

Ketamine-Assisted Psychotherapy Resource Guide

A Practical Guide for Creating the Conditions for Deep Psychological Change

Understanding Ketamine-Assisted Psychotherapy

Many people seek therapy because they feel stuck in patterns that do not respond to insight alone.

You may understand your experiences clearly—yet still find yourself pulled into depression, anxiety, trauma responses, or emotional shutdown.

This can feel frustrating.

Ketamine-Assisted Psychotherapy (KAP) is designed to address this exact problem.

KAP works by combining:

- **The neurobiological effects of ketamine**
- **The structured support of psychotherapy**

Together, they help create the internal conditions necessary for meaningful change.

This work is not about escaping your experience.

It is about helping your brain and nervous system become capable of change again.

How Ketamine Supports Change

Ketamine works by increasing neuroplasticity—the brain’s ability to reorganize and form new connections.

In conditions like depression, trauma, and chronic stress, the brain can become rigid. Patterns become repetitive and self-reinforcing.

Ketamine temporarily increases flexibility in the brain.

This can allow:

- **New perspectives to emerge**
- **Emotional experiences to shift**
- **Reduced attachment to negative thoughts**
- **Greater openness and psychological flexibility**

This creates a window where change becomes possible.

However—this is important:

Ketamine alone is not the treatment.

The therapy process is what helps create lasting change.

Signs You Might Benefit from KAP Support

You may benefit from exploring KAP if you notice:

- **Feeling stuck despite insight or prior therapy**
- **Depression that has not responded to treatment**
- **Ongoing anxiety or trauma-related patterns**
- **Emotional numbness or shutdown**
- **Repetitive negative thinking**
- **Difficulty accessing emotional experience**
- **Loss of meaning or direction**

Self-Assessment Reflection

Take a few minutes to reflect:

- **What patterns feel most stuck right now?**
- **What have you already tried to change them?**
- **Where do you feel blocked or limited?**

- **What would feel different if change became possible?**
 - **What are you hoping to experience through this process?**
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Nervous System Regulation Exercises (Preparation-Focused)

1. Grounding Before Exploration

Before engaging in deeper work:

- **Take slow, steady breaths**
- **Notice your body and surroundings**
- **Orient to safety**

This builds stability before deeper experiences.

2. Intention Setting

Clarify what matters most:

- **“What do I want to understand?”**
- **“What am I open to experiencing?”**

Clear intention helps guide the process.

3. Gentle Awareness Practice

Build your ability to observe internal experience:

- **Notice thoughts without reacting**
- **Observe emotions with curiosity**
- **Allow experience without forcing change**

This strengthens your capacity for integration.

Practical Tools for Supporting Integration

1. Capture Insights Early

After meaningful experiences:

- **Write down key thoughts or realizations**

- **Reflect on what stood out**
- **Notice emotional shifts**

Insights are most accessible shortly after the experience.

2. Translate Insight into Action

Ask:

- **“What does this mean for how I live?”**
- **“What small change can I make?”**

Integration happens when insight becomes behavior.

3. Build Support Around Change

Support helps new patterns stabilize:

- **Ongoing therapy**
- **Supportive relationships**
- **Consistent routines**

Change is strengthened through repetition and support.

Mini Worksheet: Integration and Change Awareness

What I Experienced or Noticed:

What Felt Different:

What Insight Emerged:

What This Means for My Life:

What I Might Do Next:

Preparing for Your First KAP Session

Preparation is an essential part of the process.

Before beginning, it may help to reflect on:

- **Your goals for this work**
- **Patterns you want to shift**
- **Emotional readiness for deeper exploration**
- **Any concerns or questions**

Preparation helps create a safe and effective foundation.

How to Get the Most Out of KAP

KAP is most effective when approached intentionally.

Helpful approaches include:

- **Engaging fully in preparation sessions**
- **Remaining open to the experience**
- **Prioritizing integration after sessions**
- **Moving at a pace that feels manageable**

The medicine creates the opportunity.

The therapy creates the change.

Recommended Books and Apps

Books

How to Change Your Mind — Michael Pollan

The Body Keeps the Score — Bessel van der Kolk

No Bad Parts — Richard Schwartz

Apps

Insight Timer

Calm

Reflectly

Closing Encouragement

Feeling stuck does not mean you are incapable of change.

It often means your nervous system needs different conditions in order to change.

Ketamine-Assisted Psychotherapy helps create those conditions.

With the right support, many people begin to experience:

- **Increased emotional openness and flexibility**
- **Reduced depression and emotional heaviness**
- **Greater clarity and perspective**
- **Increased self-compassion**
- **A renewed sense of possibility**

You are not stuck permanently.

Your system can change. Your patterns can shift. New ways of experiencing your life can emerge.