**A Partner's Guide to Ketamine-Assisted Psychotherapy (KAP)**

Navigating your partner's journey through ketamine-assisted psychotherapy (KAP) may feel like uncharted territory, especially considering the investment involved. I’m here to offer guidance and clarity to help us navigate this journey together.

**Why Support Ketamine-Assisted Psychotherapy:**

* Enhanced Healing: KAP offers promising results in treating mental health conditions like depression, anxiety, PTSD, and chronic pain. Supporting your partner in KAP enables them to access a powerful tool for healing and personal growth. For more info about how ketamine works, you can go to my website here.
* Improved Relationship Dynamics: KAP can lead to profound shifts in emotional well-being and perspective, fostering deeper understanding, communication, and connection in your relationship. Think less defensiveness and more openness!
* Quality of Life: Participation in KAP empowers your partner to reclaim their sense of joy, purpose, and vitality, enriching their life in meaningful ways.

**Benefits of Ketamine-Assisted Psychotherapy:**

* Rapid Relief: Ketamine delivers swift and significant relief from symptoms, often within hours or days of treatment.
* Deep Emotional Processing: KAP facilitates profound emotional insights, allowing individuals to address underlying issues contributing to distress.
* Long-lasting Effects: Research suggests sustained improvements in mood, cognition, and overall well-being beyond the ketamine session.

**Understanding the Cost and Investment:**

* Dual Therapist Model for Group KAP: Group sessions involve two therapists, ensuring comprehensive care but increasing costs.
* Specialized Training: I have undergone over 240 hours of training in KAP, ensuring safe, effective, and ethical care.
* Therapeutic Setting: Creating a conducive environment for healing involves costs like renting dedicated therapy spaces.

**What to Expect:**

* Preparation: Your partner undergoes a medical assessment to ensure suitability for treatment. They may engage in journaling, self-care, and intention-setting, with an hour-long preparation session for group KAP.
* The Ketamine Experience: Monitored by trained professionals in a safe environment, the session induces altered perception and heightened emotional awareness. Plan for about 5 hours for group KAP and 3 hours for individual sessions. They will need a ride home (or to an alternate location) and will not be allowed to drive or engage in a lot of activities for the rest of the evening. They will be a little groggy perhaps and unable to take on too much stimulation and will need quiet and rest.
* Integration: The following day, a 2-hour integration session (1 hour for individual sessions) helps process and integrate insights gained during the session into daily life.

**How to Support Your Partner Before and After:**

* Listen and Validate: Create a safe space for open communication without rushing to solve problems.
* Provide Practical Support: Assist with chores, childcare, or meal preparation to reduce stress during treatment.
* Be Patient and Understanding: Expect a range of emotions and practice empathy and patience.
* Attend Sessions Together: With permission, attend sessions to deepen your understanding and support your partner.
* Self-care: Prioritize your own well-being to better support your partner effectively.

By supporting your partner through KAP, you play a vital role in their healing and growth. Together, navigate this journey with strength, compassion, and resilience.

If you have questions or concerns, reach out anytime. I'm here to support both of you every step of the way.