

Introduction Class

What is KAP?

Ketamine-Assisted Psychotherapy
The basics
by Marisha Chilcott, MD



In this class you will learn:

- What IS KAP?
- What is the difference between just taking Ketamine and doing KAP?
- What is Ketamine?
- What is the KAP Process?
- What happens after you “get better” through KAP?

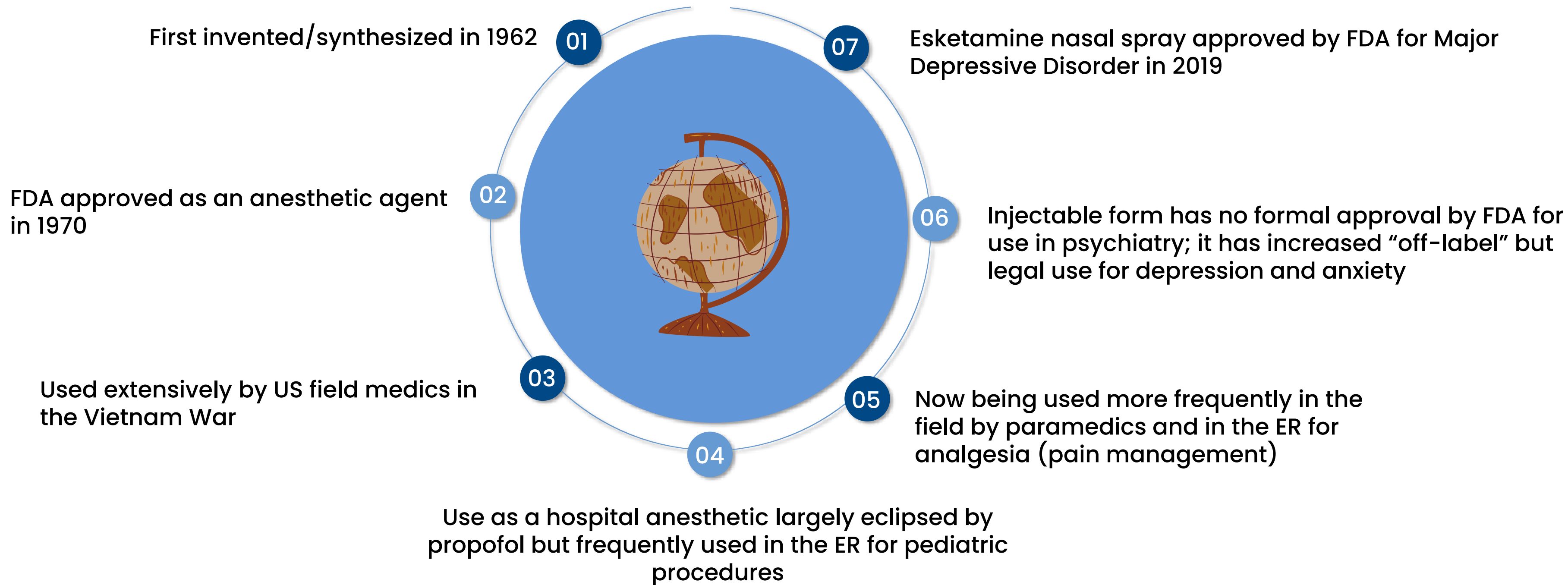


KAP = Ketamine-Assisted Psychotherapy

- The emphasis of KAP is in the *therapy*, not the medication, ketamine.
- The Ketamine is a medical compound that acts like a lubricant on the brain by increasing neuro-plasticity to facilitate more effective and complete changes in the patient when they process the therapy.
- Ketamine has some biochemical effects on the brain that can improve mood, lift depression, and relieve anxiety. However, unless the person receives and acts on the therapeutic outcomes of processing the problematic aspects of their memories, thoughts, and behaviors, the effects of the medication alone will quickly fade.



Brief History of Ketamine



Getting Ketamine at a “Ketamine Clinic” is NOT the SAME as KAP!!!

Going to a clinic that just administers ketamine without a process that includes a psycho therapeutic intervention is only a little better (albeit perhaps safer) than asking the corner drug dealer for a hit of “special K”.

KAP is a PROCESS. Processing is what makes the durable difference and induces healing.



Ketamine-Assisted Psychotherapy is Really Therapy, Facilitated by Medication

Preparation

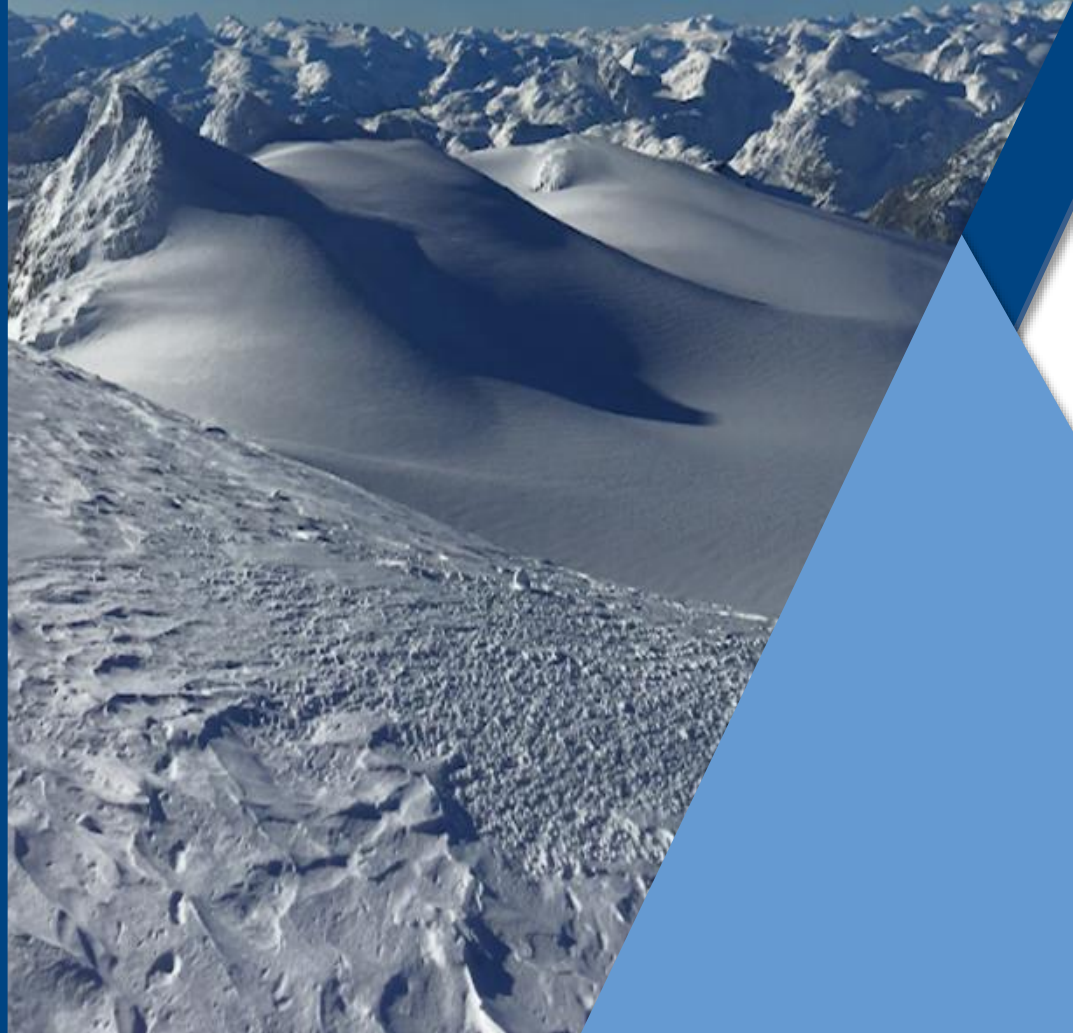
Ketamine Experience

Integration

- Trust established and patient prepared for experience by a trained and licensed therapist. Preparation includes individual intention setting by the patient
- Space “held” or by licensed therapist and/or guide/group leader with individuals’ trusted companion; Instructions include moving toward what may be scary
- Lessons learned and new perspectives reinforced by trained therapist

An analogy may be that ketamine causes a blizzard in the brain..

- After you emerge from the medication experience, the world can seem beautiful and pristine. Old tracks and garbage are hidden beneath the new fallen snow.
- If you don't make new tracks, as the snow melts, the old tracks (habits, moods, ways of being) will re-appear.
- The WORK is to then to process with a trained therapist to decide how and in what direction to make new tracks in the snow.

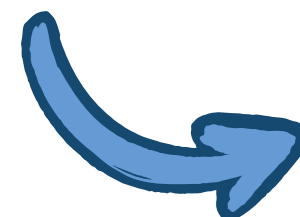
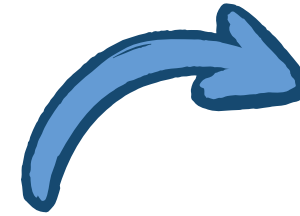
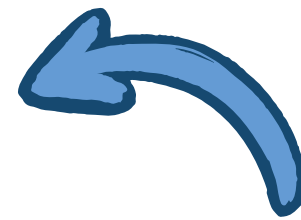




In the setting of KAP, ketamine may be given intramuscularly (IM), intravenously (IV), or sublingually (SL)

Bioavailability is 98–99% when given IM or IV and onset is very rapid and emergence is relatively predictable

Bioavailability of SL dosing is very variable (20–30%), onset is slow (many minutes) and emergence varies with liver function and the amount of drug that is ingested rather than spit out



Dosing and route of administration

Anesthetic doses for children are typically 2 mg/kg of body weight

KAP IM doses typically range from 0.25 to 1.75 mg/kg – much less than we give 2 year olds in the ER!

KAP SL doses are not typically dosed by weight and are much higher because of the reduced bioavailability

KAP sessions are repeated

- Based on clinical research data, BTC recommends six sessions for individuals working with therapists, particularly those addressing trauma
- Group session, because of the support of the group may require fewer medication experiences to achieve desired outcomes

After completing a series, you may want an occasional “tune up” – this is expected and fine. Life happens and can throw us into new turmoil that needs processing.





Maintaining Mental Health and Wellness

Mental health, like physical health is not static once it is achieved. It must be maintained by doing the things we know contribute to all forms of health:

- Exercise
- Nutrition
- Nature
- Socialization
- Avoiding toxins/depressants

Life happens, and we all sometimes need a little more help re-grouping. It is OK to then have an ad hoc KAP session or continue to meet with your group.



Thank you for your interest in KAP! If you have more questions or would like to schedule an intake evaluation, click on the link below.

 Or Call: 707-800-7568

 Or Email: info@BTCMentalHealth.org

 <https://btcmentalhealth.org>

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Dr. Chilcott is a graduate of University of California Davis School of Medicine. She is Board Certified in Family Medicine and has worked as an Emergency Room Physician, as a Primary Care Doctor, a Geriatrician, a Hospitalist, and a Medical Director. Dr. Chilcott founded Be the Change in Mental Health (BTC) to literally BE part of changing how mental HEALTH and wellness are achieved today and into the future.

Be the Change in Mental Health is a California Non-Profit (501(c)3) Corporation, located in Santa Rosa, CA.