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**Foundations of  
Ketamine-Assisted  
Psychotherapy**

Reid Robison, MD MBA

Stephen Thayer, PHD





## **Module 3**

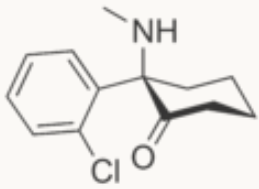
### What is Ketamine?



Module 3

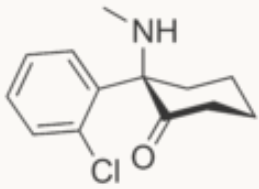
*Lesson 3.3*

**A Brief History of  
Therapeutic Ketamine Use**



## Ketamine for anesthesia

- 1962 - Developed by Calvin Stevens at Parke Davis Labs
- 1964 - Domino and Corssen conduct first human study
- 1970 - Approved by FDA for human use as an anesthetic
- 1985 - Added to the WHO's list of essential medicines



## Ketamine for mental health

- 1975 - Antidepressant effects in animal models
- 2000 - First controlled study of ketamine for MDD
- Depression, eating disorders, OCD, & PTSD
- 2019 - Spravato (esketamine) FDA approved for TRD

**Thanks for listening!**

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