

# ***Temenos Center for Integrative Psychotherapy***

## **KETAMINE-ASSISTED PSYCHOTHERAPY INFORMED CONSENT**

Welcome to ***Temenos Center for Integrative Psychotherapy***. ***Temenos*** offers individual, couples, and group psychotherapy in conjunction with ketamine administration to support integrated mind, body and spirit, known as ketamine-assisted psychotherapy (KAP). At lower doses, ketamine is used in psychotherapy sessions as it reduces fear and loosens defense structures. At medium-to-high doses, it provides a mind-altering experience that for many people increases access to one's innate healing wisdom.

Please read the following policies and procedures carefully. As a professional psychological corporation, we are governed by certain laws and regulations, and a code of ethics. This document includes a statement of client rights and responsibilities, along with important information about our professional services, business policies, and fees.

Prior to setting up an initial appointment, please also read the additional information about ketamine's potential and properties as a medication, as well as the more detailed descriptions of ketamine-assisted psychotherapy.

Your signature at the bottom of this document signifies that you understand and agree with these policies and freely consent to treatment. We will collaborate with you at every step of developing and implementing your treatment. You may choose to terminate treatment or to collaborate with your ***Temenos*** psychotherapist to change your treatment plan at any time.

### **KETAMINE-ASSISTED PSYCHOTHERAPY (KAP)**

Ketamine has a long history of use as an anesthetic and analgesic where it has been used in a variety of medical situations because of its safety. Ketamine is now used off-label in conjunction with psychotherapy to treat depression, anxiety, suicidality, and other serious psychological conditions.

KAP is an innovative psychological treatment approach that — within a safe and supportive setting working with a team of professional clinicians, most often a psychotherapist and/or physician — includes an initial medical and psychological assessment, preparatory sessions, medicine sessions during which ketamine is administered, and follow-up integration sessions. The exact nature and sequence of the treatment process varies depending on the particular issues being addressed, our clinicians' treatment recommendations, and each individual's needs and goals.

As treatment progresses, we continually assess the effectiveness of your treatment and collaborate with you in determining how to proceed. At the termination of treatment, we review the success of the treatment in having met your goals and develop a plan with you for ongoing support as needed.

### **ELIGIBILITY FOR KETAMINE TREATMENT**

Our initial session with you is most commonly a ***Medical and Psychological Assessment*** with a licensed psychotherapist and physician. This 90-minute session includes: an evaluation of your current concerns, needs, and goals; a medical history and physical exam; a review of your medical/psychiatric history; a review of current or past psychological/psychiatric history and treatment; and possibly the administration of brief psychological tests to assess your current level of functioning. Based on the findings in this session, our treating physician may also recommend additional diagnostic testing; including, but not limited to: blood and/or urine laboratory tests, EKGs, or other tests.

Alternatively, potential clients may choose to have a 50 minute ***Initial Consultation*** with a psychotherapist, followed by a 50-minute ***Medical and Psychological Assessment***, with a licensed psychotherapist and physician.

At the conclusion of the ***Medical and Psychological Assessment***, we will offer our clinical impressions and recommend a treatment plan. This recommendation may include specifics in regard to ketamine, including route of administration

(sublingual, intramuscular or intravenous ketamine, or intranasal esketamine), or other treatment strategies. We will decide together what might best help meet your goals.

### **CONTRAINDICATIONS TO KAP**

Because the effects of ketamine on pregnancy and nursing children are unknown, pregnant women and nursing mothers are not eligible for KAP.

Untreated hypertension is also a contraindication because ketamine can cause a rise in blood pressure. Similarly, a history of heart disease may make you ineligible to participate. However, if these conditions are adequately managed, they may not preclude treatment with ketamine.

Ketamine is known to interact unfavorably with a small number of medications. Your medication history will be closely assessed to determine your eligibility for KAP.

Ketamine should not be taken if you have untreated hyperthyroidism. There have also been reports of some decrease in immune function in patients receiving very high doses of ketamine for surgical anesthesia, typically much higher than what is administered during KAP treatment.

Ketamine has an extensive record of safety. It does not affect respiratory functioning at treatment doses. Rarely (in fewer than one out of one thousand cases), ketamine can cause a condition called “laryngospasm” making it difficult to breathe. In the highly unlikely event that this occurs, we will support your breathing, and will likely call 911 for further management.

### **SPECIFICS OF KAP SESSIONS**

Preparation for a ketamine session requires assessment of your readiness for the experience and the development of rapport and trust between you and the clinicians on your treatment team. We will work with you to support you to create a mindset that facilitates openness, growth, and transformation. The degree to which we interact verbally will depend on the intentions we set together before the session, the ketamine dosage, and what psychological material arises to work with in the moment. For this reason, we may require at least one **Preparatory Session** prior to your initial **Medicine Session**. Depending on how the preparation process unfolds, we may require additional **Preparatory Sessions**.

During the ketamine **Medicine Session(s)**, we ask you to make three agreements with us to ensure your safety and well-being:

1. You agree to remain at the location of the session until we decide it is safe for you to leave.
2. You agree to have transportation after the medicine sessions pre-arranged, and we request that you do not use taxis or rideshare services.
3. You agree to follow any instructions we provide to you regarding safety and follow up.

The length of ketamine medicine sessions varies from person to person, and from experience to experience. We use sublingual lozenges or intramuscular (IM) injections depending on our assessment and your intentions for the session. Medicine sessions typically last from 2 to 3 hours.

We will determine the route of administration and dosage depending on your prior experience (with it and/or other psychedelic medicines), body weight, and sensitivity. We always begin with lower doses to help reduce anxiety and take the time necessary to become familiar with its effects.

We generally begin ketamine treatment with the administration of sublingual lozenges of 50-100 mg. The lozenges dissolve slowly; and in order to receive the best results, we ask you to let the lozenges dissolve in your mouth for at least fifteen minutes. Ketamine penetrates the oral mucosa (lining of your mouth), and is rapidly absorbed in this manner. Administering the ketamine in this manner will assist us in accurately measuring your responsiveness to the medicine.

Following the use of sublingual lozenges, we often move into the use of intramuscular (IM) ketamine injections at future sessions. These injections are given in the shoulders or buttocks at a general maximum dosage of 130 mg. This use of ketamine can create an unusual experience of formlessness, the dissolving of boundaries, and novel effects on the mind. Therefore, we rarely begin ketamine treatment with IM injections. During IM sessions, you may be mostly internally focused for the initial 45 — 75 minutes. You will continue to remain under ketamine's influence at a lesser level for at least one hour after that.

For all ketamine sessions, we ask that you do not use alcohol or benzodiazepine medications (e.g., Ativan, Valium, Xanax) for the 24 hours prior to and following the medicine sessions, as this can have negative emotional and physiological consequences, or may decrease the efficacy of the treatment.

We encourage you to ask us any questions you may have concerning the procedure or the effects of ketamine at any time. You may withdraw your consent to receive ketamine treatment and/or discontinue your participation at any time until the actual lozenge or injection has been given.

### **EFFECTIVENESS OF KAP**

As with all medical and psychotherapeutic care, including KAP, there are risks and benefits to treatment. In general, KAP has been shown to be a beneficial adjunct to healing and growth. Most but not all people who participate in KAP treatment find that long-standing, troubling symptoms are decreased, and that life is more satisfying.

While important positive changes in mood, cognition, coping, and the loosening of defense structures are often noted immediately following a KAP session, positive effects sometimes take longer to manifest, and can happen in the days and weeks that follow.

Individual responses vary widely. It is important to know that participation in KAP can involve experiencing uncomfortable feelings, engaging in difficult interactions, and/or being challenged to see the world in new and different ways. It is not uncommon for people to experience painful memories or be confronted with new images of the self. Occasionally, in the process of working through issues, depression or anxiety can temporarily increase before improvement is seen. Side effects such as blood pressure increases or nausea may occasionally make ketamine use unfeasible.

We make no guarantees as to the result of such examinations, treatments, and/or diagnostic procedures. If any questions or concerns about our work together arise at any point during treatment, we ask that you bring them to our immediate attention.

### **POTENTIAL RISKS OF KAP**

We will ask you to lie still during the ketamine administration because your sense of balance and coordination can be adversely affected until the drug's effect has worn off, generally from two to four hours after administration. It is possible that you may fall asleep. Other possibilities include: blurred and uncomfortable vision (you are advised to keep your eyes closed until the main effects have worn off); slurred speech; mental confusion; excitability; diminished ability to see things that are actually present; diminished ability to hear or feel objects accurately including one's own body; anxiety, nausea, and vomiting. Visual, tactile, and auditory processing are also affected by the medication. Synesthesia — a mingling of the senses — may also occur. Your ordinary sense of time may also be distorted.

Because of the risk of nausea and vomiting, please refrain from eating and drinking for at least 4 hours prior to medicine sessions. Eat lightly when you do, and hydrate well in that same time frame. If you are prone to nausea, we may offer you an anti-nausea medication — *ondansetron (zofran)* — in oral dissolving tablet form.

Ketamine generally causes a transient increase in blood pressure and pulse rate. If blood pressure monitoring reveals that your blood pressure is too high, we may offer you *clonidine* to remedy this.

Agitation may occur during the course of a ketamine session. If your agitation is severe, we may administer *lorazepam* orally or by injection to help you relax.

The administration of ketamine may also cause the following adverse reactions: tachycardia (elevation of pulse), diplopia (double vision), nystagmus (rapid eye movements), elevation of intraocular pressure (feeling of pressure in the eyes), and anorexia (loss of appetite).

Driving an automobile or engaging in hazardous activities should not be undertaken until all effects of the medication are out of your system. We therefore require that you have someone drive you home after ketamine sessions, and that you do not drive for the remainder of the day after ketamine administration. We strongly recommend that your driver is someone known to you, rather than using a taxi or ride sharing service.

In terms of psychological risk, ketamine has been shown to worsen certain psychotic symptoms in people who suffer from schizophrenia or other serious mental illness. It may also worsen underlying psychological problems in people with severe personality disorders.

During the experience itself, some people have reported frightening and unusual experiences. These frightening experiences, however, may be of paramount value in your transition to recovery from the suffering that brought you to your KAP work. You will receive psychotherapeutic support and ongoing guidance in the follow-up integration sessions which are an essential part of treatment.

### **POTENTIAL FOR KETAMINE ABUSE AND PHYSICAL DEPENDENCE**

Ketamine is a controlled substance and is subject to Schedule III rules under the Controlled Substance Act of 1970. Ketamine does not meet criteria for chemical dependence, since it does not cause tolerance and withdrawal symptoms. However, cravings have been reported by individuals with a history of heavy use of psychedelic drugs. In addition, ketamine can have effects on mood (feelings), cognition (thinking), and perception (imagery) that may influence some people to want to use it repeatedly. Therefore, ketamine should only be used under the direct supervision of licensed clinicians (psychotherapists and physicians).

Repeated high dose and chronic use of ketamine has caused urinary tract symptoms and even permanent bladder dysfunction. This is extremely rare within the framework of our treatment.

### **ALTERNATIVE PROCEDURES AND POSSIBILITIES**

No other medication or procedure is available in current legal psychotherapeutic treatment which produces ketamine's effects. Major depressive disorder (MDD), post-traumatic stress disorder (PTSD), and bipolar disorder are usually treated with antidepressant medications, tranquilizers, mood stabilizers and psychotherapy. Electroconvulsive therapy (ECT) and the recently introduced Transcranial Magnetic Stimulation (TMS) are also in use for treatment-resistant depression. Ketamine has also been used in the treatment of addictions and alcoholism as part of comprehensive and usually residential treatment programs, primarily outside of the United States.

### **CLIENT/PSYCHOTHERAPIST RELATIONSHIP**

Research shows that a major factor in psychotherapeutic success is the relationship between clients and their psychotherapists. We at **Temenos** are deeply committed to creating an environment wherein your safety and vulnerability are honored, and your healing is welcomed. We pay close attention to the importance of building rapport and creating a space of trust and support. Our treatment plan will reflect these values, and your input is integral to our work together.

### **TOUCH, SAFETY, AND PROFESSIONAL BOUNDARIES**

KAP can be a very vulnerable process. We do everything to assure your physical safety and comfort as we work with potentially uncomfortable psychological issues. Some clients find that the reassuring physical touch of a hand on a shoulder, hand, or foot can increase a sense of safety and connection. Others do not want any kind of touch at all. We discuss the potential use of touch with you during your **Preparatory Session(s)**, and assure you that touch happens only when you request it, and within the boundaries of appropriate professional contact. We adhere to strict professional boundaries, ethics,

and laws related to physical touch; and we state unequivocally that touch during ketamine sessions is never erotic, never to the sexual areas of the body, and never for the gratification of the clinicians.

**CONFIDENTIALITY**

Legal and ethical codes require that information provided during psychotherapy be kept confidential at all times except under the following circumstances:

Sharing Information Amongst the **Temenos** Team:

**Temenos** consists of a team of clinical professionals including licensed psychologists, a licensed clinical social worker, and physicians. All client information is shared freely between team members as is deemed necessary for client safety and treatment efficacy by the team members.

Release of Information:

There may be circumstances in which it will be necessary or beneficial to release or exchange information about your treatment with other professionals such as your primary care physician or another psychotherapist or psychiatrist. In these situations, we will ask that you sign a HIPAA Release of Information form.

We may disclose limited information to necessary people without your permission if there is clear evidence that you are a serious danger to yourself or others. We are mandated to breach confidentiality if we learn of an incident of child or elder abuse by you or any other identifiable person.

There are also some situations where the court can mandate that we release your records (i.e., you use mental health as a defense in a court proceeding). This is very rare; and should we receive a subpoena for your records, we will consult with you prior to responding.

Insurance Information:

At your request, we will give specific information to your insurance company or another third party payer so that you may receive reimbursement. This information may include dates of service, diagnosis, and treatment summary. If your insurance company makes a request for more detailed information, we will consult with you before releasing such information to them.

**PROFESSIONAL FEES**

<b>Initial Consultation &amp; Screening</b> - 30 min	\$100
<b>Medical/Psychosocial Assessment</b> - 50 min	\$350
(After Initial Consultation & Screening)	
<b>Preparatory Session</b> - 50 min	\$200
<b>Ketamine Medicine Session</b> - up to 3 hours	\$1050
<b>Integration Session</b> - 50 min	\$200
<b>Prescription Fee</b>	\$150

Insurance:

Upon request, we will provide a statement you can submit to your insurance company for reimbursement. However, we are unable to provide information about whether your insurance company will reimburse for this treatment, which is not yet common.

Fee adjustments:

We reserve the right to periodically adjust our fees, and will give you at least two weeks notice of any changes in our fees. Prepaid sessions will not be subject to fee adjustments.

Telephone and email:

From time to time, we may engage in phone contact and/or email exchanges with you for purposes other than scheduling. You are responsible for payment of the agreed upon fee (on a pro-rata basis) for these phone/email contacts if they last longer than fifteen minutes. In addition, we may engage in phone contact with third parties at your request. You are responsible for payment of the agreed upon fee (on a pro-rata basis) for those phone calls that last longer than fifteen minutes.

Payments are required at the time of your appointment, unless other arrangements have been made in advance. If at any point in the course of treatment you are unable to pay your bill, please discuss this with us as soon as possible.

If your personal check is returned to us for insufficient funds you will be charged a \$30 fee. Outstanding balances that remain unpaid for more than 15 days are subject to interest at a rate equal to 20% per annum of the outstanding balance. We have the option of using legal means to secure payment, including the use of collection agencies or small claims court. If such legal action is necessary, the costs of such proceedings will be included in the claim. In most cases the only information released about a client in such a process would be the client's name, the nature of the services provided, and the amount due.

**SCHEDULING AND CANCELLATION POLICY**

**Temenos** requires one week's notice to cancel a session without charge. If however, due to illness or another emergency, you cannot make your scheduled appointment and we are able to reschedule your appointment during the same week, you will be charged only for the session(s) that you attended. Please note that while we will make every effort to reschedule in emergency situations, it is often the case that there may not be available times for rescheduling.

If you cancel an appointment within 24 hours of its scheduled time, you will be charged the full fee for that session. If you cancel a session more than 24 hours but less than 7 days from the time of your scheduled appointment and we cannot reschedule the appointment, we will charge you one half of the normal fee for that session.

**CONTACTING TEMENOS / EMERGENCIES**

Although we are not available by phone 24/7, you are welcome to leave us a voicemail anytime at **707-992-5015**. We check voicemail on a daily basis, and we make every effort to return calls within 24 hours during business days. We will inform you of exceptions for periods when we are unavailable.

If you have an emergency and cannot reach us, please call 911, Psych Emergency Services at 707-576-8181, or go to your nearest Emergency Room.

**ELECTRONIC COMMUNICATION**

It is important to know that email, text, and fax communications are relatively easy to access by unauthorized people, and that this can compromise your privacy and confidentiality. We do not have email encryption capabilities. If you choose to communicate confidential information to us via email, text, or fax, we assume that you have made an informed decision; and we view it as your agreement to take the risk that such communication could be intercepted. Please be aware that emails and text messages are part of your official medical record. Please do not use email or text messages to communicate emergencies.

**Temenos** may contact me via:

Cell phone	Y / N	It is okay to leave a message	Y / N
Home phone	Y / N	It is okay to leave a message	Y / N
Work phone	Y / N	It is okay to leave a message	Y / N
Text - SMS	Y / N		
Email	Y / N		

**TERMINATION OF TREATMENT**

You have the right to end treatment at any time without any legal or financial obligation other than those already accrued. If you wish, we will provide you with referrals to other qualified professionals. In some circumstances, people choose to stop psychotherapy when they are about to face something that is uncomfortable yet potentially very fruitful. We therefore request at least one session to discuss termination.

We also have the right to terminate treatment at our discretion. Reasons for termination include but are not limited to: client needs which are outside the scope of our competence or practice, untimely payment of fees; and/or client's inability or unwillingness to follow treatment recommendations.

**VOLUNTARY NATURE OF PARTICIPATION**

Your decision to undertake ketamine-assisted psychotherapy (KAP) is completely voluntary. Your signature to consent to treatment indicates that you understand the benefits and risks of this treatment.

By voluntarily signing below, you acknowledge that you have reviewed and fully understand and accept the terms and conditions of this agreement, and that you have had an opportunity to discuss any questions and concerns you may have.

1. I agree to hold **Temenos** and individual clinicians free and harmless from any claims, demands or suits for damages from any injury or complications whatsoever, except for gross negligence or willful misconduct that may result from such treatment.
2. No oral or written statements, representations or inducements have been made to induce me into this treatment.
3. I fully understand that ketamine sessions can result in a profound change in mental state and may result in unusual psychological and physiological effects.
4. I give my consent to the use of the following medications if deemed necessary: *lorazepam* for agitation, *ondansetron* for nausea or vomiting, and/or *clonidine* for blood pressure control during KAP sessions.
5. I have been given a signed copy of this **Informed Consent** form, which is mine to keep.
6. I understand the risks and benefits, and I freely give my consent to participate in KAP as outlined in this form, and under the conditions indicated in it.
7. I understand that I may withdraw from KAP at any time, including until the time of administration of the lozenge or intramuscular injection.

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Signature of Client Date

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Printed Name of Client

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Signature of Temenos Psychotherapist Date

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Printed Name of Temenos Psychotherapist

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Signature of Temenos Physician Date

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Printed Name of Temenos Physician

updated: 7/2/2021