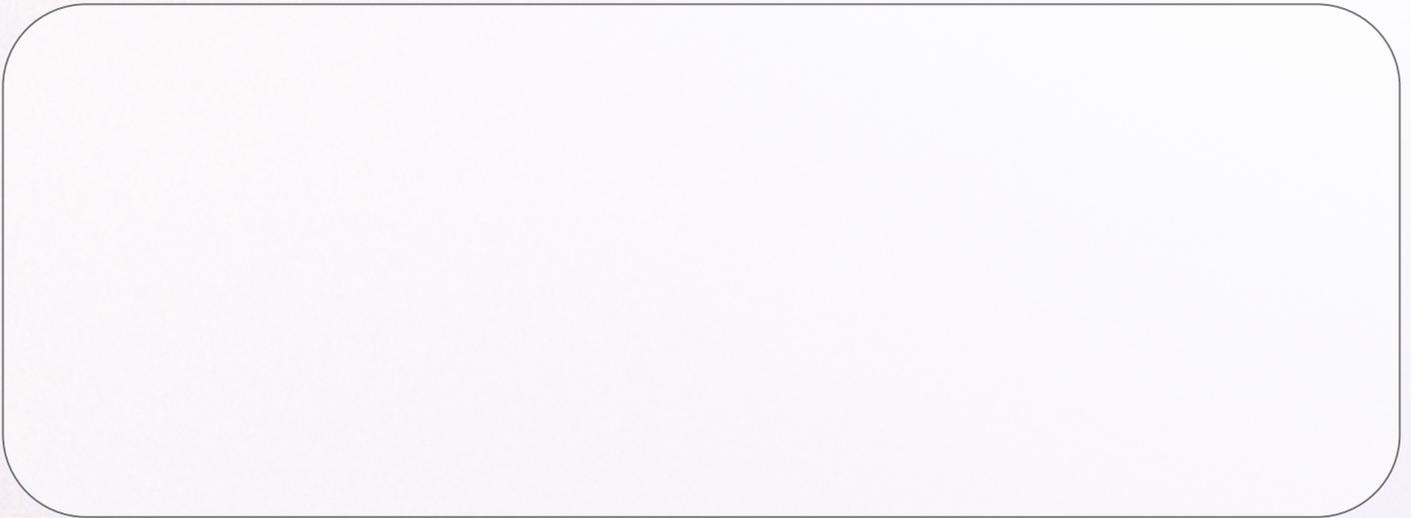
Warmly,  
Dr. Cammy



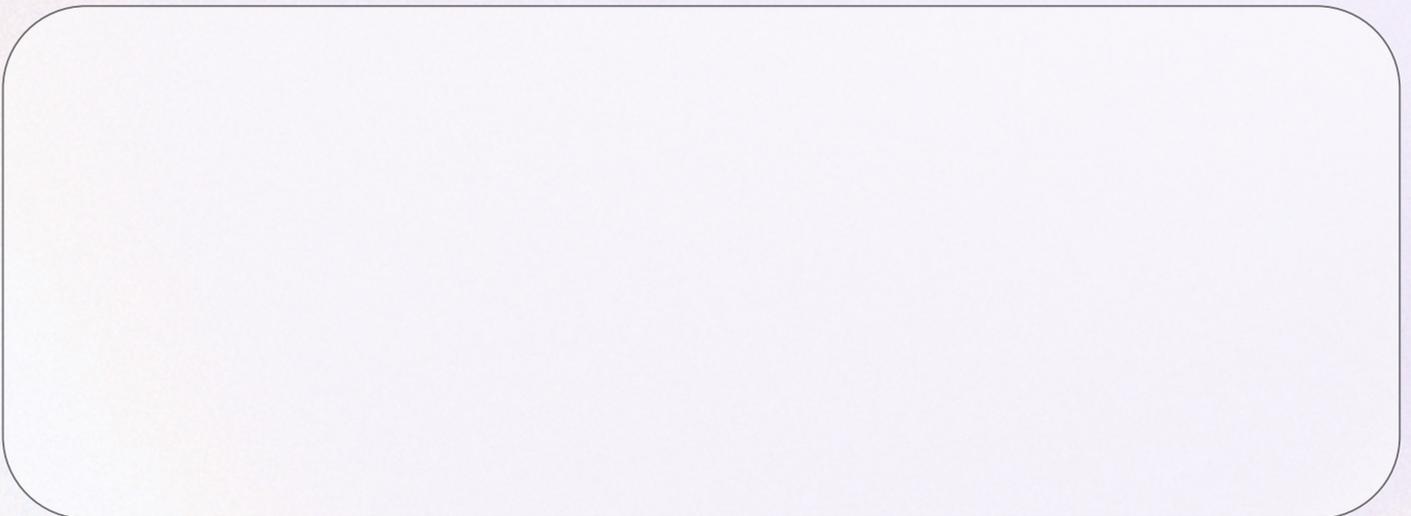
# Pause and Reflect

*Where Are You in This Journey?*

*What brought you here?*



*What part of you feels ready? What part feels unsure?*



# If You're Still Not Sure...

You might be reading this with one hand on the page and the other on the door.

Maybe you've tried a dozen things already—and nothing has helped.

Maybe part of you is curious... and another part is bracing for disappointment.

That's okay. You don't have to believe this will work.

**You just have to stay open to the possibility that something new is possible.**

**Ketamine therapy isn't about bypassing your story.**

It's not about chasing bliss or becoming someone else.

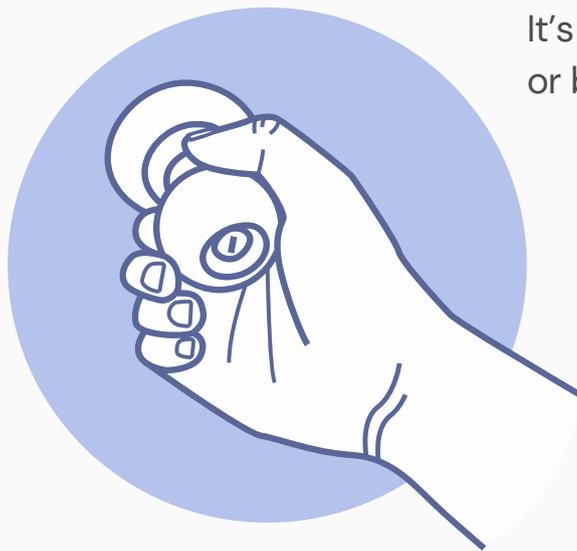
It's about creating a pocket of safety—a shift in the noise—where you can hear yourself again.

**Skepticism is welcome.**

**Fear is welcome.**

You don't have to earn this healing by being "ready enough."

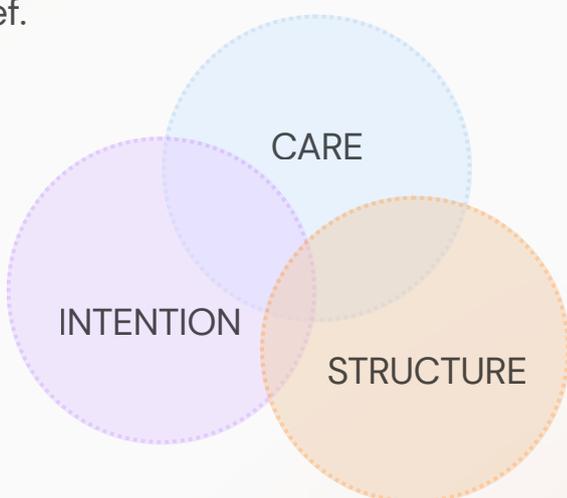
You just need a little willingness—and someone to walk beside you.



# What Is Ketamine-Assisted Psychotherapy (KAP)?

Ketamine-assisted psychotherapy (KAP) is a therapeutic process that combines a legal, low-dose form of ketamine with skilled psychological support. It's designed to help you access insight, emotional safety, and healing through an *expanded state of consciousness*—a way of reaching parts of yourself that may be hard to contact through talk therapy alone.

Ketamine itself is a well-established medicine, used for decades in medical settings as a safe anesthetic. In recent years, it's been prescribed off-label to support treatment-resistant depression, anxiety, PTSD, and trauma—especially when other interventions haven't brought relief.



*But what makes KAP different from a typical ketamine experience **isn't just the medicine. It's the container around it.***

In KAP, ketamine is offered with intention, care, and structure. You'll have preparation beforehand, therapeutic presence during, and integration afterward. You're not dropped into an altered state and left to figure it out alone. You're accompanied—with your therapist and a licensed prescriber (like those at Journey Clinical) working together to support your process.

This is different from IV clinics or ketamine-only providers, which often administer the medicine at higher doses, without preparation or emotional aftercare. Those experiences can feel intense—but without integration, what arises may fade, fragment, or overwhelm your system.

# KAP isn't about quick fixes.

It's about deepening your relationship with your own inner world—gently, safely, and with support.

The goal isn't just symptom relief. It's nervous system regulation. It's the restoration of agency, clarity, and choice.

And at every step of the way, ***you are in charge.***

You set the pace. You choose the depth. You decide how far to go—and how gently to return.



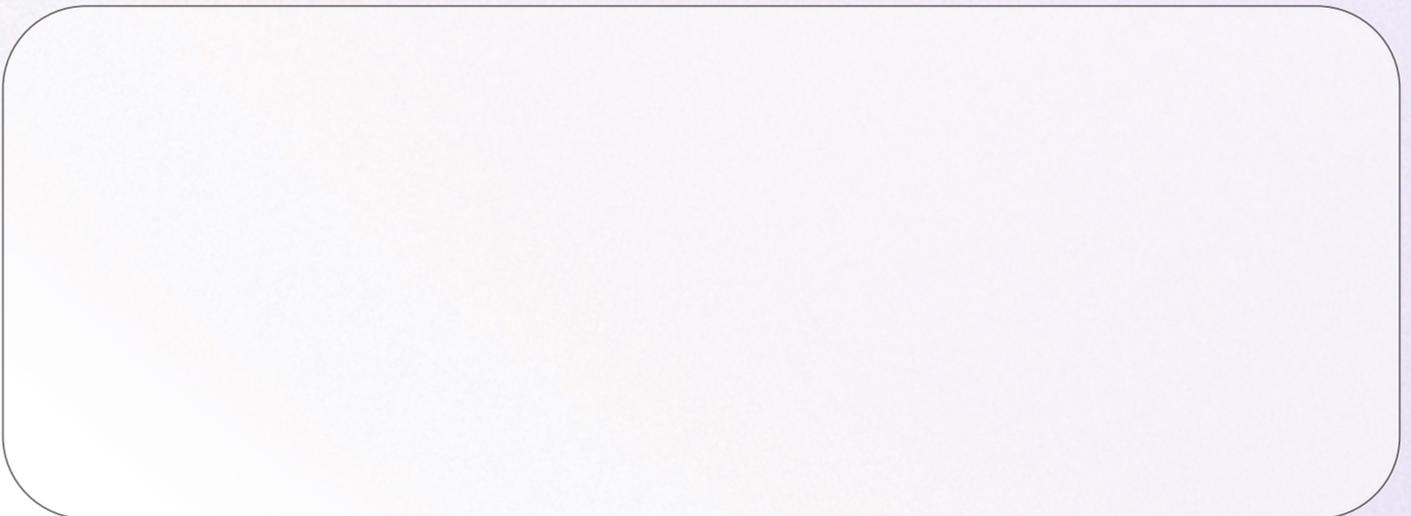
# Pause and Reflect

## *Orientation to the Work*

*What emotions or beliefs arise as you consider this approach?*



*What do you most hope to understand or experience?*



# How Ketamine Works in the Brain

You don't need to understand neuroscience to benefit from ketamine—but sometimes it helps to know what might be happening beneath the surface of your experience.

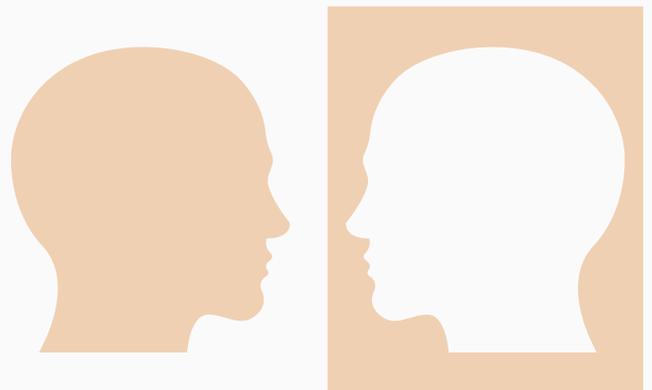
Most traditional antidepressants target serotonin or dopamine. Ketamine works differently. It acts on a chemical messenger in your brain called **glutamate**, which is involved in learning, memory, and the process of **neuroplasticity**—your brain's ability to rewire itself in response to experience.

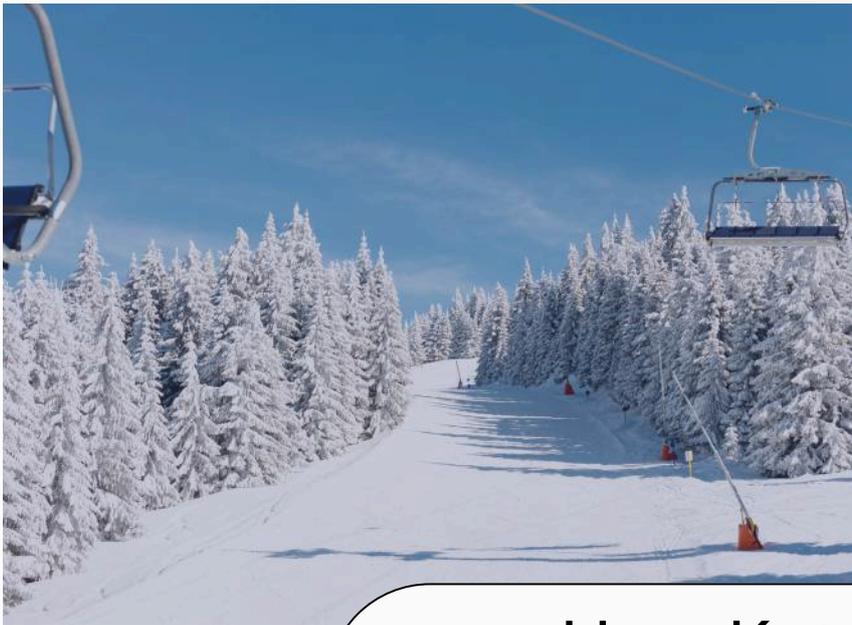
In a therapeutic context, ketamine can temporarily quiet habitual brain circuits and increase connectivity in areas involved in emotion, perception, and sense-making. It opens a **neuroplastic window**—a time when old patterns may soften and new possibilities can be felt, imagined, or integrated more easily.

This doesn't mean ketamine “rewires” you instantly. It creates conditions for change.

Conditions where insight feels less defended. Where emotional truths feel more reachable.

Where the self loosens—just enough to see itself from the outside.





## How Ketamine Works in the Brain



Here are a few metaphors clients often find helpful:

- **Fresh snow on a ski slope:** Your brain usually follows well-worn grooves—habits, reactions, trauma responses. Ketamine smooths the snow. You're not forced to change direction, but now you can.
- **Fog lifting:** Thoughts that once felt tangled may become more spacious or nameable. Sometimes the knot doesn't dissolve—but you can see it differently.
- **Stepping back from the canvas:** Instead of being pressed up against one detail, you gain perspective. And with perspective often comes choice, grace, or grief.

# How Ketamine Works in the Brain

This **expanded state of consciousness** isn't always mystical or blissful. It can feel quiet. Subtle. Even uncomfortable. You might feel exposed, slowed down, or emotionally raw. That's not a problem—it's part of the work.

The goal isn't to figure it all out.

The invitation is to **let the mind rest**—just long enough for something deeper to speak.



The brain, when given space and safety, doesn't just think differently.

*It remembers how to feel differently—and sometimes, to feel at all.*

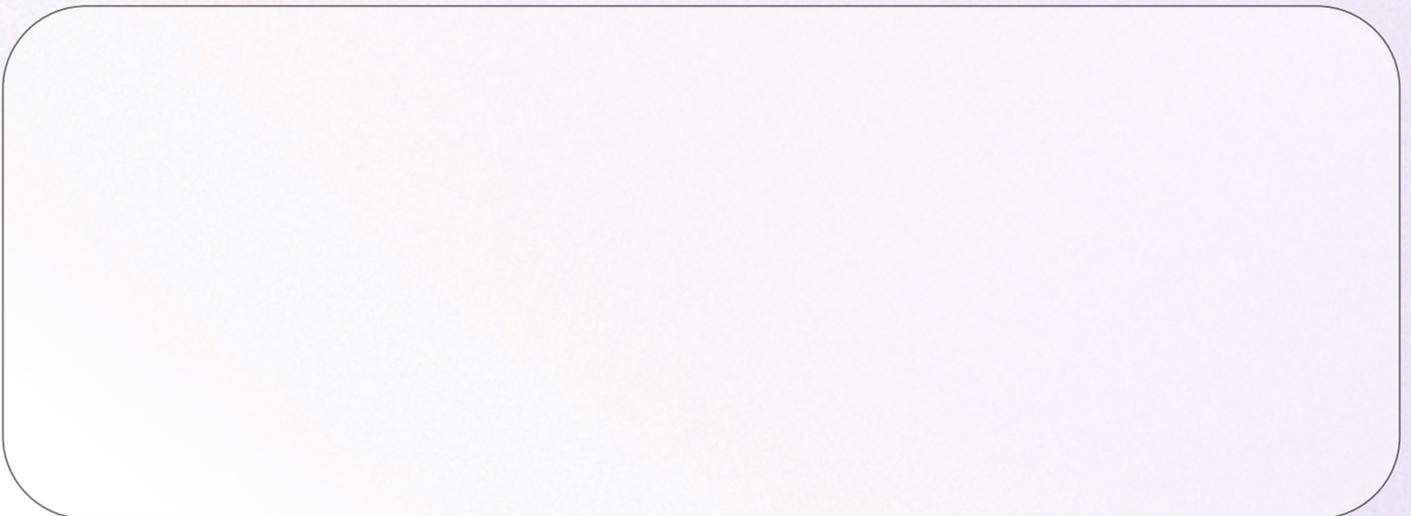
# Pause and Reflect

## *A New Lens*

*What stuck patterns or beliefs do you hope to loosen?*



*Which metaphor helped something shift for you?*



# Is Ketamine Therapy Right for Me?

Ketamine-assisted therapy isn't for everyone. But for many people, it offers something they've been quietly searching for: **a different way in.**

KAP is often helpful for those navigating:

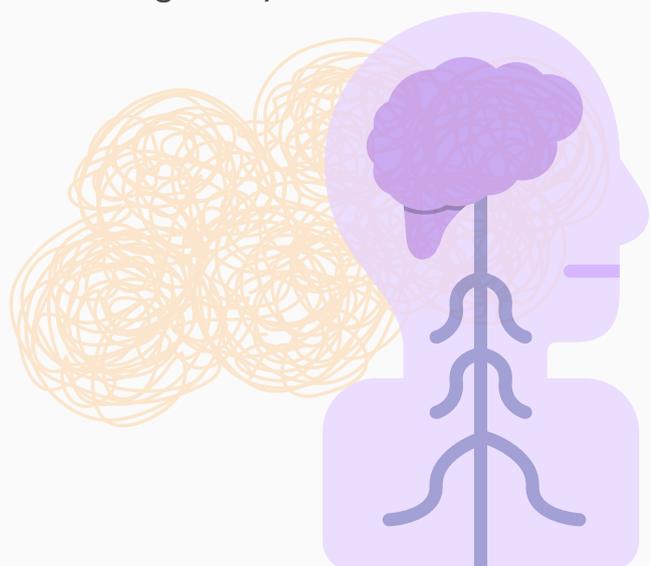
- **Depression** that hasn't responded to therapy or medication
- **Anxiety** that lives in the body, not just the mind
- **PTSD or complex trauma** where talk therapy feels too fast, too slow, or too far away
- A deep, quiet **stuckness**—the sense that something inside is frozen, unreachable, or waiting

None of this means you've failed other treatments.

It simply means you might be ready for something that works **with your whole nervous system**, not just your thoughts.

That said, ketamine is still a medicine. You'll need to be medically cleared through **Journey Clinical**, a trusted prescribing partner. They'll review your health history, medications, and vitals to ensure this treatment is safe for your body. If approved, you'll receive a prescription that fits your needs and context.

But being cleared **isn't the same** as being ready.



# Readiness is emotional It's relational. It's somatic.

It means:

- You're open to experiencing something different—even if it's unfamiliar.
- You have—or can create—some form of support before and after your session.
- You're working with me—someone trained to hold what arises with care, steadiness, and respect.
- You're not in acute crisis—but you're also not numb to your own pain.
- You're willing to **listen to your body**, even if what it reveals surprises you.

You don't need to perform "readiness.

You don't need to prove you're strong enough, spiritual enough, or healed enough.

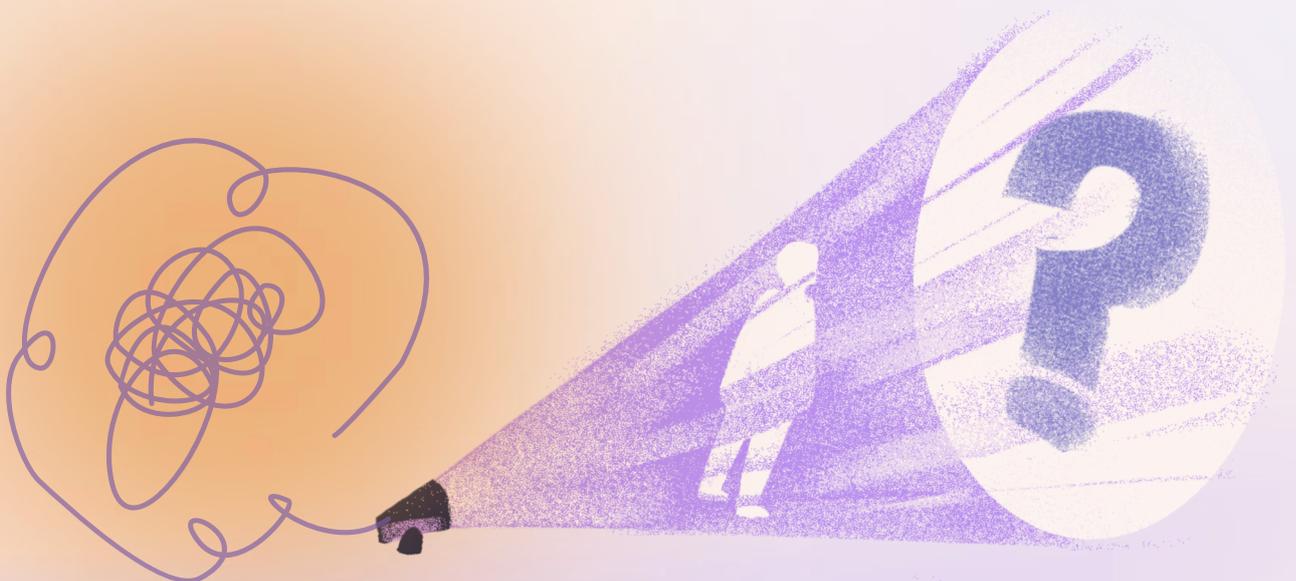
You just need to be **willing to go slow —with support.**

And if you're unsure? That's not a red flag.

That's wisdom.

In this work, doubt is allowed. Timing matters.

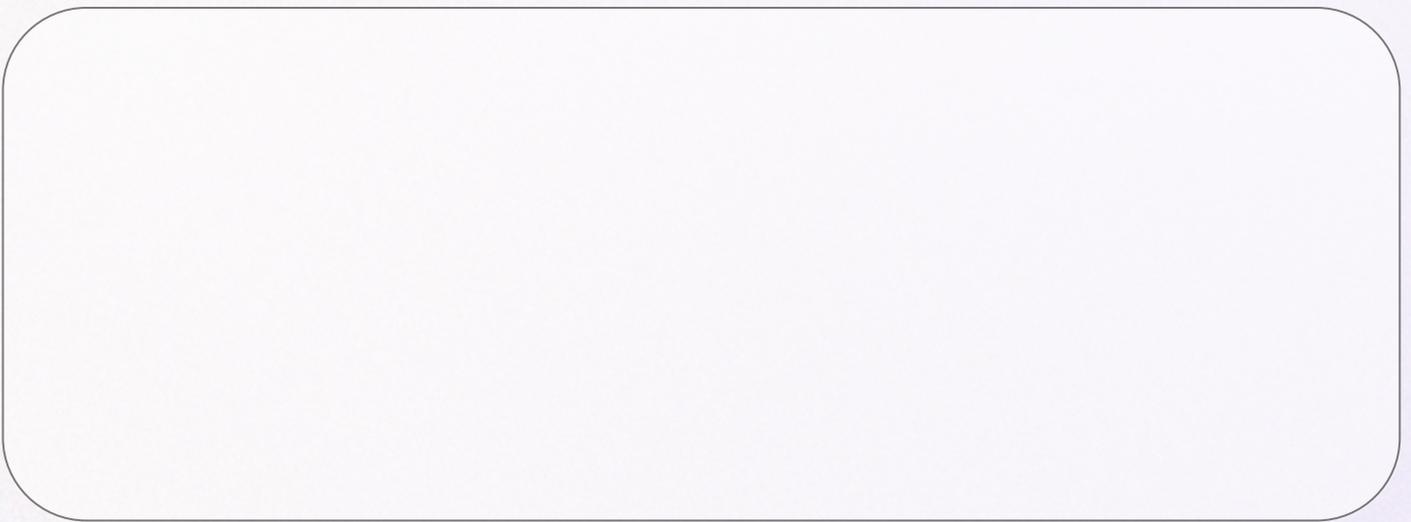
Waiting can be its own kind of readiness.



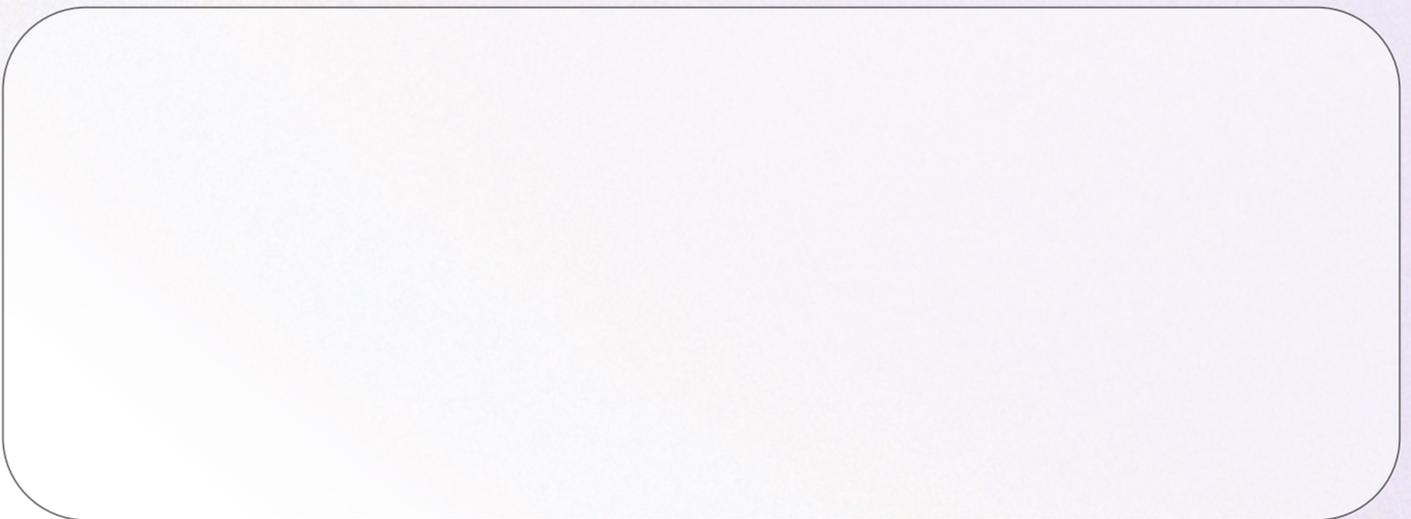
# Pause and Reflect

## *Readiness & Consent*

*What signals from your body or life suggest you're ready for a shift?*



*What would help you feel more resourced?*



# Structuring Your Ketamine Therapy Journey

There are many ways to engage with ketamine in a therapeutic context. Some models are built around symptom relief. Others center insight, safety, or long-term transformation. What matters most is finding a structure that fits you—your body, your history, your nervous system, and your readiness.

**Here are some of the most common models of care:**

## IV or IM Clinics

In these settings, ketamine is administered intravenously (IV) or intramuscularly (IM), often at higher doses and with a focus on rapid symptom relief. These sessions are typically overseen by medical staff, but rarely involve therapy before or after. Some clients find this helpful; others leave feeling emotionally unanchored or unsure how to process what came up.

## Group KAP

Group ketamine-assisted psychotherapy happens in a shared setting, where several participants dose at the same time—often with a facilitator or therapist present. This model can offer co-regulation and connection, especially for those who feel isolated in their healing. That said, it may not be ideal for those needing individualized containment or who process deeply and privately. I offer this service 1-2 times per year.

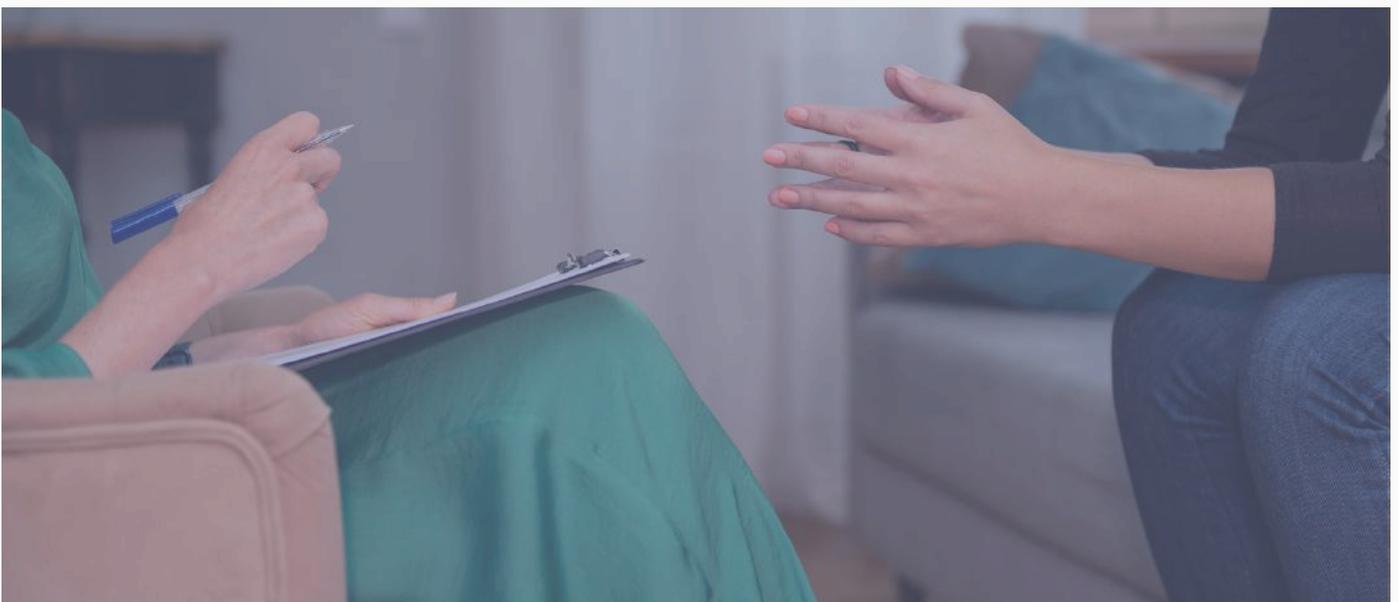
# Structuring Your Ketamine Therapy Journey

## Self-Guided At-Home Sessions

Some clients receive ketamine lozenges by mail and complete their sessions at home, either alone or with a trusted chaperone nearby. In this format, a therapist might check in before and after, but isn't present during the actual session. This model offers flexibility and accessibility, but requires strong self-regulation and preparation in order to feel truly safe and meaningful.

## 1:1 Ketamine-Assisted Psychotherapy

**This is the model I offer most frequently to clients: a fully supported, therapy-integrated approach designed to hold your process from start to finish.**



# 1:1 Ketamine-Assisted Psychotherapy

You and I will work together across three phases—preparation, dosing, and integration—in partnership with Journey Clinical, a licensed telehealth platform that provides your medical evaluation and prescription.

Once you're medically cleared and your medicine arrives, we'll decide together how to structure your sessions. There are two flexible options:

- I can be present with you during your dosing session via secure video. I'll help hold the space, offer grounding if needed, and accompany you through the arc of your experience.
- Or, if you prefer privacy, you can dose with a chaperone nearby, and we'll meet afterward for a dedicated integration session to reflect on what came through and support the next steps in your healing.

**Both are valid. Both are safe. And both honor the belief that healing doesn't happen in isolation.**

This model is:

- Collaborative – we co-create your care plan with intention, and adapt as needed
- Trauma-informed – we move at the pace your body can safely hold
- Therapy-integrated – you're not just taking a medicine—you're being accompanied through transformation
- Flexible – you choose what kind of support feels best for each phase

There is no one right way to work with ketamine.

There is only the way that honors your healing.

And in this work, you don't have to walk alone.

# Pause and Reflect

## *What Feels Best*

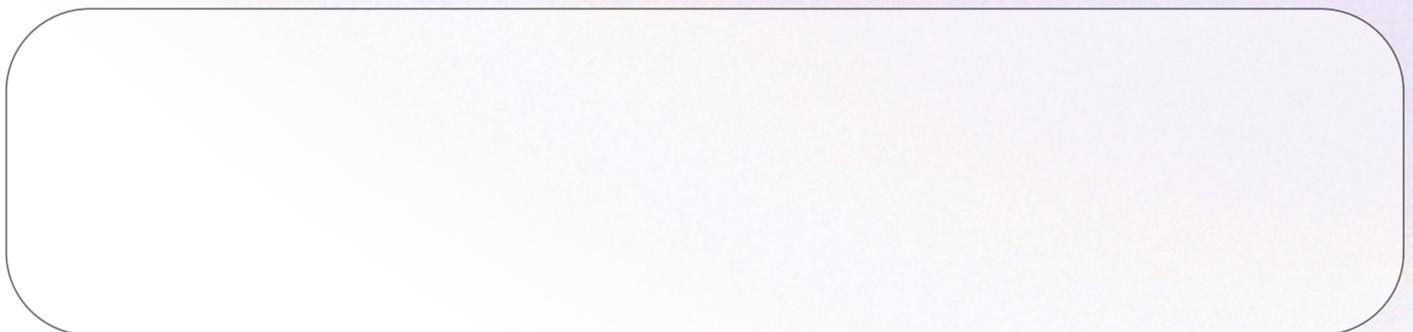
*What kind of environment helps my body feel safest—being accompanied throughout, or having space to process privately?*



*When I imagine my first session, do I want someone gently present with me, or would I rather reflect with support afterward?*



*How much structure or containment does my system need to feel held, not overwhelmed?*



# Healing in Relationship: Ketamine Therapy for Couples

Some healing journeys are deeply personal. Others are shared.

Ketamine-assisted psychotherapy (KAP) can be used not only for individual transformation—but also to support couples in deepening emotional connection, resolving longstanding rupture, and re-patterning relational safety from the inside out.

This kind of work isn't about fixing your partner.

It's about creating a shared container where insight, softness, and emotional access can arise together—with the support of expanded states of consciousness and therapeutic guidance.

## Couples KAP can be especially helpful when:



- You're navigating trauma that affects your relationship dynamic
- One or both partners feel stuck in emotional shutdown or reactivity
- You've done talk therapy, but can't seem to "feel" each other
- You want to reconnect on a nervous system level—not just through words
- You're open to healing together, even if you don't fully understand the process yet

# Healing in Relationship: Ketamine Therapy for Couples

## What Does a Couples KAP Process Look Like?

Every relational KAP process is tailored to your needs, but here are a few common structures:

### **Individual KAP + Joint Integration**

- Each partner has their own private ketamine sessions, followed by a shared integration session where we explore insights, relational shifts, or emotional openings—gently and safely, with support.

### **Parallel Dosing (together, separately held)**

- Some couples choose to dose at the same time, each with their own support person, followed by either solo or joint integration.

### **Dyadic Dosing + Co-Facilitated Support (*only offered in special cases*)**

- A shared ketamine session where both partners dose in the same room, with a co-regulating therapeutic team. This requires careful prep and clear relational boundaries.

Note: I only offer Couples KAP in select cases where trust, readiness, and therapeutic containment are already well established. We'll determine together whether this is right for you.

# Healing in Relationship: Ketamine Therapy for Couples

## What to Know Before Starting

- KAP does not replace couples therapy—it enhances it.
- You don't have to be “perfect” or “healed” to do this work together.
- You'll each still have your own boundaries, intentions, and emotional arcs—even in shared space.
- We move at the pace of the slowest nervous system.
- Consent, pacing, and containment are central—this is not about reliving past pain, but finding a new relational rhythm.



This work is profound, tender, and not for everyone.

But for some couples, it becomes a turning point—a shared opening into what was once buried, unreachable, or braced against.

# Pause and Reflect

## *Relational Readiness*

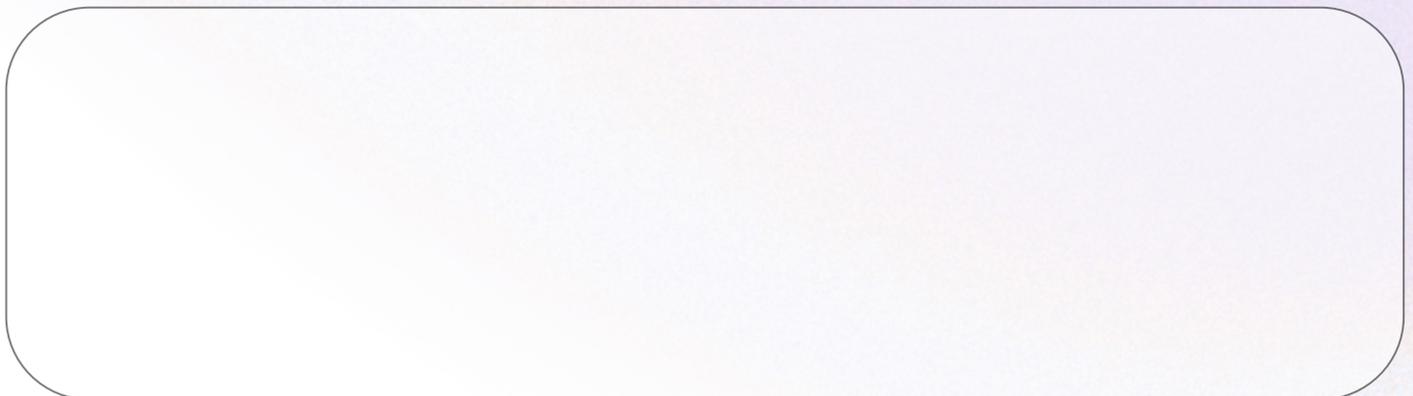
*Is there a part of me that wants to be witnessed as I heal?*



*Do I trust my partner to hold my vulnerability gently, even when it's raw?*



*What would it mean to soften together, instead of alone?*



# Common Questions About Couples Ketamine Therapy

Can we do the ketamine session together, in the same room?

Sometimes, yes—but only when trust, regulation, and therapeutic readiness are strong on both sides. Most couples begin with individual sessions and then integrate together. Dosing side by side is a powerful but advanced format that requires careful setup, clear boundaries, and emotional safety.

What if one of us has more experience with psychedelics than the other?

That's totally okay. We'll talk about expectations, pace, and how to support each other in ways that feel fair and grounding. Healing isn't a competition—it's about learning to be present with each other's process.



# Common Questions About Couples Ketamine Therapy

Will this replace our regular couples therapy?

No. Ketamine therapy is a powerful supplement—not a substitute—for ongoing relational work. You'll still need time to unpack, re-pattern, and co-create change. But KAP can make that work more emotionally accessible and embodied.

What if something difficult comes up between us during or after a session?

That's where integration matters most. Whether I'm present during your session or joining afterward, we'll explore what arose—together—with care and skill. This is why we go slow, set strong containers, and build in repair time.



# Common Questions About Couples Ketamine Therapy

Is it okay if only one of us does KAP and the other doesn't?

Yes. One partner's process can still positively impact the relationship. But we'll name the power dynamics, pacing gaps, and boundaries that might arise so neither person feels left behind or emotionally overwhelmed.

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What if we love each other but our nervous systems are on completely different timelines?

That's normal—and important to acknowledge. KAP isn't about syncing up perfectly. It's about learning to hold space for difference with compassion. We'll co-create a rhythm that respects both your systems, without forcing one to match the other.

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# Mapping Your Journey

Ketamine therapy isn't a one-time event—it's a process. While even a single session can create meaningful shifts, most people benefit from a structured arc that includes **preparation, dosing, and integration**, repeated several times.

A typical journey might look like this:

**The Basic Flow**  
**Prep → Dose → Integrate**

This cycle usually repeats 3 to 6 times, depending on your needs, response, and capacity.

For example:

- Week 1: Preparation session with your therapist
- Week 2: Ketamine session (with therapist or chaperone)
- 24–72 hours later: Integration session
- Repeat cycle, with new intentions or areas of focus

Some clients space these sessions weekly. Others need two weeks—or more—between doses to allow their nervous system to fully metabolize the experience.

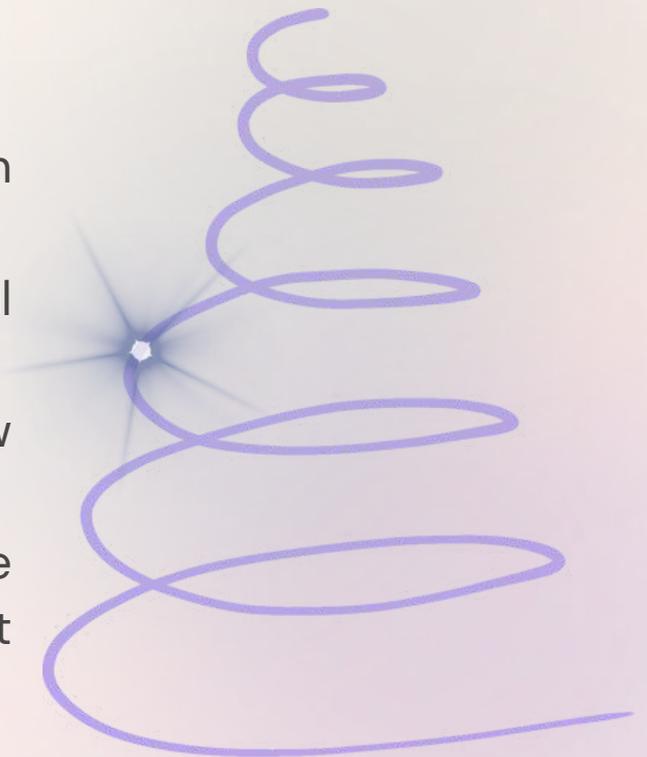
There is no universal pace. There is only your pace.

# Adjusting to Your Nervous System

Some people want to move quickly. Others need space between sessions to regulate, reflect, or grieve. Trauma healing doesn't move in straight lines—it spirals. And your plan can shift along with you.

You might need to:

- Take a break between cycles
- Pause after a powerful session
- Revisit old material in a new way
- Celebrate even subtle changes that once felt impossible



This isn't a performance. It's a relationship—with yourself, your body, your story, and your capacity to change.

# Pause and Reflect

## *Your Unique Rhythm*

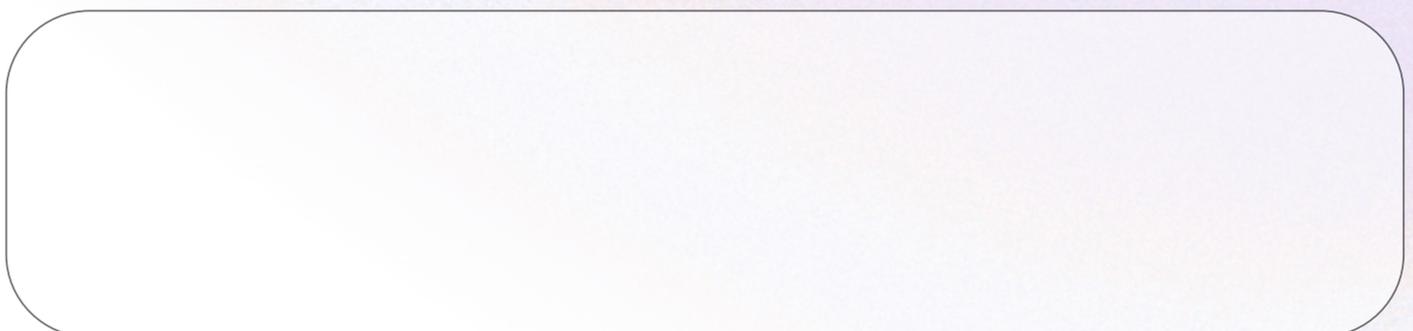
*What kind of pacing feels most respectful to your nervous system right now?*



*How will you know when it's time to pause—or when you're ready to continue?*



*What kind of support system (people, practices, or spaces) do you want around you as you move through this process?*

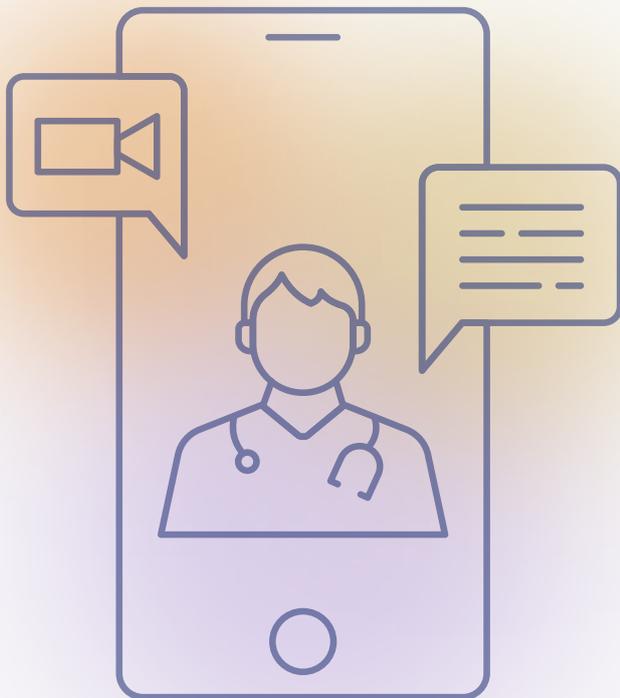


# Getting Started with Journey Clinical

Before you begin ketamine-assisted therapy, you'll need to be medically evaluated and cleared through Journey Clinical—a trusted telehealth platform that partners with licensed therapists to make ketamine treatment safe, legal, and accessible.

Here's how it works:

## 1. Initial Medical Evaluation



You'll meet virtually with a licensed prescriber from Journey Clinical who will:

- Review your full medical and psychiatric history
- Go over current medications and possible interactions
- Take your blood pressure (or teach you how to take it at home)
- Answer any questions you have about the medicine itself

If you're medically approved, they'll create a personalized prescription and send your lozenges to a specialty compounding pharmacy, which will deliver them to your home.

# Getting Started with Journey Clinical

## 2. Receiving Your Medicine

You'll receive a small box of sublingual ketamine lozenges, typically enough for multiple sessions. You'll also get instructions on how to store and dose the medicine safely. If you have questions at any point, Journey Clinical has a patient care team available to help.

## 3. Collaboration With Me

Once you're cleared and your medicine arrives, you and I will meet for a preparation session (outlined in the next section). We'll go over your care plan together, discuss any emotional or logistical considerations, and create the support structure around your session.

You're not doing this alone. I'll be with you every step of the way—from paperwork to dosing to integration.



# Pause and Reflect

## *Beginning the Journey*

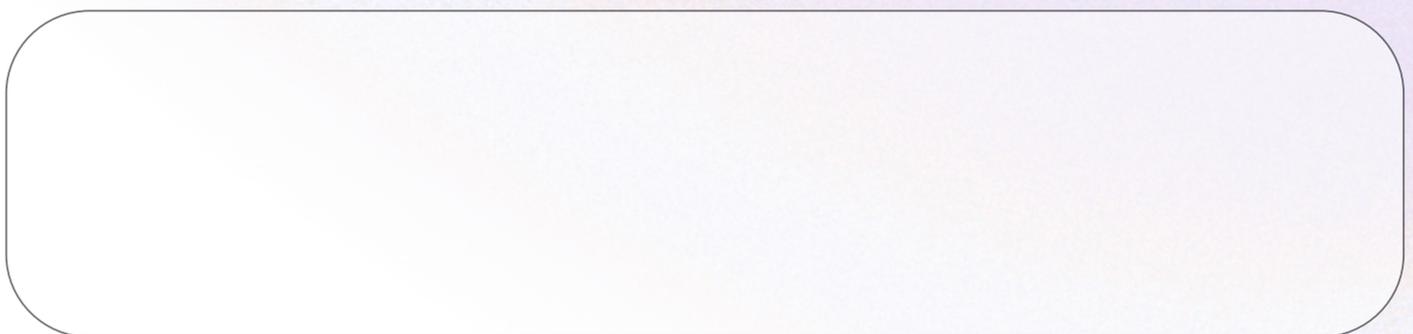
*How do I feel about bringing a new medicine into my healing process?*



*What hopes or hesitations come up when I think about ketamine specifically?*



*What would help my mind, body, and spirit feel less guarded—and more open to receiving the experience with trust?*



# At a Glance:

## What Will Actually Happen

If you're wondering,

***“But what does this process actually look like—step by step?”—***

here's a simple overview:

---

### <sup>01</sup> Medical Evaluation (via Journey Clinical)

- You'll meet virtually with a licensed prescriber.
- They'll review your health history and current medications.
- If you're approved, your prescription will be sent to a specialty pharmacy.
- Ketamine lozenges will be delivered to your home, along with instructions.

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### <sup>02</sup> Preparation Session (with Dr. Cammy)

- We'll meet online to get grounded before your first session.
  - You'll choose a setting, clarify your support needs, and explore intentions.
  - I'll walk you through blood pressure checks, aftercare, and emotional safety.
  - Together, we'll decide if I'll be present during the dose or if you'll have a chaperone.
-

# At a Glance:

## What Will Actually Happen

If you're wondering,

***“But what does this process actually look like—step by step?”—***

here's a simple overview:

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### <sup>03</sup> Dosing Day

- You'll check your blood pressure.
- You'll set up your space—dim lights, get cozy, use your playlist and eye mask.
- You'll place the lozenge under your tongue and allow it to dissolve.
- The session lasts 60–90 minutes. I'll be present virtually (if you chose that option), or you'll have a trusted support person nearby.
- You'll rest afterward and follow your aftercare plan.

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### <sup>04</sup> Integration Session (24–72 hours later)

- We'll meet again to gently explore what came up—images, emotions, silence, confusion, insight.
  - You don't need to have answers. We'll make meaning slowly, together.
  - I'll offer optional tools like journaling, somatic reflection, or parts work—if and when it feels right.
-

# Honoring Consent & Choice

Ketamine therapy isn't something done to you—it's something done *with* you, and always on your terms.

That means:

- You can say no to any part of the process
- You can pause, change your mind, or stop entirely
- You can choose how much (or little) to share afterward
- You can ask for different pacing, different language, or different support



Trauma often teaches us to endure. This work invites us to choose.

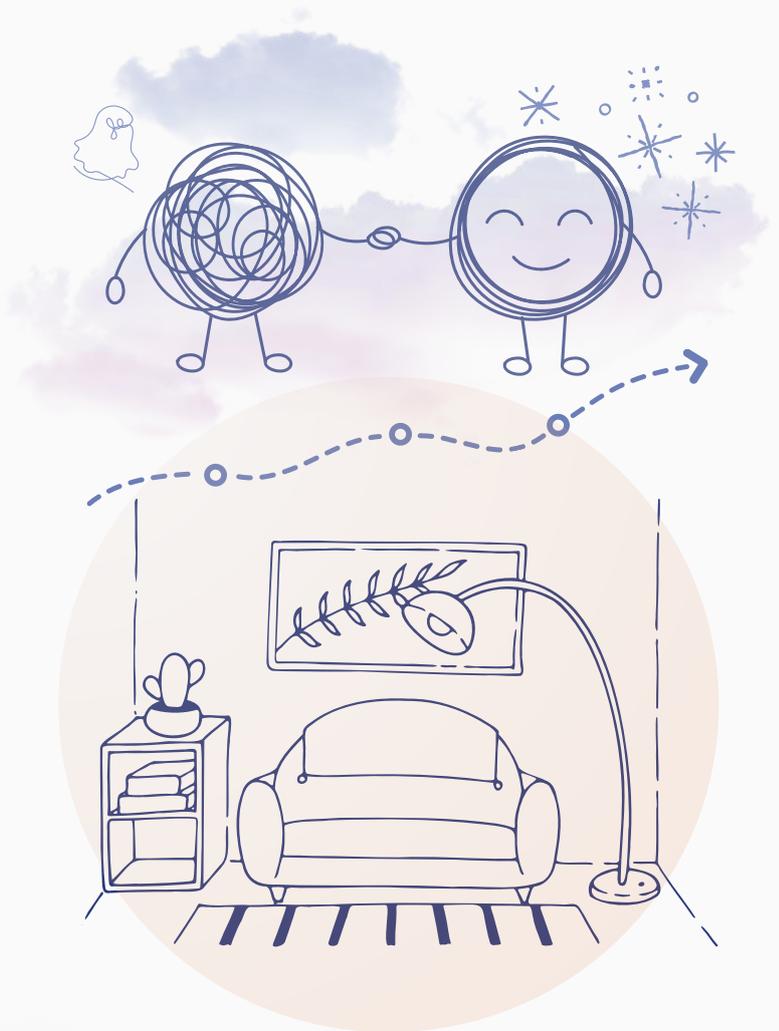
And in every phase, ***your consent is sacred.***

# Preparing for Your First Session

Your first session isn't just about the medicine—it's about preparing your **body, environment, and nervous system** to feel safe enough to receive it. That begins with intentional preparation.

Before dosing, we will meet for a dedicated **prep session**. Together, we'll:

- Clarify your dosing plan and timeline
- Identify what helps you regulate emotionally and physically
- Set up a supportive space in your home for your session
- Review safety protocols, including blood pressure checks
- Talk through aftercare—what you'll need to rest, recover, and integrate
- Explore any fears, past experiences, or protective parts that might arise



# Preparing for Your First Session

## Setting Up Your Space



Because you'll be at home, your environment becomes part of your therapy. Here's what to prepare:

- Choose a quiet, comfortable space where you can lie down (bed, couch, yoga mat)
- Dim the lights or use an eye mask to reduce stimulation
- Prepare headphones or a calming playlist ahead of time
- Gather grounding items: a blanket, essential oils, or anything comforting
- Use your blood pressure cuff before dosing (you'll be guided through how)
- Ensure someone you trust is nearby (**a chaperone**)—they don't need to be in the room, but they should be available in case you need support



# Preparing for Your First Session

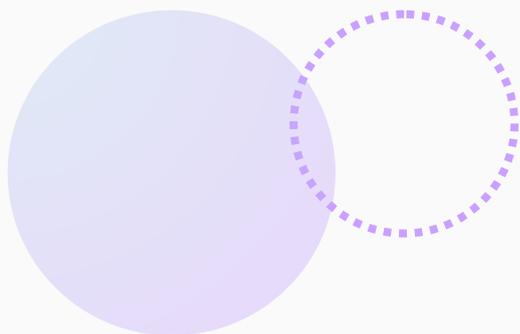
## Remote Co-Regulation

Even though we won't be in the same physical room, **you're not doing this alone**. I'll be present with you online throughout your session, offering attuned, trauma-informed support.

We'll explore how you'd like to be checked on (e.g., gentle voice, grounding reminders, quiet presence), and what kinds of signals you might use if something feels too intense.

There's no touch involved in virtual sessions—but there is still deep connection.

We'll create a system that lets you feel *accompanied, not observed*.



**This phase is about more than logistics.**

It's about helping your system feel **resourced enough to let go**—even just a little.

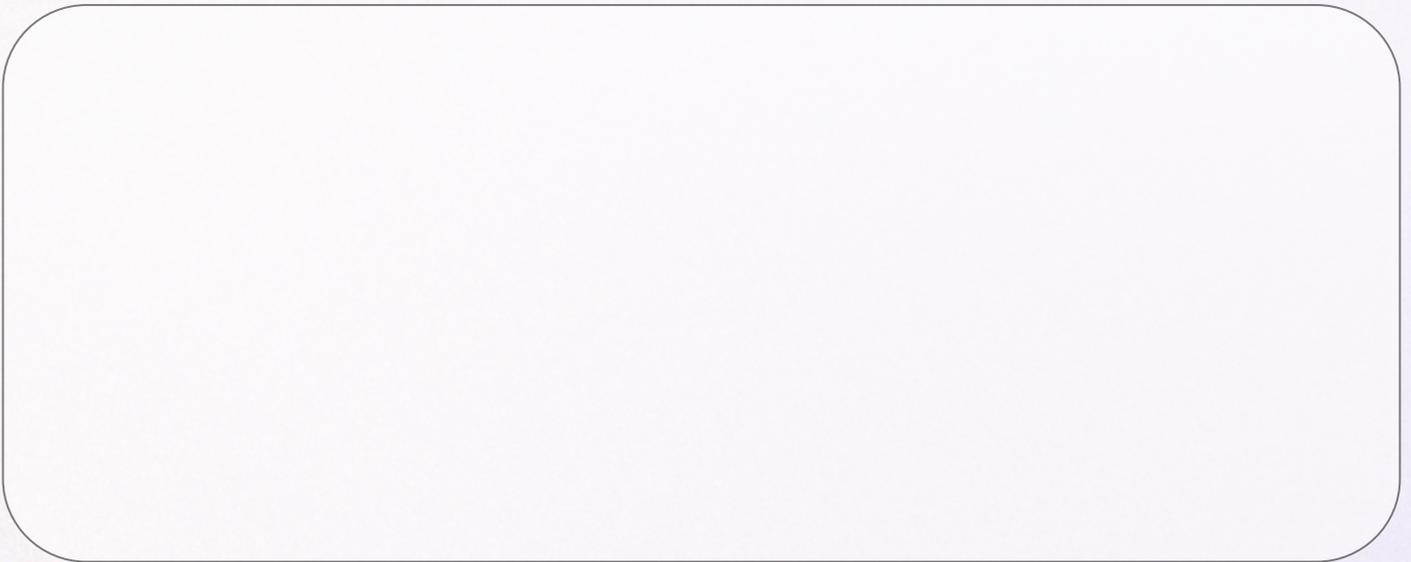
You don't need to get it perfect. You don't need to force anything.

You just need to feel **supported enough to begin**.

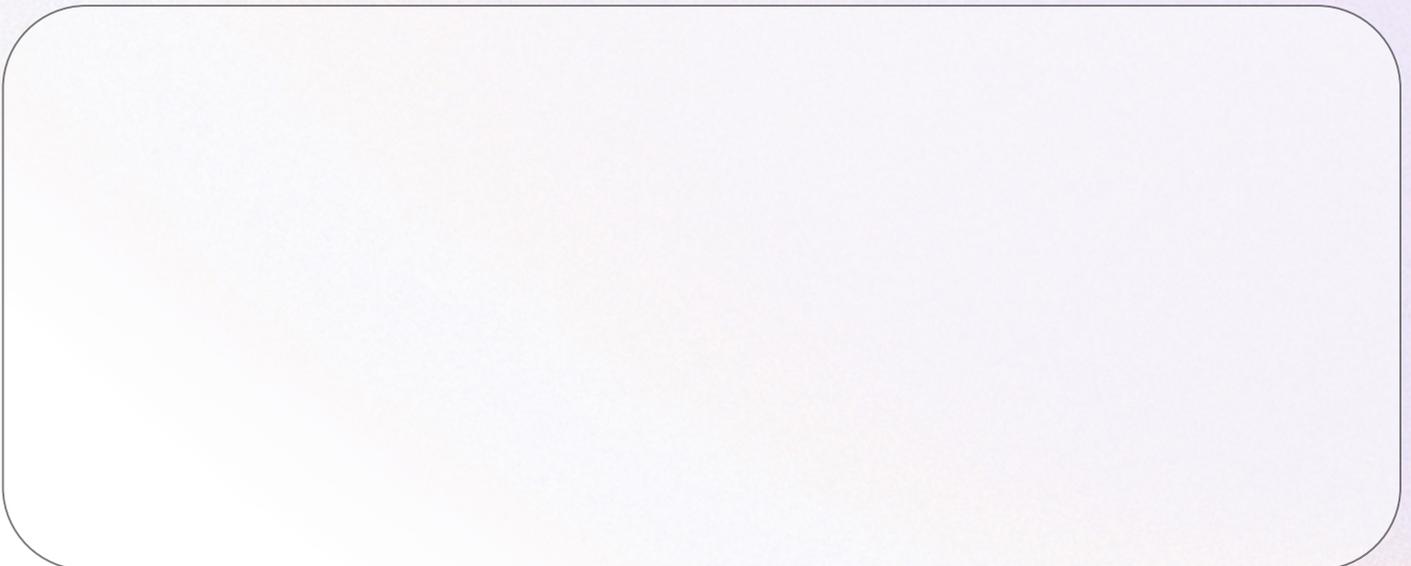
# Pause and Reflect

## *Making Space for Healing*

*What would help your body feel grounded, safe, and cared for?*



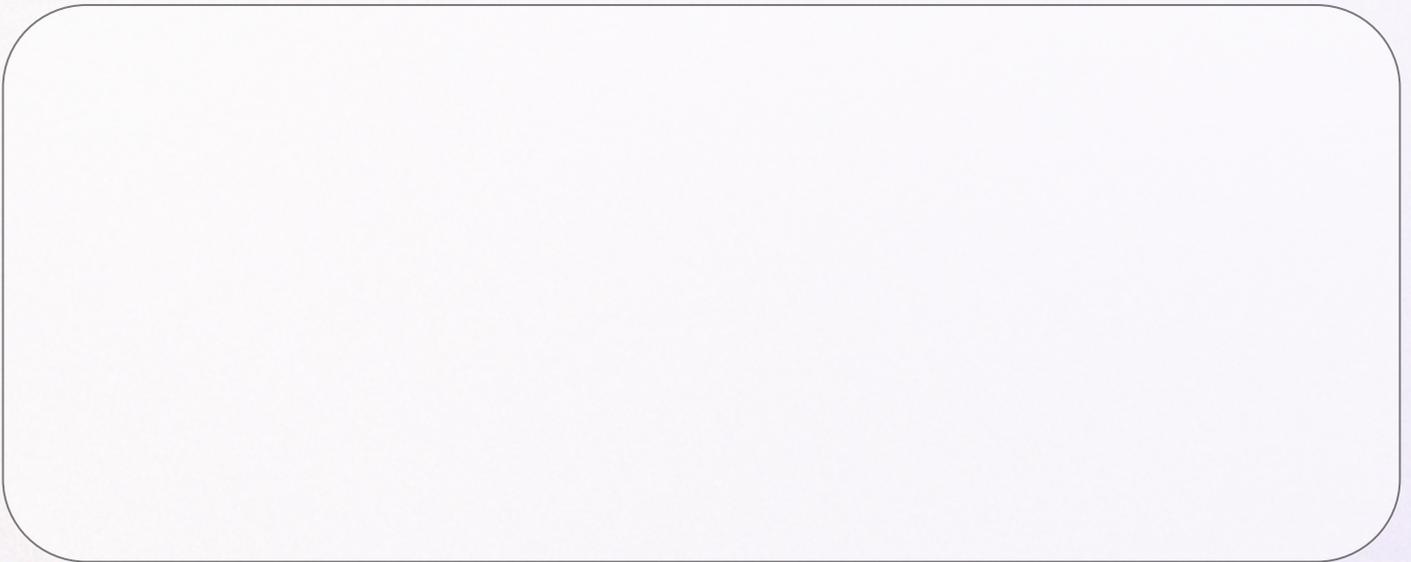
*What is your plan for the setting—lights, sound, comfort items, or support people—that will help your nervous system settle?*



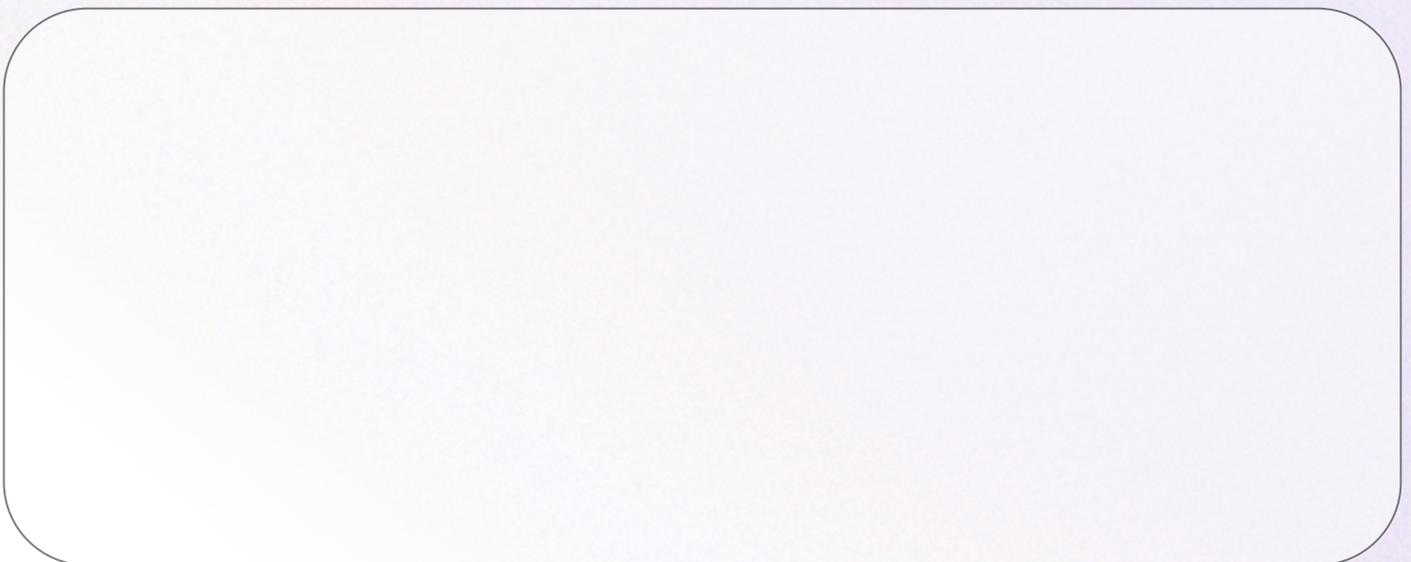
# Pause and Reflect

## *Making Space for Healing*

*Who or what helps you feel emotionally anchored?*



*What's your emotional and logistical plan for post-session care?*



# Ketamine Session Checklist

A simple list to support your space and safety:

- Blood pressure cuff
- Eye mask
- Headphones + calming playlist
- Blanket, pillow, or grounding object
- Water or ginger tea
- Comfortable place to lie down (bed, couch, yoga mat)
- Dim lighting or darkness
- Trusted support person nearby (optional but recommended)
- Journal or voice notes (for later)
- Phone silenced, notifications off

You don't need to prepare perfectly.

You just need to offer your system a space where it doesn't have to hold everything alone.

# Setting Your Intention

You don't need to have the perfect intention before your first session. In fact, you don't need certainty at all.

Intention isn't about getting it right. It's about **beginning in relationship—with yourself.**

Think of your intention as a **compass, not a contract.** You're not trying to control where you'll go—you're simply orienting toward what matters. A feeling. A question. A part of you that's ready to be witnessed.

Some people come in with a clear signal:

- *I want to soften the anxiety that's always in my chest*
- *I want to meet the part of me that shut down after the trauma*
- *I want to remember how to feel again*

Others don't know what they want—and that's welcome too.

In those cases, we often begin with something simple:

- *I want to stay open to whatever needs to be seen*
- *I want to feel supported, even if I don't know why I need support*



# Your first session is often like a first date with the medicine.

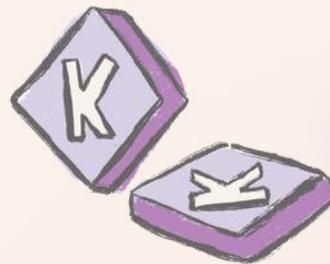
You're not being tested. You're not expected to know what to ask or how to show up.

You're simply being invited to **listen inward**—to notice what arises and what softens when you stop trying to solve.

Your intention might change once the session begins.

That's part of the intelligence of the process.

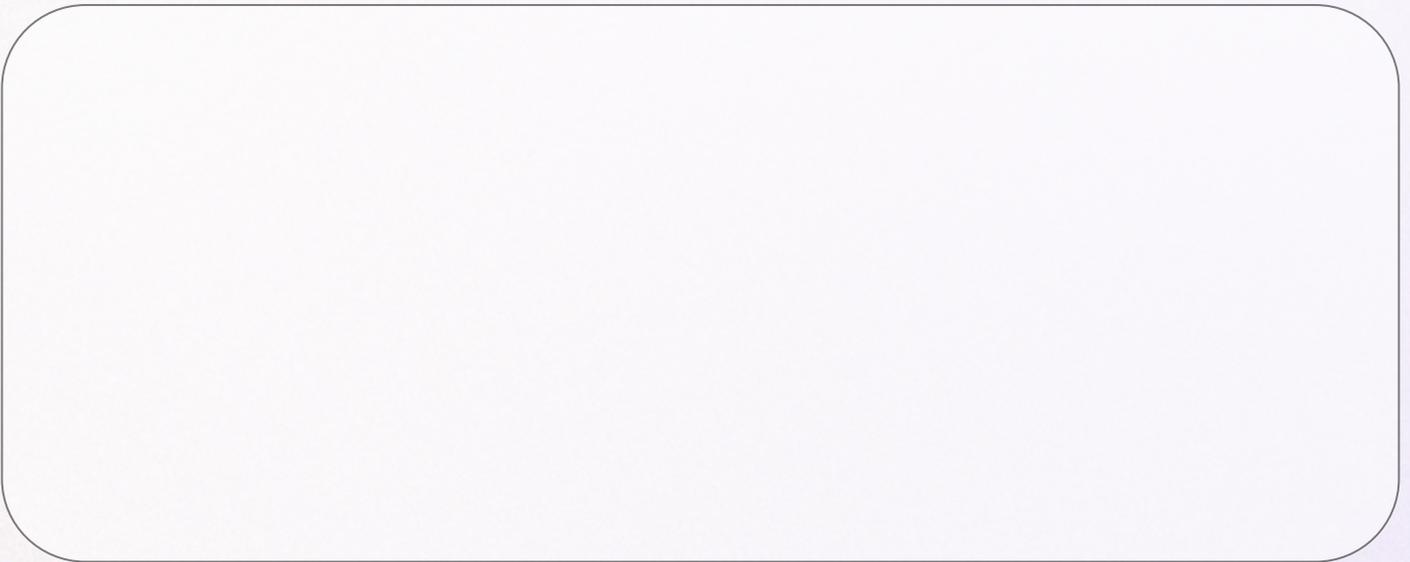
You don't have to cling to it. You just have to carry it gently—like a note in your pocket you may or may not unfold.



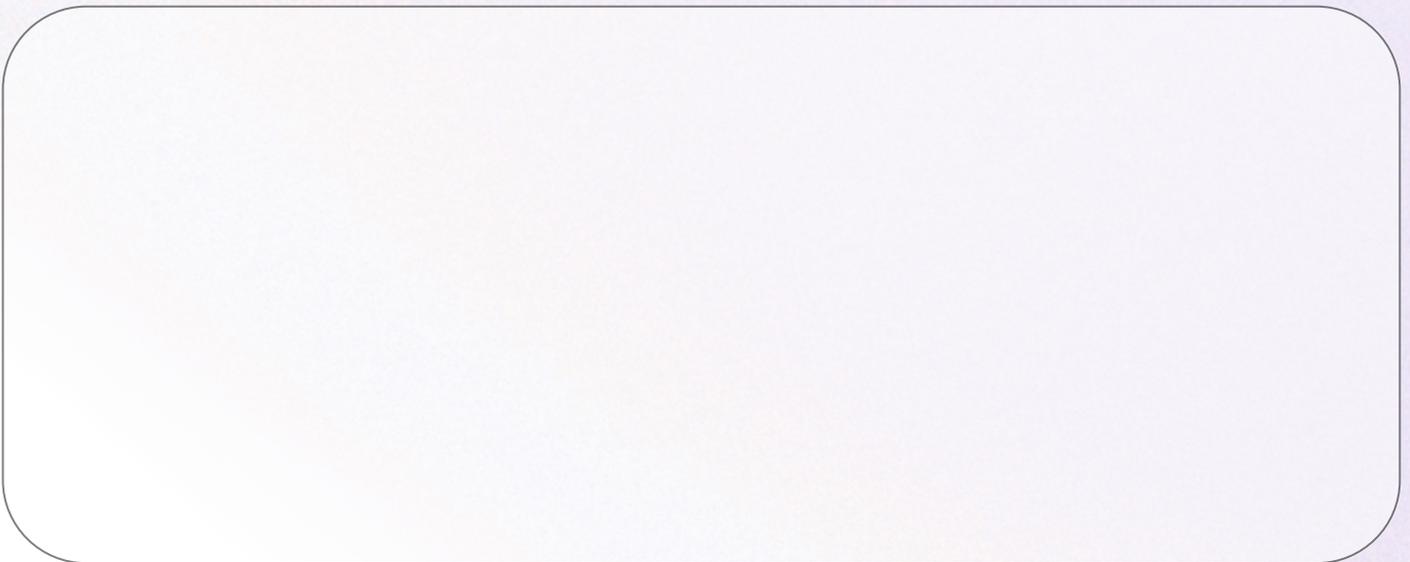
# Pause and Reflect

## *Orienting Toward Intention*

*If one small shift occurred, what would feel meaningful?*



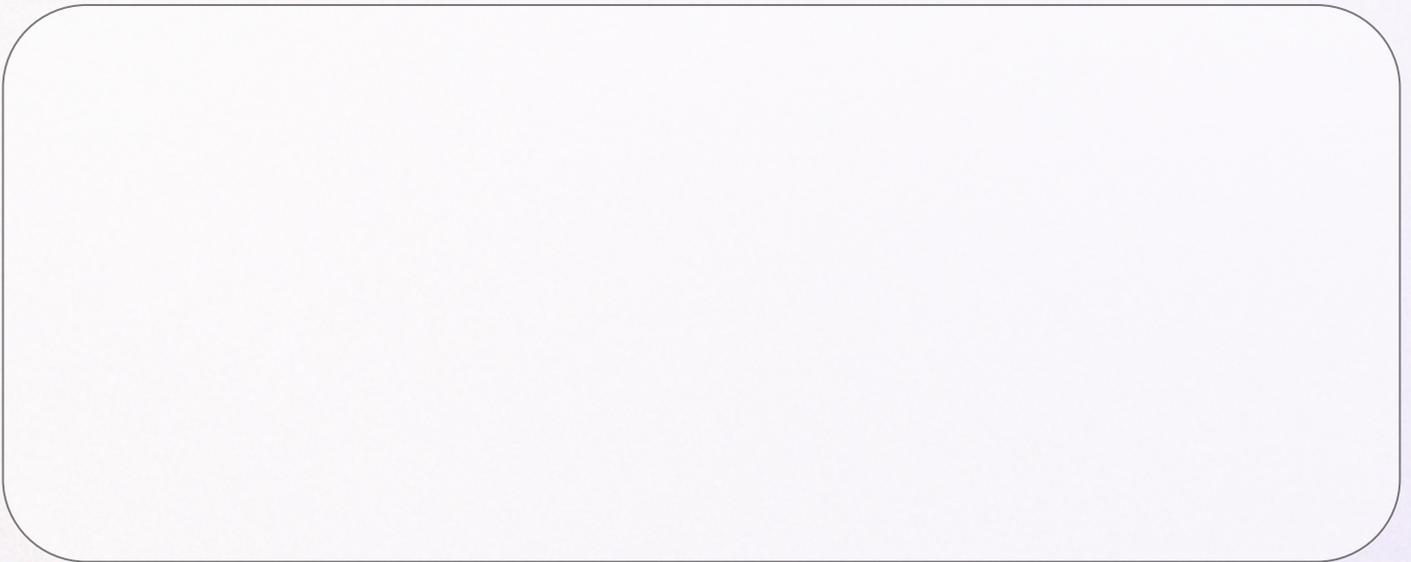
*What inner voice or part of you are you hoping to meet?*



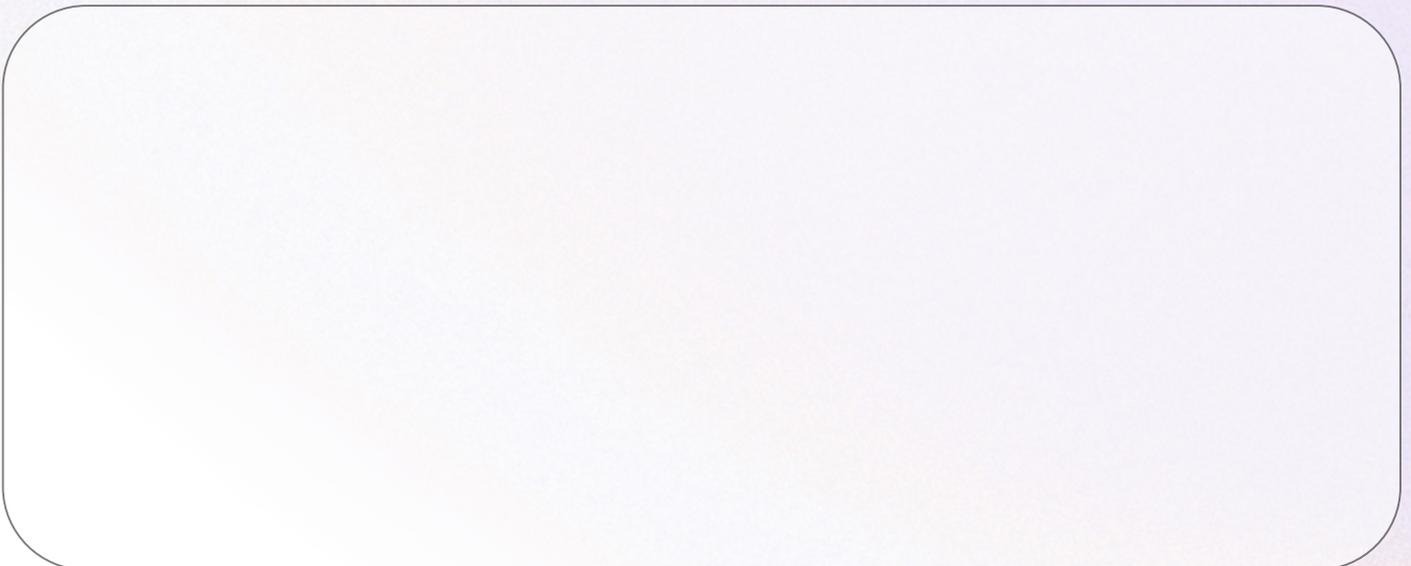
# Pause and Reflect

## *Orienting Toward Intention*

*Is there something inside you that's tired of holding everything alone?*



*What would it feel like to not have to make sense of it all right away?*



# A Spiritual Anchor

If it feels supportive, you're welcome to bring a spiritual element into your session—nothing formal, just something grounding.

Some ideas clients have loved:

A short breath ritual: Inhale: "I trust."  
Exhale: "I let go."

A visualization: your ancestors, guides,  
or future self in the room with you

A mantra you can whisper or write down:  
"I trust the pace of my healing."  
"Everything I feel is part of the return."  
"I don't have to make sense of this right  
now."

A small altar or sacred object nearby

There's no need to be spiritual to do this work. But if you are, your beliefs are welcome here.

# Your Ketamine Session

Ketamine brings on an **expanded state of consciousness**—a temporary shift in perception, sensation, and emotional access. It often feels very different from ordinary waking awareness, and no two sessions are ever quite the same.

Some clients describe:

- A sense of **floating, drifting, or weightlessness**
- **Emotional clarity**—memories, images, or insights surfacing without force
- A loosening of rigid or repetitive thoughts
- A feeling of **detachment from identity or ego**—sometimes peaceful, sometimes strange
- Waves of **grief, awe, or tenderness** that rise without clear cause
- A sensation of **beauty or connectedness**—to self, to life, to something larger

And sometimes... very little happens.

Or it doesn't make sense at first.

Or the mind just goes quiet.

**That's okay too.**

The goal is not to have a profound or transcendent experience.

The invitation is simply to stay **in contact with whatever shows up**—even if it's stillness, resistance, numbness, or confusion.

That too is part of the arc of healing.

There is no right way to experience this state.

There is only the truth of your nervous system in that moment—what it reveals, what it protects, and what it allows.

# What If...?

## A Gentle Troubleshooting Guide for the Unexpected

Even with preparation, it's normal to wonder what might go "wrong."

Here's what to do if the unexpected arises:



---

### 01 If I feel anxious or overwhelmed mid-session...

- Try slowing your breath, placing a hand on your chest, or asking your therapist/chaperone for a grounding reminder. You can open your eyes. You can speak. There's no pressure to stay "deep."

---

### 02 If I feel nothing...

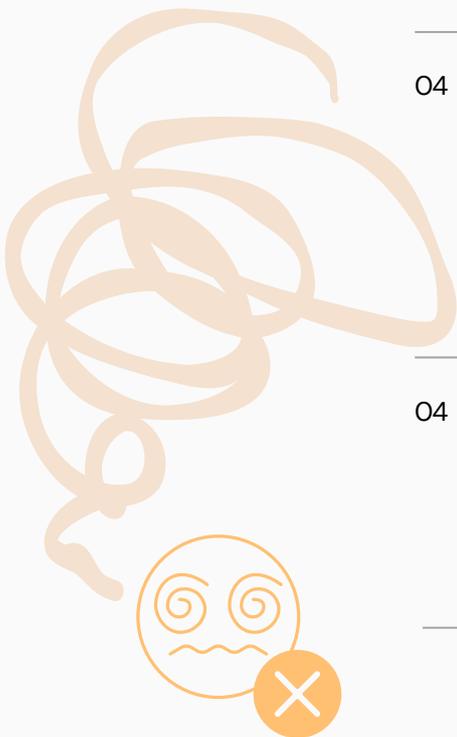
- Stillness is part of the arc. Your system may be slow to unfold—and that's not a failure. Insight often arrives later, in a dream, a walk, or a quiet knowing.
-

# What If...?

## A Gentle Troubleshooting Guide for the Unexpected

Even with preparation, it's normal to wonder what might go "wrong."

Here's what to do if the unexpected arises:



---

### 04 If I feel nauseous, headachy, or "off"...

- This can happen. Try water, deep breaths, or lying on your side. Let me or your prescriber know after the session—we'll adapt if needed.

---

### 04 If I need to use the bathroom...

- It's okay. Pause your playlist, move slowly, and return gently to the space.
-

# What If...?

## A Gentle Troubleshooting Guide for the Unexpected

Even with preparation, it's normal to wonder what might go "wrong."

Here's what to do if the unexpected arises:

---

### <sup>05</sup> What if something hard comes up?

Sometimes, what's waiting to be healed finally has space to surface. That can feel tender, raw, or even disorienting.

Here's what to remember:

- You can slow down. You don't have to go further than you can hold.
- You can tell me what's happening—or just ask for grounding.
- If something intense arises, you can imagine placing it on a shelf to revisit later.
- You are never alone in the hard parts. And you are never asked to heal faster than your system is ready for.

Hard things surfacing is not a crisis.

It's often a sign that something long-held is finally soft enough to speak.

---

# The Role of Your Therapist or Chaperone

Every ketamine journey needs a container—someone or something holding the edges while you go inward.

In this model, there are two main forms of support during your session:

- You can choose to **have me, your therapist, present throughout** via secure video—offering real-time support, attunement, and grounding as needed.
- Or, you can choose to **dose privately** and have a **trusted chaperone** (a partner, friend, or caregiver) nearby to ensure safety. In this case, we'll reconnect afterward for integration.

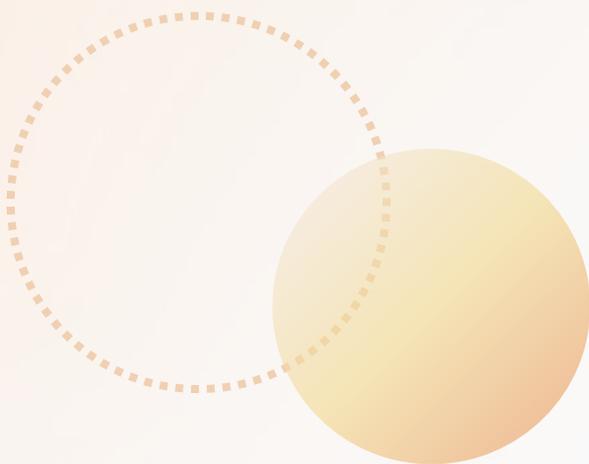
## How to Brief Your Chaperone

If a friend, partner, or loved one is supporting your session in person, you can share this simple language:

*“Hey, I’m going to be doing a therapeutic ketamine session. I might seem quiet or emotional. You don’t need to fix anything—just stay nearby and check in if I seem really overwhelmed. Something as simple as, ‘You’re doing great, I’m here if you need me,’ is perfect. Your calm presence is more than enough.”*

You can also give them a copy of this guide if it helps them feel prepared.

If we decide together that a chaperone is the right fit, I’ll offer guidance on how they can show up supportively without interfering—calm presence, basic safety checks, and no emotional caretaking. If I’m present, I’ll be tending the therapeutic space the entire time.



# If I'm With You During the Session

Even though your session is virtual, you won't be alone.

You'll feel me with you—not to direct your experience, but to **hold a grounded, steady presence** so your system can soften into safety.

Depending on what you need, I may:

- Offer **gentle verbal check-ins** if things feel intense or disorienting
- **Remind you of your intention** if you lose your thread
- Reflect back safety through a **calm tone, quiet presence, or grounding phrases**
- Sit in **attuned silence**, holding space without filling it
- Adjust my support in real time based on your pacing and signals

I'm not there to lead.

I'm there to **protect the space**, so your nervous system doesn't have to.

Even through a screen, **attunement is possible—and powerful.**

Before we begin, we'll decide together what kind of support feels welcome, what kind of check-ins feel nourishing (or not), and how your body best receives care.

So when the moment comes, **you're not managing the experience alone.**

You're being held—gently, clearly, and without pressure.



# Pause and Reflect

## *What Kind of Support Feels Best*

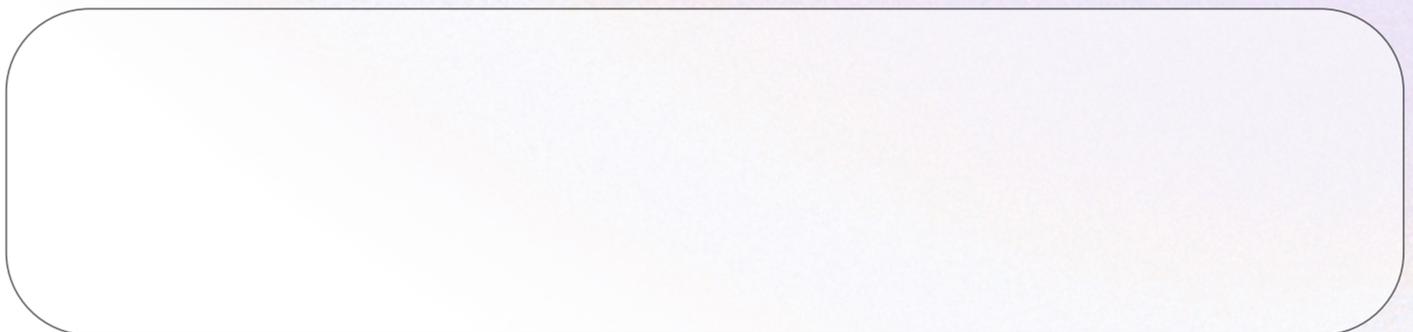
*When I imagine going inward, do I want someone present with me  
—or does it feel safer to explore alone and reconnect later?*



*What helps me feel co-regulated: quiet presence, soft check-ins,  
shared breathing, or space?*



*Who in my life feels emotionally steady—and do I trust them to  
hold calm space without trying to fix or direct?*



# Aftercare & Gentle Re-Entry

Once your session ends, the work doesn't stop—but that doesn't mean you need to rush to explain it, analyze it, or make it "mean something."

The hours and days that follow a ketamine session are often called the **integration window**.

During this time, your brain is especially receptive to new neural connections, and your emotional landscape may feel porous, sensitive, or quietly alive. It's a **state of openness**, not just cognitively but somatically—one in which insights can land more deeply, and old patterns may begin to shift.



This is not a time for performance or pressure.

It's a time for *tending*.

And it deserves as much care, reverence, and pacing as the session itself.

# What to Expect Emotionally and Physically

You might feel:

Clear, calm, or quietly energized

Sleepy, disoriented, or foggy, as if waking from a vivid dream

Tender, raw, or emotionally exposed

Relieved, grounded, or open—often in subtle ways

Surprised by grief or sadness, even if the session felt gentle

Like nothing happened—until something stirs, shifts, or integrates days later

There's no "correct" response. Your system is simply **adapting to something new**—reorganizing in ways that may be felt immediately... or only in hindsight.

# What Will Support You

The hours after your session are not just “recovery time”—they’re part of the therapy. Your system is still **integrating**, even if you feel fine on the surface. Treat yourself like you’ve just undergone something sacred and subtle.

## Here’s what gentleness can look like:

- **Clear your schedule**, if possible—give yourself time without demands
- **Nourish your body** with grounding, easy-to-digest food and plenty of hydration
- **Protect your mental space**—avoid social media, emails, and overstimulating content for a day or two
- **Rest deeply**, even if you don’t feel tired. Your nervous system is doing invisible work



## Ask yourself:

🧘 If this were emotional surgery, how would I care for myself afterward?

Then—offer that level of care. Without justification. Without apology.

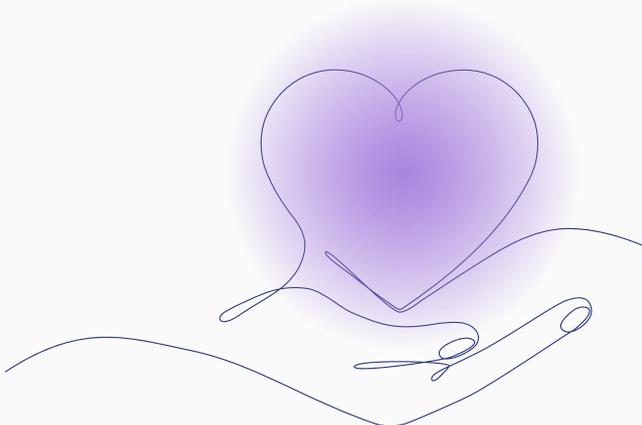
# Integration Is Not a To-Do List

You don't need to "figure it all out" right away.

Insight doesn't always arrive as clarity.

Sometimes it comes later—on a walk, in a dream, mid-sentence, or in silence.

The most important thing you can do is **stay close to yourself**. Let whatever is stirring inside have time to settle, unfold, or soften—without rushing to name it.



Sometimes, what's most therapeutic is not what you *do*, but what you allow:

- Crying without needing to explain
- Taking a long bath in quiet
- Journaling what you don't yet understand
- Going to bed early—even if you don't feel tired
- Saying no to what drains your nervous system
- Sitting under a tree and breathing, just to remember you exist

Integration isn't a task to complete.

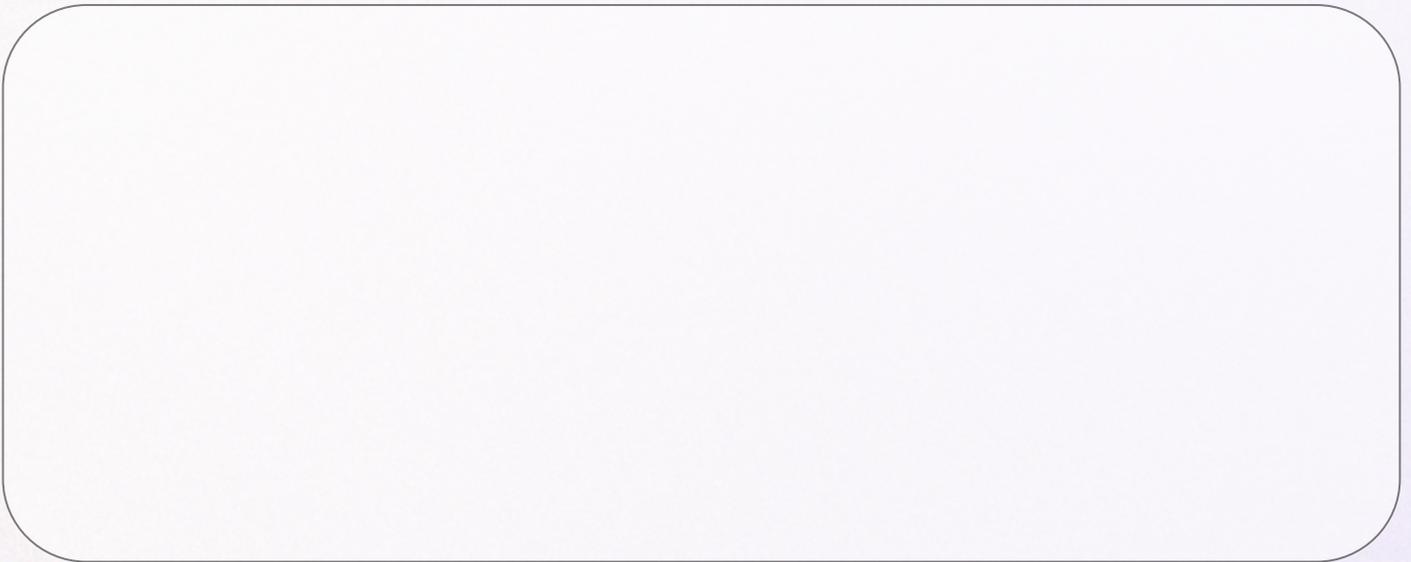
It's an invitation to **feel what happened**, even if you don't yet know what it means.

Especially then.

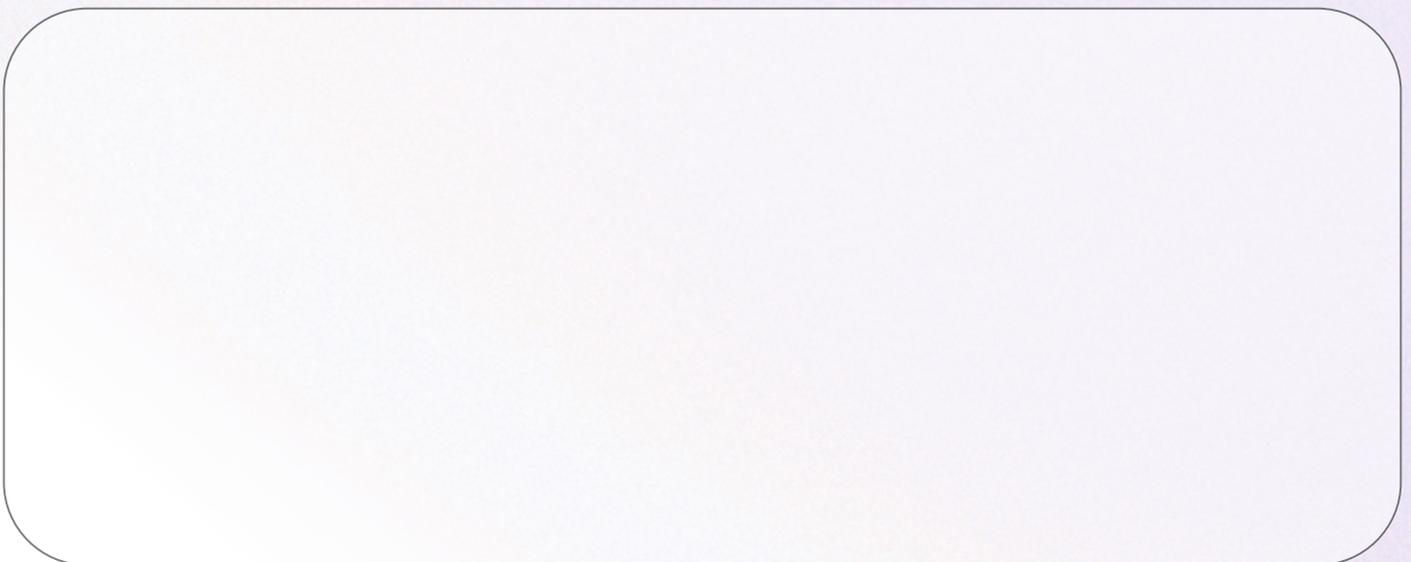
# Pause and Reflect

## *Soft-Landing*

*What helps you come home to yourself after emotional intensity?*



*What boundaries or rituals will help you re-enter gently?*



# Integration:

## Where the Change Takes Root

The medicine may open a door—  
but **integration is how you learn to walk through it,  
barefoot and awake.**

This phase—the days and weeks  
after your session—is often the  
most important part of the  
healing arc.

Not because there's anything to  
fix or perfect,

but because **how you relate to  
what emerged** is what  
transforms it.

Insight alone doesn't create  
change.

**Staying in relationship with the insight does.**

This is where your work continues—not through effort, but  
through attention.

Not by mastering the message, but by letting it live in you,  
slowly.



# What Integration Really Means

Integration is the practice of being in gentle relationship with what came through. Not forcing it. Not naming it too soon. Just staying close enough to listen.

That might mean:

Returning to a phrase, image, or sensation that lingers like smoke

Noticing how your body reacts differently to something that used to tighten it

Letting a boundary, desire, or truth take quiet shape—without needing to explain it

Honoring the grief of what you're releasing, without rushing to replace it

***Insight is only the beginning.***  
Change begins when you live differently—  
not because you have to,  
but because you can no longer unknow what you now  
know.

# Integration Tools

You don't need all of these. But one or two might feel like the right companion for where you are.

- **Write without editing**—not to make sense of it, but to let the unsaid speak
- **Move your body in small, sacred ways**—a stretch, a sway, a breath that doesn't rush
- **Visit your inner parts**—protectors, exiles, or forgotten selves who showed up in the session and may still be lingering at the edge
- **Tell the story slant**—through a letter you won't send, a timeline you don't have to finish, or a narrative that begins in the middle
- **Track your dreams or symbols**—that flicker through sleep, conversation, or coincidence in the days that follow
- **Create something without needing to explain it**—a drawing, a playlist, a whispered voice note, a collage of feeling instead of fact

**This isn't homework. It's companionship for your unfolding.**



## Signs That Integration Is Happening

Examples:

- You respond differently to an old trigger
- You feel less urgency, more pause
- You notice a new boundary or truth emerging
- A dream, memory, or emotion you avoided now feels approachable
- You feel tender without shutting down

# When to Follow Up

It's often helpful to schedule your **integration session within 24–72 hours** after your ketamine journey. That window is tender—it allows your experience to stay close enough to feel, but far enough away to begin making meaning.



And if you need more time? That's welcome too.

We'll move at a pace that honors your **body's rhythm, emotional bandwidth, and capacity to metabolize**. Integration isn't a deadline. It's a dialogue—with whatever is still unfolding inside you.

# Pause and Reflect

## *Meaning-Making in Motion*

*What insight or image is staying with you?*

*How might this shift show up in a relationship, boundary, or habit?*

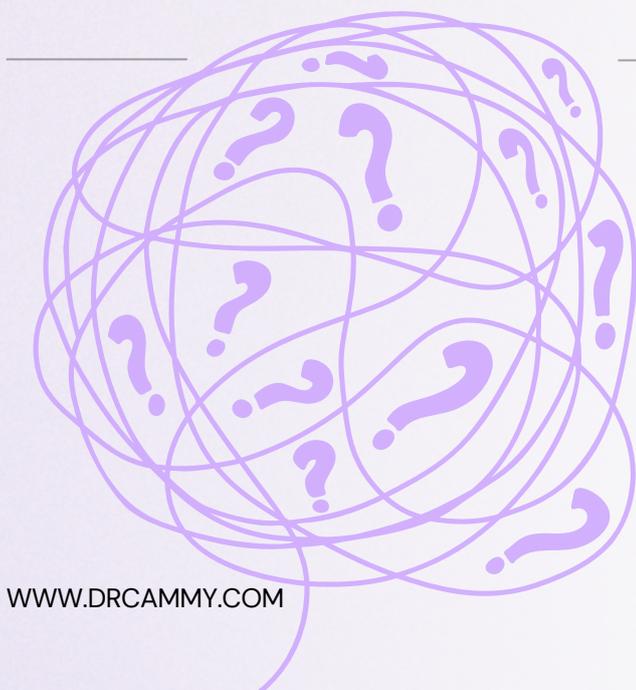
# Common Questions About Ketamine Therapy

**It's normal to have questions—especially when you're doing something new, unfamiliar, or emotionally significant. This work can bring up curiosity, fear, and hope all at once.**

Here are a few questions clients often ask before starting ketamine-assisted psychotherapy (KAP):

Will I feel high?

You may feel altered—drifty, spacious, or emotionally open—but this isn't like recreational drug use. The dose you receive is sub-anesthetic and guided by a medical team. You'll remain conscious and aware, even as your perception shifts. Most people describe it as *different*—not intoxicating.



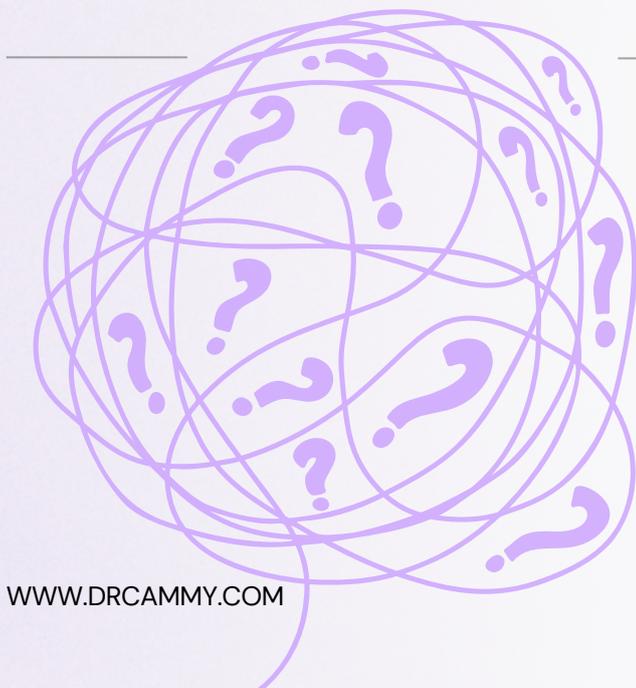
# Common Questions About Ketamine Therapy

What if I cry... or nothing happens at all?

Both are completely normal. Crying is welcome. Silence is welcome. Numbness is welcome. Insight sometimes comes in waves, not all at once. Some sessions feel subtle and slow. Others feel big and emotional. None of it means you're doing it wrong.

Is this legal?

Yes. Ketamine is a legal medication in the United States and is prescribed off-label for mental health conditions. You'll receive your prescription from a licensed medical provider through Journey Clinical or another appropriate partner.



# Common Questions About Ketamine Therapy

Will insurance cover this?

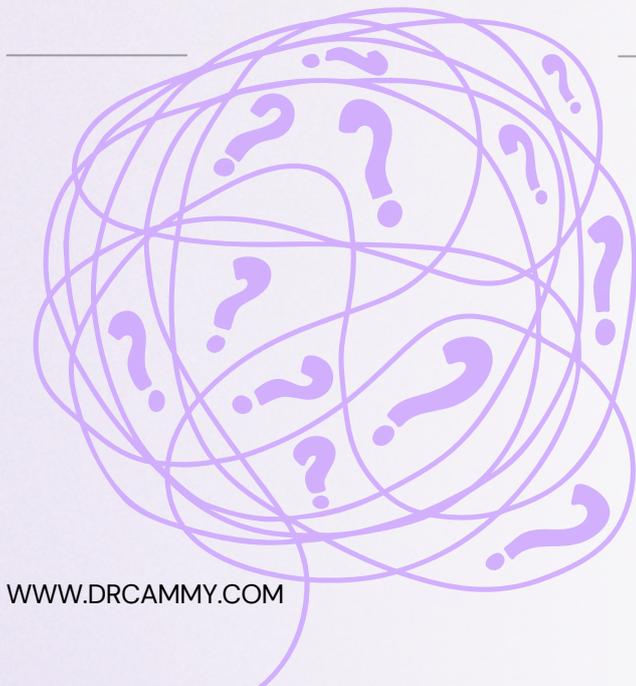
Some insurance plans may reimburse portions of the therapy or medical consults, but KAP is often considered an out-of-pocket service. We can provide documentation (like superbills) to support your reimbursement process if applicable.

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What if my employer or life insurance provider finds out?

Your health information is protected under HIPAA. That means your participation in KAP is private and will not be shared with employers. However, if you're applying for life insurance, some policies may ask about ketamine use. You can speak to your provider or attorney for personalized guidance.

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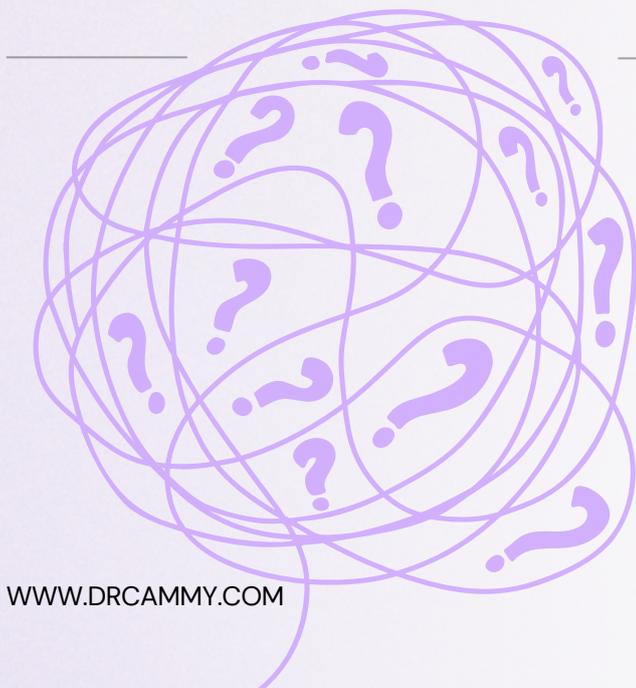


# Common Questions About Ketamine Therapy

What's the difference between sublingual, IM, and IV ketamine?

- **Sublingual (lozenges or tablets)** are held in the mouth and absorbed through the mucosa. This is the form most used in KAP, especially at home.
- **IM (intramuscular)** injections offer a quicker onset and deeper experience. Often used in clinics or group KAP settings.
- **IV (intravenous)** ketamine is used in medical clinics and tends to be higher-dose. These are typically not therapy-integrated.

Each route has its own pace and depth. Sublingual is ideal for therapeutic work where integration is the focus—not just symptom relief.



# Common Questions About Ketamine Therapy

Is this a one-time reset or a longer process?

Ketamine can offer a powerful shift even after one session. But lasting change usually comes from multiple cycles, especially when paired with integration therapy. Think of it less as a reset button and more as a door—a portal to a deeper way of knowing, feeling, and choosing.

---

**It's normal to have questions—especially when you're doing something new, unfamiliar, or emotionally significant. This work can bring up curiosity, fear, and hope all at once.**



# Pause and Reflect

## *Informed Curiosity*

*What questions are still lingering for you?*

*What information or reassurance would support your decision-making?*

# Final Reflection

A soft, quiet space you can return to after your session—or anytime during your process.

*What I Noticed After My Session*

*What I Want to Remember*

*What I Want to Carry Forward*

*Who I'm Becoming*



# What to Expect from Ketamine Therapy

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