

Dosing Session

Ketamine-Assisted Psychotherapy

Facilitator Checklist

Before medicine

- Check vital signs**
- Offer nausea med**
- Discuss dosage**
- Review intentions**
- Review mindset guidance (Surrender, lean in, curiosity, gratitude, breathe, ask for help)**
- Discussed client preference for supportive touch**
- Ensure proper music is available**
- Comfort: blanket, pillow, eye shade, music, turn notifications off**

During medicine (support the inner healing intelligence)

- Supportive silence**
- Supportive touch**
- Supportive words**
Example: You are safe, what do you see, what do you notice, ask it why it is there, remember to breathe, it's okay to let go.
- Write down significant things they say**

After medicine

- Ask open ended questions and encourage curiosity**
Example: What did you notice? Tell me about your experience.
- Remind them of their intention and ask if they experienced anything related to it.**
- Review recovery and integration guidance (Give them "Processing and Integration" client handout to take home)**
Guidance: Rest mind and body, journal (write a "trip report"), meditate, good company, be in nature, play with animals, art, poems, music, media diet, mindful presence.
- Release them to their ride home**