



Post-Ketamine-Assisted Psychotherapy Instructions (Aftercare)

1. Please refrain from driving for the remainder of the day (until the following day). Ketamine has a long tail and it is possible to feel loopy, unbalanced, and disoriented for several hours after you leave the office.
2. Be gentle with yourself - you just went through a significant experience and your body, mind, and spirit need to rest. Give yourself the rest of the day to be quiet and begin your integration process (see notes below).
3. Listen to your body - pay attention to cues for hunger and thirst. You fasted earlier today and are likely somewhat dehydrated. Hydrate according to what your body needs and eat foods that feel nourishing. Refrain from alcohol or other drug use (unless previously discussed with therapist/doctor).

Supporting Integration

1. Take time for yourself. Give yourself permission to rest.
2. Be selective with who you talk to about your experience. As you begin to process, other people's perspectives can have a strong impact on how you integrate and make meaning out of the material that came up for you. If you decide to talk to others about your experience, allow yourself to take your time and wait until you feel ready. Telling a friend or family member "I'm not ready to talk about it, I'll let you know when/if I am" is 100% ok.
3. Decrease stimulus. Your system is starting to process to your experience, decreasing external input (including screens) supports this.
4. Create a relaxing environment - whatever this means for you.
5. Connect with your body. Engage in gentle yoga/stretching, take a bath, dance, go for a walk in a calm environment, get a massage from someone safe or give yourself a massage, etc. Your body is the first layer in the integration process; allowing your body to feel the material before putting cognitive layers onto your experience is important for sustainable integration.
6. Meditate.
7. Journal or verbally dictate to a recording device (ex: voice memos). Don't rush the meaning making process, it will come with time. Allow yourself to reflect on/dictate what you remember from your experience and whatever else feels natural in the moment.
8. Connect with nature.
9. Get creative. Write, dance, draw, paint, sculpt, even if you believe you have zero artistic ability. Artistic expression allows for different parts of the brain to be an active component of integration and often lead to more insight than logical/analytical integration practices (although these are helpful too).
10. Practice gratitude - for yourself, your life, and anything else that feels important.

If you need anything, I am here to support you.