

## Pre-Ketamine Infusion Preparation Session Patient Information Leaflet

### What is a Ketamine Preparation session?

A Ketamine Preparation session is a place for patients who are due to start ketamine treatment to come together and openly share information and expectations about their upcoming treatment. This is an opportunity for you to ask questions and think about your upcoming treatment with one of our ketamine clinic clinician.

- When: every Tuesday from 14:30-15:30
- Where: Microsoft Teams
- Who: patients who have been accepted for ketamine treatment at the Interventional Psychiatry Service and are due to start their initial intravenous infusions

### What will the Ketamine Preparation Group Focus on?

The Ketamine Preparation session is designed to help patients think about a variety of concepts that are important to consider when using treatments that have psychedelic properties. These include:

- Information about ketamine and dosing
- Dissociation and psychedelic experiences
- The concept of “Set and Setting”
- Values and self-care
- Setting goals and intentions
- Cultivating curiosity and a capacity for change

During the Ketamine Preparation Session, you will be encouraged to think about who you are as a person, and how this might influence the kind of experiences that are involved with ketamine treatment. You will also be encouraged to think of relevant past experiences that may be helpful to talk about.

The facilitators will take an integrated approach and will be drawing on psychodynamic, cognitive, behavioural, and mindfulness-based psychotherapy. They will encourage you to think about how you can integrate the experiences you have during ketamine treatment in your life moving forward.

## What is Set and Setting?

Set and setting describes the physical, mental, social, and environmental context that an individual brings into a psychedelic experience.

Set refers to the mindset you bring to the experience. This might include thoughts, desires, feelings, personality traits, values, and preconceived notions or expectations about what you are about to experience. The current physical state of the body is also an important part of one's "set"; if one feels sick, injured, or generally unhealthy these sensations may get amplified during the experience.

Setting refers to the physical and social environment that the experience takes place in. It is able to guide or influence the course of the experience on both conscious and unconscious levels.

## Confidentiality and Record Keeping

All material that is discussed is strictly confidential and should not be discussed with anyone outside the group. Please only use your first name, and not your surname, in the session (whether in conversation or written on-screen).

The facilitators will keep their own process notes which will not be uploaded to your patient electronic record. As is common practice in group psychotherapy, the facilitators will also meet separately to discuss the session with an external supervisor.

## Booking and Cost

In order to book a place in an upcoming session, please email [KetamineClinic@oxfordhealth.nhs.uk](mailto:KetamineClinic@oxfordhealth.nhs.uk). There will be up to 4 places available per preparation session.

Please arrive in the MS Teams waiting room 10 minutes before the session is scheduled to start to ensure that the session can start on time. You will not be let in if you arrive later than 15 minutes after the start of the session.

This is a paid-for (private) session. Patients who have booked a place will be charged £50 per session, whether they attend the session or not. You may cancel your place up to 48 hours before the session. Payment for the session can be made using the following links:

### **Payment link**

Ketamine Preparatory Session (£50)

<https://www.gov.uk/payments/oxford-health-nhs-ft-ketamine-clinic/ketamine-preparatory-session>