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Body-Mind Psychotherapy & Consultation in Personal Development



KAP Pre-Session Guide

This guide is meant to help you prepare for your KAP medicine session. It will cover all aspects of preparations: your days leading up to the medicine experience, the medicine experience itself, and how to make the most of your medicine day and the integration work that follows.

Prepare your Body and Monitor your Diet

Please refrain from drinking alcohol or taking benzodiazepine medications (e.g., Ativan, Valium, Xanax) for up to 24 hours prior to your medicine session. Follow any other guidelines regarding medications that you discussed by your ketamine prescriber. Eat lightly the day before the medicine session and ***do not eat anything 4 hours prior to the session***. Hydrate well the day before your medicine session. ***Minimize water intake starting 4 hours before your session, abstaining totally at least 2 hours prior to your session.***

Driving Arrangements and Support System

Arrange for pickup after your medicine session. I encourage you to avoid ride shares if it is your first medicine experience, as you are not familiar with the side effects of the medicine, which can include dizziness and even nausea. You should not drive the day of your journey.

Also, please think about your support system. Be thoughtful about who you have contact with just prior to and after our medicine session. Consider who feels safe and who you trust in your support system, as well as how to protect yourself and set boundaries with the people who may interfere with your healing process.

Beginner's Mind and Moderate Expectations

It is important to approach our meetings and the medicine day in particular with moderate expectations and a beginner's mind. Beginner's mind means to approach your experience with curiosity and a desire to learn, rather than with control and judgment. This is especially important during challenging moments or moments of feeling great resistance. Rather than push against or run away, lean into those experiences with curiosity. Trust that the material that surfaces is what needs to be faced.

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Inner Healing Intelligence

Just like your body can heal itself when given the right conditions and when obstacles are removed, the mind and heart can do the same. All of us have an inner healing intelligence that can guide our healing and recovery even from the most difficult of traumas, if we learn to listen to it. This is a departure from how we usually think of psychotherapy and modern medicine, where the practitioner is much more proactive and authoritative in the process. My job will be to guide you towards your own voice and wisdom, not provide you with answers or specific directions.

Safety Contract

Safety issues rarely occur, but it is important to follow my instructions if they arise. Once you take the medicine, it is necessary to stay in my office for the remainder of the session. If you need to go to the bathroom during your journey I will assist you through the office suite and make sure you get to the bathroom safely. When you finish I will assist you back to the treatment room. If an emergency occurs that requiring medical attention, I will call 911 and contact your emergency contact.

Dose and Booster

You will bring Ketamine lozenges with you to my office and self-administer it yourself. Once taken you will keep it in the front of your mouth and swish it around for 15 minutes. The dose and frequency of the medicine sessions will be decided beforehand through your discussions with your prescriber. If this is your first time taking Ketamine, we may start at a low dose and build up to medium or higher doses if indicated.

Remembering your Journey

I will be tracking you during the medicine session and will take notes, which you are welcome to photograph on your phone and take with you afterwards. I encourage you to share anything that feels important to you. Your job is to set an intention, but allow the journey to unfold organically. Do not worry about making meaning of what is happening; we will have plenty of time to do that during integration. Also, do not worry if you cannot remember certain aspects of the journey, I will jog your memory once you return.

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Key Reminders for KAP Journey Day:

- Bring ketamine tablets to your KAP session (including possible ketamine booster tablets and any anti-nausea meds)
- Bring an eye mask if you have your own. I also have them for sale.
- No Alcohol 24 for hours in advance
- No food for 4 hours before session
- Hydrate well the day before, but drink only very limited water 4 hours before session and no water 2 hours before session
- Write down any contact info for Craig regarding rides or emergency contacts.
- Give yourself space/time after session and if possible plan lightly the following day
- Bring meaningful/personal items or photos for altar if desired
- Bring any comfort items
- Pencil and notebook for journaling
- Wear comfortable clothes