

Facilitator Checklist

Refer to **Pre-Flight Instructions Client Handout** for detailed guidance on these steps.

- Provide the Pre-Flight Instructions client handout**
- Discuss why the client is interested in KAP**
- Explain what ketamine is**
- Explain how ketamine assists with psychotherapy**

Example: “The ketamine experience helps you gain perspective about self-defeating patterns so that you can heal/transform them.”

- Describe what ketamine can feel like**

- Dreamlike visions
- Out-of-body sensation
- Lost or altered sense of time and space
- Altered sense of self (“ego dissolution”)
- Sense of oneness with earth/universe/God
- Cathartic release of dammed up emotions
- Replaying of memories
- Detachment from hang-ups, insecurities, worries, etc.
- Enhanced trust in self
- Nausea, dizziness, “forget to breathe”
- Fear/anxiety brought on by non-ordinary state

- Describe what to expect on the day of their experience**

- Describe/show where their experience will take place (comfy chair, pillow, blanket, eye shades, music)
- Vitals
- Route of administration
- Nausea med available

- Explain how to prepare**

- Physical prep (fast starting at least 6 hours before, hydrate with clear liquids up until to 2 hours before, good sleep, relax body)
- Mental prep (Media diet, meditate, journal, positive socializing, time in nature)
- Logistical prep (Ride home, comfortable clothing, schedule recovery time, comfort object)

- Help them set intentions**

- “Help me..., teach me..., show me...”
- ...difficult emotion or ...essential quality
- E.g., “Show me...my fear”; “Teach me...about my anger”; “Help me...find peace”

- Go over tips on navigating the experience**
 - Curiosity, surrender, say “yes” to everything
 - Use conscious breathing to move through difficult experiences
 - Guide them in presence process (I am here now)

- Explain how to wind down afterward**
 - Journal
 - Rest
 - Mediate
 - Active recovery (example: stretching, walk in nature)

- Discuss integration plan**