TLC Resource Guide

Ketamine & Transformational Care

Discover New Possibilities for Healing.

A Whole-Person Guide to Understanding Ketamine-Assisted Therapy, Healing, and Lasting Transformation.



Welcome

Sometimes people come to ketamine treatment after trying many other approaches. Perhaps you've participated in therapy for years. Perhaps you've tried several medications. Maybe you've experienced some improvement, but still feel stuck. Or perhaps you've reached a point where you're simply looking for another way.

If that's where you find yourself, we want you to know this:

There is hope.

Ketamine-assisted treatment isn't the right choice for everyone, but for some people it can become an important part of a broader healing journey.

We view ketamine as one tool within a whole-person approach to mental health care. A tool that is most effective when paired with thoughtful preparation, skilled support, and intentional integration afterward.

I Feel...

You may recognize yourself in some of these experiences:

☐ I've tried many treatments and still feel stuck.

☐ I'm exhausted from struggling for so long.

☐ I feel depressed.

☐ I feel anxious much of the time.

☐ I have experienced trauma that still affects me.

☐ I feel disconnected from myself.

☐ I find myself questioning the meaning or direction of my life.

☐ Traditional therapy doesn't seem to be enough anymore.

☐ I want something to change, but I don't know what.

☐ I feel hopeful—but also nervous about trying something new.

☐ I wonder if healing is really possible for me.

☐ I want to understand myself more deeply.

Many people arrive at ketamine treatment carrying both hope and uncertainty.

Both are welcome here.

🌿 Pause & Notice

What led you to begin exploring ketamine treatment?

What are you hoping might become possible?

What's Happening?

Depression, trauma, anxiety, PTSD, and chronic emotional pain can sometimes become deeply ingrained over time. Many people describe feeling as though their minds keep returning to the same painful thoughts, emotions, or patterns despite their best efforts.

Research suggests that ketamine may temporarily increase the brain's capacity for change by promoting **neuroplasticity—the brain's ability to form new connections and patterns**. For some people, this creates an opportunity to approach longstanding thoughts, emotions, and experiences from a different perspective.

Ketamine may also create what is often called a **non-ordinary state of consciousness**. During this experience, people sometimes report seeing familiar challenges in new ways, reconnecting with difficult emotions, experiencing powerful imagery or memories, or sensing greater compassion toward themselves.

Every experience is different. Some sessions feel peaceful. Some feel emotionally challenging. Some are difficult to explain with words. There is no "correct" ketamine experience.

What matters most is how the experience is prepared for, supported, and thoughtfully integrated afterward.

What We Want You to Know

Our providers shared several messages they hope every client understands.

There are options.

Many people come to ketamine treatment after years of searching for something that feels different. While ketamine isn't appropriate for everyone, it represents one of several evidence-informed approaches that may help when traditional treatments haven't provided the relief someone hoped for.

Ketamine works best as part of a larger healing process.

Medication and therapy often work together. Preparation before treatment and integration afterward help people make meaningful use of their experiences.

Healing is possible, but transformation rarely happens from the medicine alone.

Every experience is unique.

One provider described ketamine this way:

> *"The medicine gives and challenges."*

Not every session feels peaceful or enjoyable. Sometimes difficult emotions or memories arise. Rather than judging those experiences, it’s best to approach them with openness, curiosity, and compassion.

Safety matters.

Our ketamine-assisted psychotherapy (KAP) protocol is intentionally designed to prioritize preparation, medical oversight, emotional support, and integration. You won't be expected to navigate these experiences alone.

What Healing Often Looks Like

Healing through ketamine isn't usually about having one extraordinary experience. It's about what begins to change afterward.

You might notice...

When you feel stuck...	As healing begins to unfold...
The same thoughts repeat over and over.	You begin seeing new possibilities or perspectives.
You feel disconnected from yourself.	You experience moments of greater self-compassion.
Painful memories feel impossible to approach.	Difficult experiences become easier to explore with support.
Depression feels heavy and unchanging.	Moments of hope begin appearing again.
You feel emotionally numb.	A wider range of emotions gradually becomes accessible.
Healing feels impossible.	You begin believing change may actually be possible.
You rely on the medicine to "fix" everything.	You discover that meaningful change grows through continued practice, reflection, and support.

🌿 Pause & Notice

Healing often begins with curiosity.

As you consider ketamine treatment, what questions feel most important to you?

What would you hope to carry forward from your experience?

A Gentle Reminder

Ketamine is not a finish line. It is often the beginning of a new conversation with yourself. The experiences that unfold during treatment are only one part of the journey. The meaning you make afterward often becomes just as important.

What Helps?

Ketamine treatment works best when supported by a broader healing process.

🌱 Preparation

Taking time to clarify your intentions, ask questions, and prepare emotionally can help create a stronger foundation for treatment. Also set and setting matters. Focusing on having a positive mindset going into the medicine is best, and setting up a safe comfortable environment for your medicine session is important.

🧠 Ketamine Sessions

Whether receiving ketamine-assisted psychotherapy (KAP) or another medically supervised ketamine treatment like Spravato, the medicine is offered within a structured and supportive environment designed to promote safety and healing.

💬 Integration

Many people discover that the conversations, reflections, and practices after treatment become some of the most important parts of the process. Integration helps transform meaningful experiences into lasting change.

✍️ Journaling & Reflection

Writing, drawing, or recording thoughts after treatment can help deepen understanding and preserve important insights.

🧘 Mindfulness

Mindfulness helps people remain curious about their experiences without rushing to interpret or judge them. We have a whole suite of guided meditations that you can utilize to practice the mindfulness skills that will best serve you for ketamine treatment.

You can access our Ketamine guided meditation playlist here.

🤝 Community

Healing often grows in relationship. Support groups, integration circles, trusted therapists, and compassionate community can all help sustain growth over time. We hold a monthly integration group at TLC that would be very helpful for integrating your ketamine therapy experiences.

You can learn more about our integration group here.

How TLC Can Support You

Instead of asking,

"Will ketamine fix me?"

consider asking,

"How can ketamine become one meaningful part of my healing journey?"

Transformational Care

- Ketamine-Assisted Psychotherapy (KAP)
- Spravato® Treatment
- Medical Evaluation
- Ongoing Monitoring

Preparation & Integration

- Preparation Sessions
- Integration Therapy and/or Integration Group
- Individual Counseling
- Spiritual Care for help with meaning and integration

Nervous System Support

Because ketamine often opens a window for change, your provider may also recommend:

- ILF Neurofeedback
- Breathwork
- Mindfulness

Community & Growth

- Integration Groups
- Drum Journey (see our groups and events on TLC website)
- Community Education
- Supportive Resources

Finding Your Next Step

If you're noticing...	You might consider exploring...
Depression that hasn't improved with traditional treatment	A Ketamine consultation
Curiosity about Spravato®	A conversation with one of our medical providers
Questions about whether KAP is right for you	A complimentary consultation with Jude

You have completed ketamine treatment and want help integrating it	Integration Therapy or an Integration Group
Anxiety or trauma alongside depression	Individual Counseling and Nervous System Support
Several concerns happening together	Work with your TLC care team to create a personalized healing plan.

Continue the Conversation

If one or more of these next steps resonated with you, we'd be honored to help you explore them. You don't have to figure everything out before reaching out.

Our team can answer your questions, help you understand your options, and work with you to determine what kind of support might be the best fit for your needs.

Call our office at 385-272-4292 to schedule an appointment or consultation. Together, we'll help you explore next steps that might benefit you and your unique needs.

🌿 Reflection

Pause & Notice

What does the word **transformation** mean to you?

If healing became possible in a way you haven't yet imagined, what might begin changing in your life?

Imagine Experiencing...

Imagine feeling just a little more hopeful.

Imagine responding to yourself with greater compassion.

Imagine noticing possibilities where you once saw only dead ends.

Imagine reconnecting with parts of yourself that have felt distant for years.

Imagine feeling supported as you explore both the light and the shadow of your experience.

Imagine discovering that healing is less about becoming someone new and more about reconnecting with who you've always been beneath the pain.

Transformation isn't about erasing your past. It's about discovering new ways of relating to it.

Looking Ahead

Rather than asking,

"Will this treatment change me?"

you might gently ask,

"How am I willing to participate in my own healing?"

Transformation is rarely something that happens *to* us. More often, it unfolds through the relationship we build with ourselves, our experiences, and the people who walk beside us.

Additional Resources

Books

- *The Ketamine Papers* — Phil Wolfson & Glenn Hartelius
- *How to Change Your Mind* — Michael Pollan
- *No Bad Parts* — Richard Schwartz (Internal Family Systems)
- *The Body Keeps the Score* — Bessel van der Kolk

Blogs

- Let's Talk Ketamine Therapy, Reimagined
- Let's Talk Group Versus Individual Ketamine Therapy
- Let's Talk Ketamine Therapy for Healing
- Let's Talk Ketamine Journey
- Let's Talk Integration

Podcasts

- Back from the Abyss

- Psychedelics Today

Practices

- Journaling
- Mindfulness
- Integration therapy
- Music for reflection
- Time in nature
- Intentional preparation before sessions

Experience TLC

Healing is rarely a single moment.

It is a relationship that unfolds through curiosity, courage, support, and continued practice.

We don't view ketamine as a miracle or a last resort. We view it as one of many pathways that may help create space for healing, insight, and transformation when thoughtfully integrated into whole-person care.

Whatever path you choose, you don't have to walk it alone.

Appendix A:

What to Expect During Your Ketamine Journey

Every person's journey with ketamine is unique. While no two experiences are exactly alike, most people move through four important phases. Each one plays a valuable role in the healing process.

Healing doesn't happen because of one moment or one treatment. It unfolds through thoughtful preparation, compassionate support, and the meaning you make of your experiences over time.

🌱 Step 1: Preparation

"Healing begins before the medicine."

Before your first treatment, we'll spend time getting to know you—not just your symptoms, but your story.

Together, we'll answer questions, discuss your goals, review your medical history, and help you understand what to expect. If you're participating in Ketamine-Assisted Psychotherapy (KAP), you'll also begin exploring intentions for your sessions.

Preparation isn't about trying to control the experience.

It's about entering it with openness, curiosity, and a sense of safety.

You might begin by asking yourself:

- What am I hoping to understand more deeply?
- What patterns feel ready for change?
- What strengths can I bring into this experience?
- What support do I need before I begin?

✨ Step 2: The Ketamine Experience

"Allow yourself to be curious."

During your ketamine session, you may experience thoughts, memories, emotions, imagery, or sensations that feel familiar—or completely unexpected.

Some sessions feel peaceful. Some feel emotionally intense. Some are difficult to describe afterward. There is no "right" experience.

Rather than trying to analyze everything in the moment, we encourage you to approach whatever arises with gentle curiosity.

One of our providers often reminds clients that the medicine **"gives and challenges."**

Even difficult experiences can become meaningful when explored with compassion and support.

Throughout your treatment, your safety and comfort remain our highest priorities.

🌿 Step 3: Rest & Recovery

"Give yourself permission to simply be."

After your session, your mind and body may continue processing the experience for hours—or even days.

This is often a good time to slow down.

Many people find it helpful to:

- Rest quietly.
- Drink plenty of water.
- Listen to calming music.
- Spend time in nature.
- Journal or create art.
- Avoid making major life decisions immediately after treatment.

You don't need to understand everything right away. Sometimes insight unfolds gradually.

💛 Step 4: Integration

"Transformation happens in everyday life."

Many people discover that integration is where lasting change begins.

Integration means taking what emerged during your ketamine experience and gently exploring how it connects to your daily life.

You may notice:

- new perspectives
- emotional shifts
- questions
- memories
- unexpected insights
- new ways of relating to yourself

Rather than asking,

"What did my experience mean?"

you might ask,

- What feels different today?
- What surprised me?
- What am I being invited to pay attention to?
- How might I care for myself differently this week?

At TLC, integration may include:

- Individual therapy
- Ketamine integration sessions
- Journaling
- Mindfulness
- Spiritual care
- Community support
- Time in nature
- Creative expression

Healing rarely comes from insight alone. It grows as insight becomes lived experience.

🌿 The Journey Continues

Many people hope ketamine treatment will be the end of a difficult chapter. Often, it's the beginning of a new relationship with themselves.

Some people experience profound shifts quickly. Others notice gradual changes that unfold over weeks or months. Neither path is better than the other.

Transformation isn't measured by how extraordinary a single session feels. It's reflected in the small ways your life begins to change afterward:

- responding instead of reacting
- feeling more hopeful
- becoming more compassionate toward yourself
- reconnecting with loved ones
- finding meaning in difficult experiences
- making choices that align with the life you want to create

Every step forward—no matter how small—is part of the journey.