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Foundations of  
Ketamine-Assisted  
Psychotherapy

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## **Module 3**

### What is Ketamine?



Module 3

*Lesson 3.5*

## **Methods & Routes of Administration of Ketamine**

# Method of administration

(aka 3 main ways we work with ketamine)

- **Psychedelic**
  - as a psychedelic
  - typically intramuscular injection (IM) or IV
- **Psycholytic**
  - as a therapy aid
  - typically sublingual lozenge (SL) or nasal spray (IN)
- **Psychiatric**
  - IV clinic model
  - Home dosing for maintenance
    - if client is a good candidate and has support person in place
    - sublingual lozenge (SL) or nasal spray (IN)

# Route of administration

- PO (oral) - limited bioavailability due to first pass metabolism
- SL (sublingual)
- IM (intramuscular)
- IV (intravenous)

# Dosing Guidelines

- IM (intramuscular) ketamine dose ranges:
  - **Starting dose:** 25mg - 50mg
  - **Intermediate dose:** 50mg - 75mg
  - **Experienced dose:** 75mg - 100mg
- Prescriber determines the category, and then prescriber and client can collaborate on establishing dose within the category, if appropriate

# Important note: Ketamine is not for everyone...

- Some patients get sick and < 5% can't tolerate the nausea / vomiting even with preventative medication
- Some do not respond to ketamine even at high doses
- Others, particularly those with rigid personality structures (severe OCD, personality disorders, PTSD) are not always able to sustain the benefits they experience, even if they do indeed experience relief
- Caution is advised when there is a history of psychosis
  - Due to ketamine's effects of "loosening" the mind

**Thanks for listening!**

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