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Foundations of
Ketamine-Assisted
Psychotherapy

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Module 3

What is Ketamine?

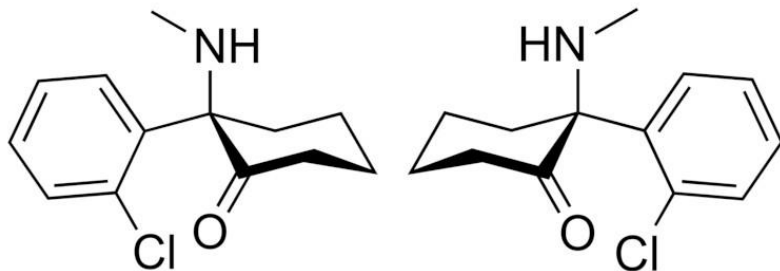


Module 3

Lesson 3.6

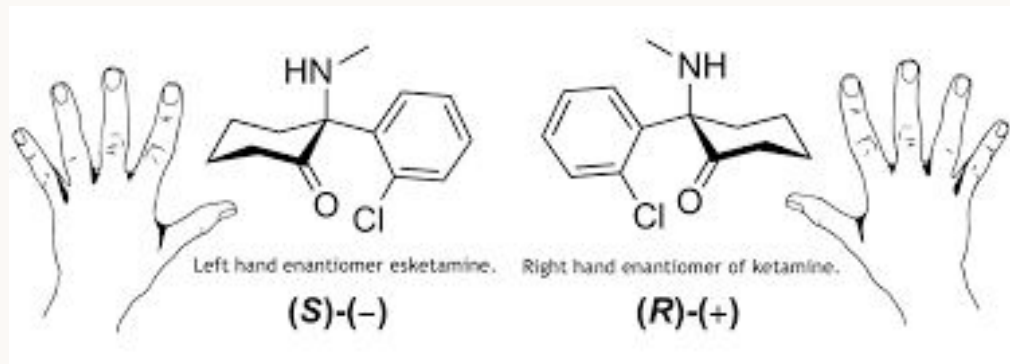
Ketamine & Spravato

Ketamine Is A Equal Mixture Of Two Isomers



Arketamine - (R)-ketamine

Esketamine - (S)-ketamine



Spravato (esketamine)

- FDA approved for
 - Treatment-resistant depression
 - Major Depressive Disorder with Acute Suicidal Ideation
- Starting dose is 56mg for all patients (two devices)
 - Each single-use device contains 26mg, which is 2 sprays (1 per nostril)
 - One spray in each nostril, then wait 5 minutes after each device to allow medicine to fully absorb before repeating with the next device

INDUCTION (twice weekly)

WEEKS 1-4

Day 1 starting dose: **56 mg**
Subsequent doses: **56 mg** or **84 mg**

MAINTENANCE (once weekly)

WEEKS 5-8

56 mg or **84 mg** once weekly

(weekly or every 2 weeks)

WEEKS 9 AND AFTER*

56 mg or **84 mg** every
2 weeks or once weekly[†]

Thanks for listening!

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