



---

# KETAMINE ASSISTED THERAPY

---

*A True Gift to Humanity*



DECEMBER 3, 2023  
STRATEGIC COUNSELING  
Jeffrey W. Smith, Psy.D. MFT, EMDRT, PAT, KAT

## Revolutionary Breakthrough Treatment!

### Ketamine Assisted Therapy (KAT)

Legal, Practical, Speedy, Cost-effective, Long Lasting, and Life-Changing!

In the 30 years that I have been studying and practicing psychotherapy, I have been most encouraged by the results that Ketamine Assisted Therapy delivers. Having conducted thousands of hours of psychotherapy using cutting-edge, state-of-the-art therapies of their time such as Cognitive Behavioral Therapy, Exposure Therapy, Dialectical Behavioral Therapy, Mindfulness and even EMDR Therapy (the Gold Standard of Trauma therapy), none of them produce the results I have personally experienced with my patients, that Ketamine Assisted Therapy creates.

In particular, I am most amazed at the patients I have worked with (on and off) for years who have undergone KAT. They can access and uncover repressed memories or are able to finally talk about their abuse. Ketamine allows participants to go back in time in a sedated state and get to the genesis (beginning) of their core negative belief systems (story) which were created from traumatic experiences. Being able to speak them out loud and share them with another human being, for the first time, is step one in the healing process. Some people have spent years in therapy of different types, never getting to the roots of their belief systems, i.e., “I don’t deserve, I’m not safe”, “I can’t trust”, “I don’t belong”, etc. In the same way a dentist uses an anesthetic to perform dental procedures, Ketamine allows the Therapist to treat mental suffering with an anesthetic, creating a sedated state of mind, that does not retraumatize and neutralizes the trauma. We call that “getting to a place of acceptance”, no longer holding the event in an active state, believing “that it never should have happened” and or “I can not accept that it happened”. It did happen, you survived it, you are here now, you can heal, you can live healthy, you can enjoy life. You can be free – freedom is the basis of joy!

Psychedelic Medicines vs. Pharmaceutical Drugs -

The difference between Medicine and Drugs – Medicines heal (create structural changes in the brain), Drugs reduce pain or provide temporary relief and are needed indefinitely. Medicine is no longer needed after sufficient healing has taken place. “Contrary to the normal belief that they are synonymous, they are quite different. “Drugs take away control of your body & mind from YOU. Medicines reverse this and restore the control back to YOU”.

1. <https://www.ebnl.org/blogs/drugs-medicines-what-difference#:~:text=Contrary%20to%20the%20normal%20belief,on%20its%20own%20inherent%20nature.>

Significant Research has shown Ketamine Assisted Therapy assists the brain in creating new neuronal connections (allowing the mind to reorganize itself). New regions of the brain or mind can connect and interact, which allows for new perceptions, healthy thoughts and feelings become healthy behaviors, essentially changing the way people experience themselves and the way they interact in their environment.

1. <https://www.pennmedicine.org/news/news-releases/2022/december/a-peek-of-how-ketamine-acts-as-switch-in-the-brain>
2. <https://ketamineresearchfoundation.org/the-science-behind-ketamine-assisted-psychotherapy-understanding-the-mechanisms-of-action/>

## Multiple Therapeutic Uses

### Individual therapy:

**Depression** - New hope for those who have suffered with chronic depression. Significant studies of Ketamine, Assisted Therapy have shown to be effective in treating depression when traditional treatments have failed. In many cases patients can discontinue their anti-depressant medication 's.

1. <https://time.com/4876098/new-hope-for-depression/>

**PTSD and Trauma** – Ketamine Assisted Therapy is highly effective in remediating, acute and chronic trauma, particularly when combined with EMDR therapy; “increases the longevity of symptom reduction”.

1. <https://www.emdria.org/blog/emdr-therapy-and-ketamine/>

**Anxiety and Panic Attacks** - A hallmark of ketamine assisted therapy allows patients to explore their mind and subconscious fears that fuel anxiety, increase startle, response, and panic.

1. <https://www.healthline.com/health/anxiety/ketamine-for-anxiety#takeaway>

**Eating Disorders: Anorexia-Nervosa, Bulimia, and other Self-harm Behavior**, such as cutting, hair, pulling, and head-banging. Ketamine Assisted Therapy allows patients to fully understand their core negative underlying beliefs systems (i.e... “The world is not safe”). Core negative belief systems drive maladaptive behaviors. Both during and following (KAT), participants gain new awareness, patients can choose adaptive behaviors when they experience triggering circumstances. Former Triggers are just viewed as normal events (events in the moment) no longer connected to past traumatic events and experiences.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8963252/>

**OCD** – Ketamine Assisted Therapy allows patients to fully understand how their traumas and fears have resulted in creating unhealthy responses that become deeply embedded in their daily lives. Following treatment, patients can reset their default mode network to natural processes to daily stressors. Resetting the default mode network results in adaptive behaviors and regaining the time they previously spent, conducting rituals and compulsive behaviors.

“Obsessive-compulsive disorder (OCD) is a disabling disease characterized by intrusive thoughts, with compulsions performed to lessen distress. Many patients with OCD do not respond to first-line intervention, such as serotonin reuptake inhibitors (SRIs) and exposure and response prevention (ERP) therapy. Previous studies have focused on the use of ketamine, a nonselective N-methyl D-aspartate receptor (NMDAR) antagonist, for treatment-resistant OCD. Research has shown that ketamine modulates NMDARs and gamma-aminobutyric acid receptors (GABAR), which are major pathways for contingency-learning, belief updating, and extinction

learning. Here, we propose an augmented psychotherapy (AP) protocol combining ERP intervention with administration of ketamine. We describe the theory that NMDAR modulation might directly promote the therapeutic mechanisms involved in exposure and discuss the possibility that ketamine plasticity enhancement might potentiate extinction-based psychotherapy in the treatment of OCD”.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8794478/>

**Drug Addiction, Alcoholism, and Sex Addiction** - Ketamine assisted therapy helps patients truly explore and overcome these maladaptive responses to daily stress rooted in long-term untreated trauma. It’s well-known and addiction as a secondary pathology. Abstinence alone will not treat the genesis of the addiction, nor will it last. This is the main reason why residential inpatient treatment programs don’t work. Addicts never get to the hidden (sub-conscious), unresolved experiences that are locked away. Ketamine helps the person access and eventually accept the events as part of their life journey. Treating addiction will typically require several rounds of KAT with periodic subsequent treatments in the out years following initial treatment.

Most addictions are long-in-the making, sometimes years or even decades. These are some of the most deeply rooted, fear-based, unresolved human issues. KAT allows the person to enter a sedated state of mind where they can go in through a guided protocol of therapy to at the initial causes and be able to talk about them and accept them, moving the memory from a negative state to a neutral state. This is what we call, “letting go”. Once we get to a place of acceptance, the new behaviors can be explored. Triggers are no longer triggers. They are simply circumstances that can be dealt with through adaptive behaviors rather than maladaptive behaviors.

1. <https://www.sciencedirect.com/science/article/abs/pii/S0028390818300170>

**Personality Disorders, and Complex PTSD** – One of the greatest benefits of Ketamine Assisted Therapy has been able to assist patients who have been underserved and often unresponsive to existing forms of traditional therapy. Combined with ongoing weekly therapy, Ketamine Assisted Therapy has shown significant outcomes to the most difficult mental disorders. The Veteran’s Administration has used KAT) and another Psychedelic. Assistive Therapies (MDMA & Psilocybin) with severe cases of complex PTSD with resounding success.

In the case of Personality Disorders, KAT has been shown to be clinically significant in immediate (minutes) symptom relief using the nasal spray form of Ketamine. Moreover, successive weekly KAT sessions using the oral form of Ketamine (generally 2-hour sessions) allow the participant to explore their hidden or forgotten fears that generated the Personality Disorder (which is simply a maladaptive way of coping with present circumstances. Patients who have developed borderline personality disorder for example are able to look back at the underlying series of traumatic events that were believed to be dangerous to them at the time (childhood) when they had less resources and less of an ability to set boundaries, fight back, run-away or freeze until the event passed. Ketamine Assisted Therapy allows the person to access these events in a mildly sedated state of mind to compare their present resources list today to that of a younger and less developed ability to set boundaries and deal with challenging

circumstances. The result is an “upload” of present resources (size, strength, technology, wisdom, experience) and a renewed awareness of the difference between dangerous events (real and happening now) to fearful events (imagined and not actually happening). Following KAT participants can remind themselves they have a choice to not let fear run their life while still having a healthy response to danger (fight, run or freeze until the danger passes).

1. <https://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2018.pp4b1>
2. <https://www.innovative-psych.com/blog/ketamine-assisted-therapy-for-bpd-and-bipolar-the-pros-and-cons/>