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Ketamine assisted psychotherapy-Inpatient treatment of the future?

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Disclosures



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If you do not have disclosures, state:

“Neither I nor my spouse/partner has a relevant financial relationship with a commercial interest to disclose.”



Ketamine with psychotherapy for depression

Espi Forcen, F, Nyer, M, *Psychiatric annals*, 2022

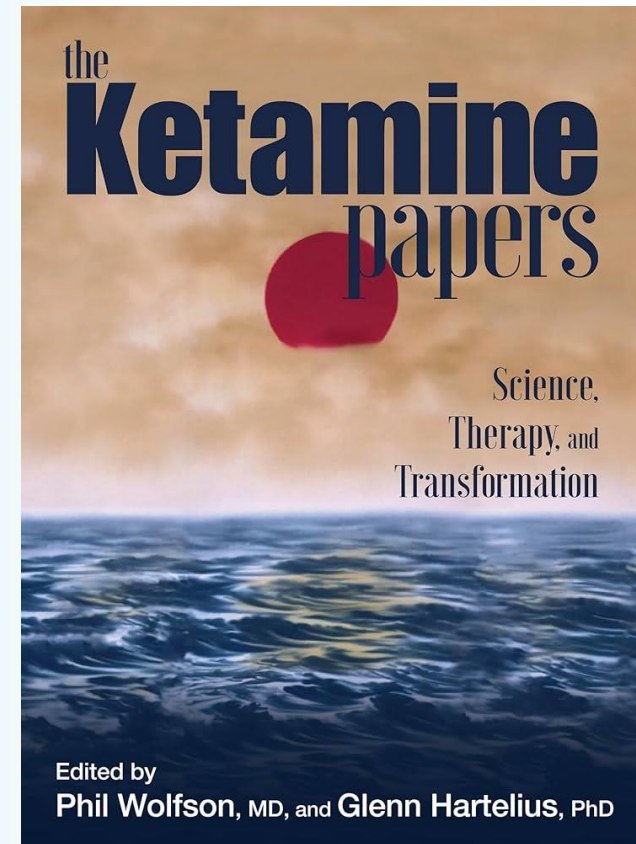
- Dissociative psychedelic entheogen
- Feelings of calm, peacefulness, euphoria, lack of negativity, empathy, love
- Opens gates of perception: music, own's body, interpersonal relations, own's relationship with the world
- Psychological insight
- Vivid dreams
- Ketamine assisted psychotherapy, CBT, CAMS





Ketamine assisted psychotherapy at the inpatient unit

- Education-Preparation session
- Ketamine infusion day: meditation, relaxation, preparation
- Post ketamine infusion debriefing
- Journaling or drawing
- Integration psychotherapy on the days between infusions
- Consult service versus regular care





Ketamine assisted meaning-centered psychotherapy for a patient with severe suicidal behavior

Espi Forcen, F, Marengo L, Behn M., *Palliative and supportive care*, 2022

- 37 yo man
- Made a plan to shoot himself
- MDD
- PTSD from family suicides
- Refusing ECT
- Wrote suicide notes
- Ketamine
- MCP
- Supportive therapy
- Remission of SI
- 6 month follow up doing well

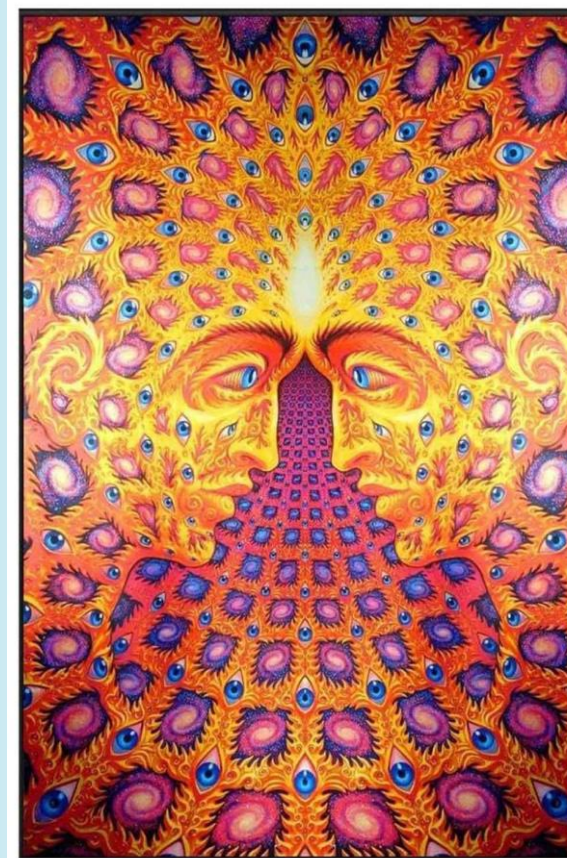




Challenges with short term intravenous racemic ketamine with psychotherapy for a hospitalized patient with severe posttraumatic stress disorder and depression

Zambrano, J, Espi Forcen, F, *Journal of clinical psychopharmacology*, 2023

- 51 yo woman
- MDD, PTSD
- Serious OD
- 12 sessions of ECT
- Ketamine
- KAP
- Remission of suicidal thoughts
- Insurance would not cover ketamine after discharge





Does experiential learning matter?

Becoming a ketamine assisted psychotherapist, Espi Forcen, F, *Psychiatric times*, 2023

- Psychedelic experiential training ingesting ketamine and practicing ketamine-assisted psychotherapy (KAP)
- Experienced both roles: as a therapist, providing support and guidance to a partner under ketamine, and as a participant, undergoing a profound personal journey.
- Ketamine experience involved vivid and transformative visions, including feelings of universal love and reflections on personal history, relationships, and identity
- The training culminated in a deep sense of connection and empathy with fellow participants





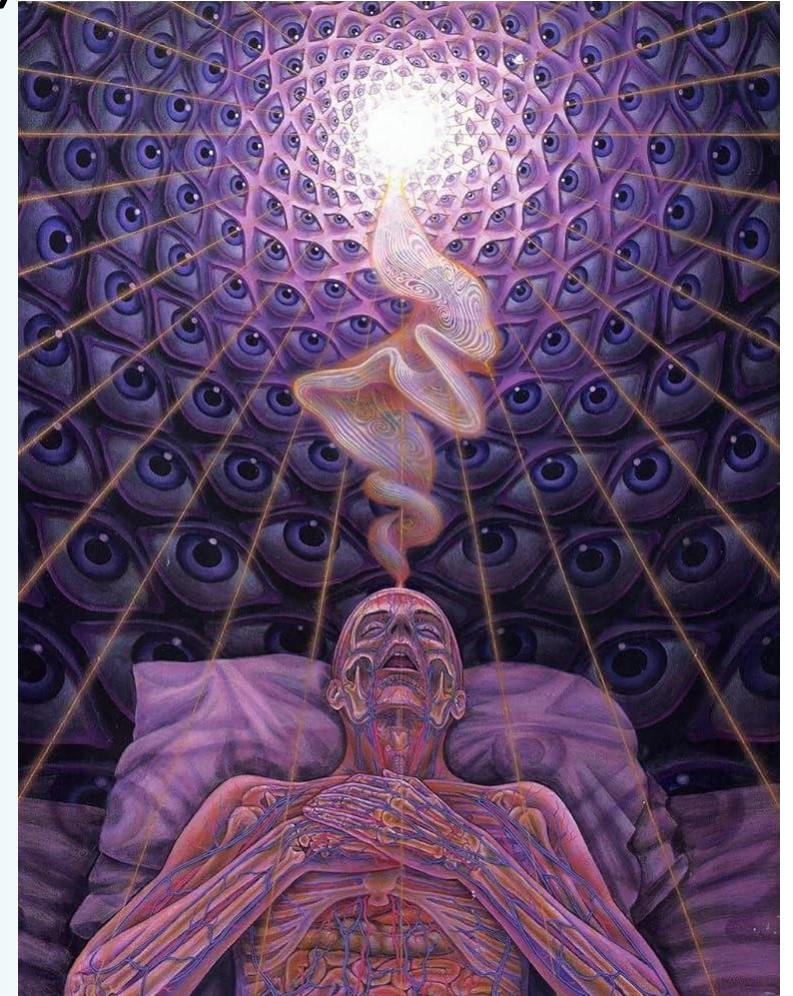
Ketamine assisted psychotherapy at the inpatient unit: a pioneering initiative (under review)

Objective: To date, there is only one clinical study exploring the role of ketamine-assisted psychotherapy (KAP) in patients with mood disorders. Our objective is to determine the feasibility of KAP for managing mood and trauma-related disorders in the inpatient psychiatry unit.

Method: This is a naturalistic observational and feasibility study approved by the Institutional Review Board (IRB). We collected data on all patients treated with KAP in our unit.

Results: We discuss five patients with depression, trauma-related symptoms, and suicidal ideation admitted to the inpatient psychiatry unit who received KAP. All patients tolerated the treatment and found it beneficial.

Conclusions: KAP is a feasible treatment in the inpatient psychiatry unit. More research is needed to elucidate the benefits of KAP in depression, PTSD, and suicidal behavior.





Esketamine Vs. Transcranial Magnetic Stimulation

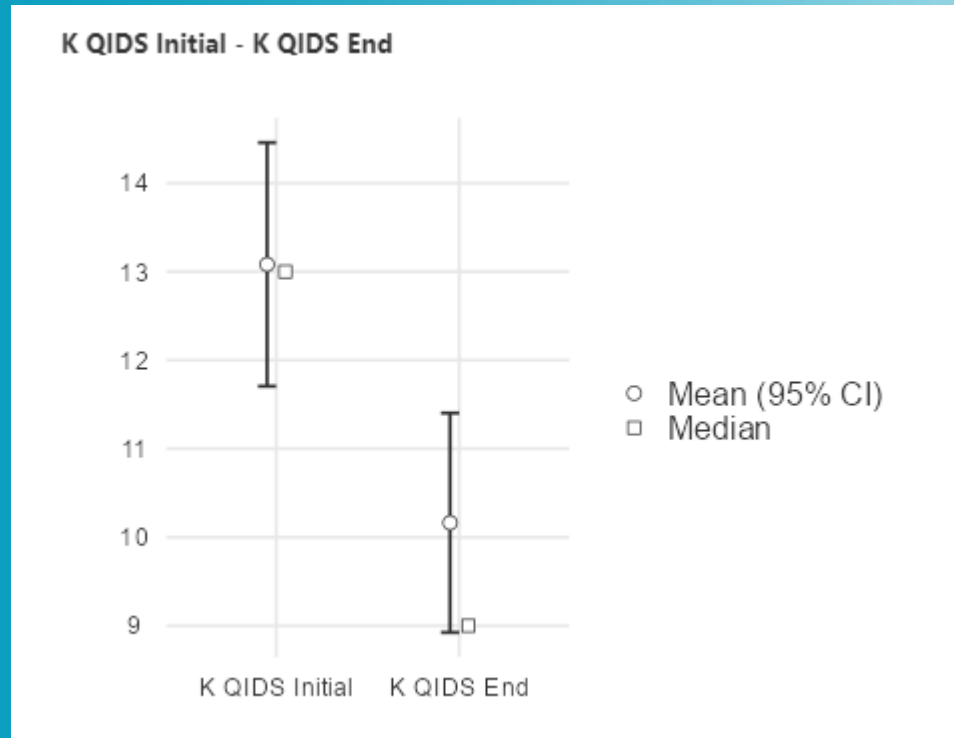
- Objective: To compare response and remission rates in patients taking esketamine vs. TMS for depression
- Methods: 122 patients. 73 TMS and 49 esketamine.



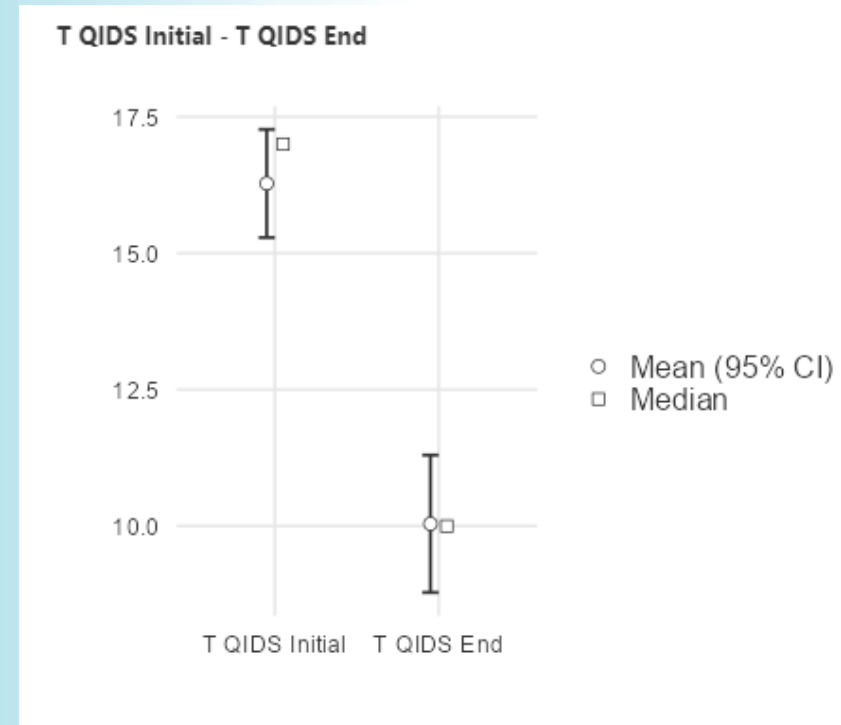


Esketamine Vs. TMS: Quick Depression Inventory (QIDS)

- Esketamine

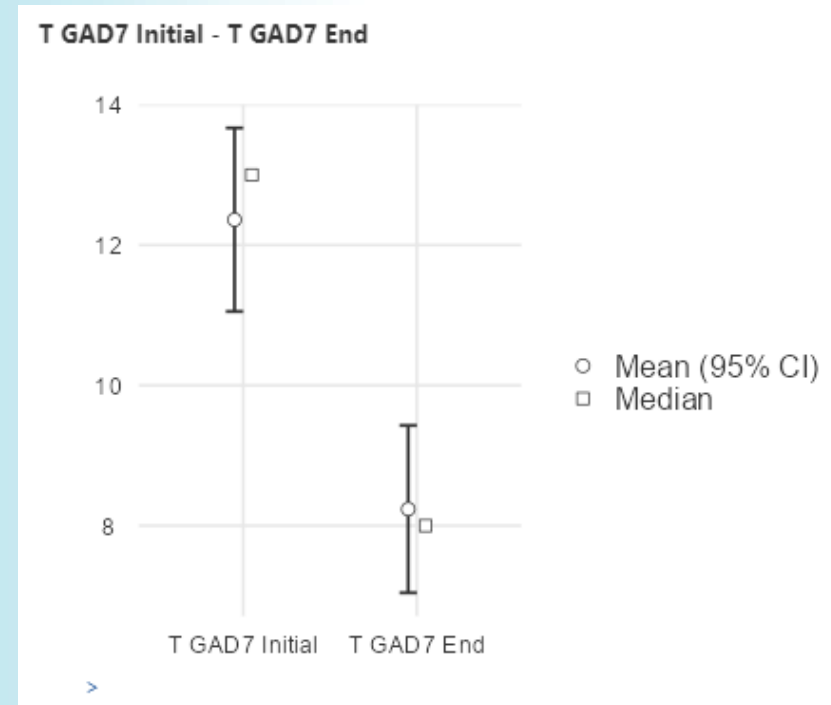
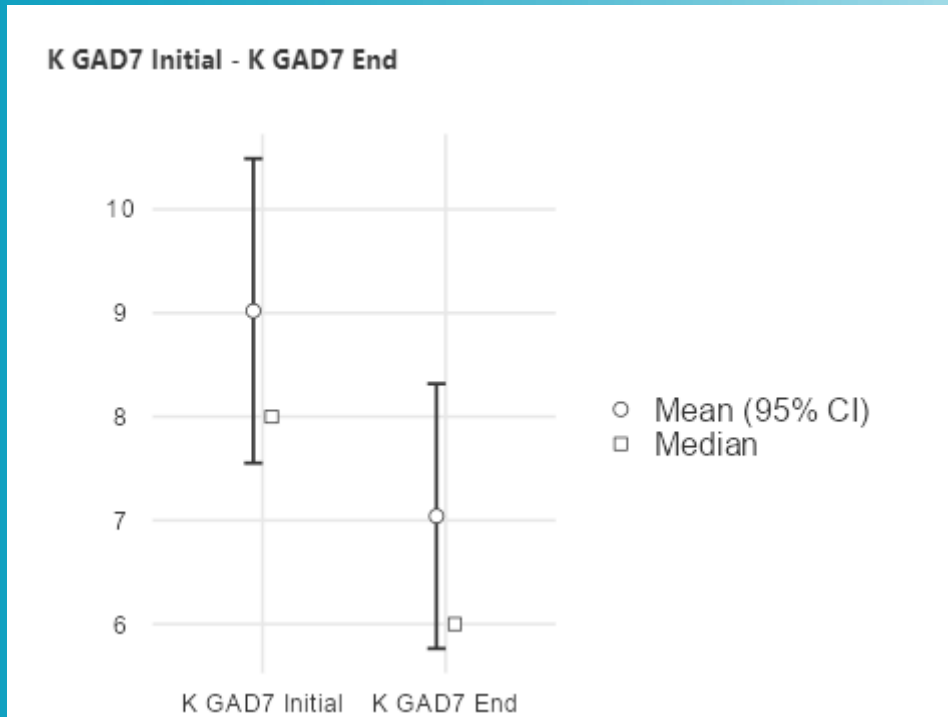


- TMS





Esketamine Vs. TMS: Generalized Anxiety Disorder (GAD-7)





Esketamine Vs. TMS

- Esketamine (N=49)
 - Response rate: 30.6%
 - Remission rate: 16.3%
- TMS (N=73)
 - Response rate: 47.9%
 - Remission rate: 27.4%
- Odds Ratio (Esketamine Vs. TMS)
 - 0.479 (OR)





Ketamine: The role of therapy

- Pilot study
- Esketamine Vs. Esketamine assisted psychotherapy
- QOL
- Time to relapse
- Depression scores





But what kind of therapy?

- Ketamine gives vivid like dreams
- Journaling
- Therapeutic dialogue
- Symbolism
- Interpretation
- A Jungian approach



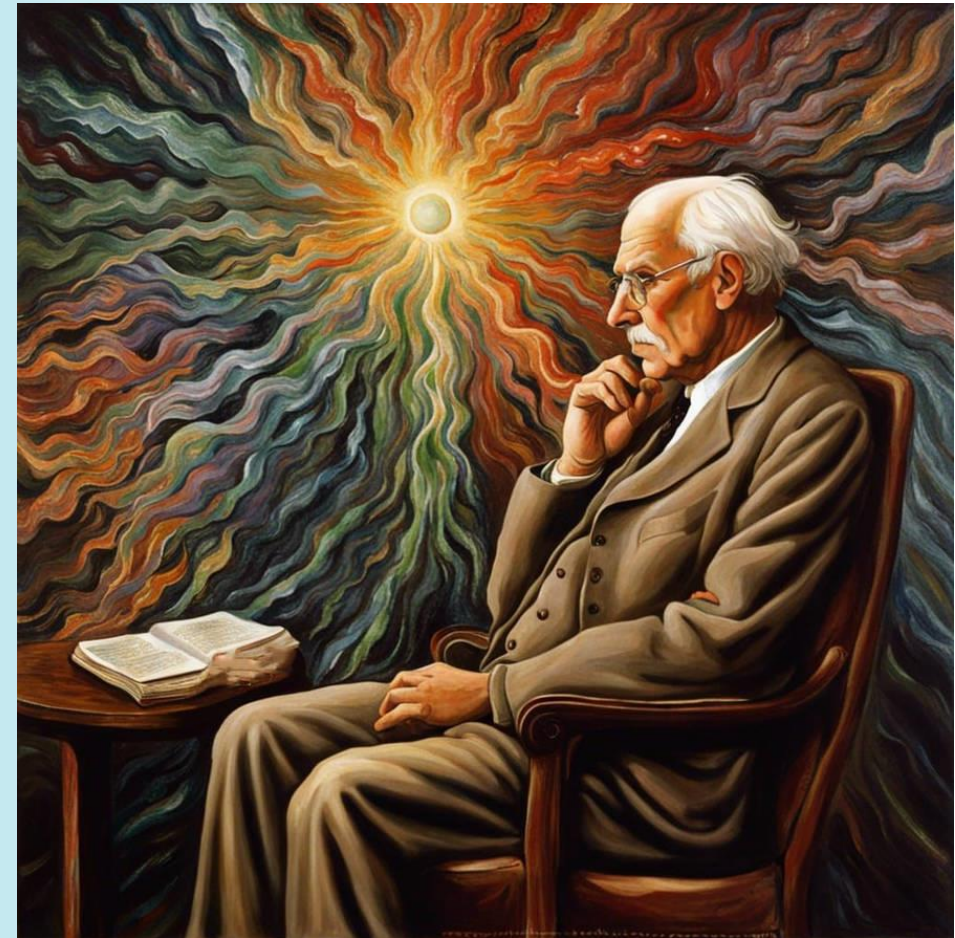
Re-marrying Jungian analysis and psychedelic therapy



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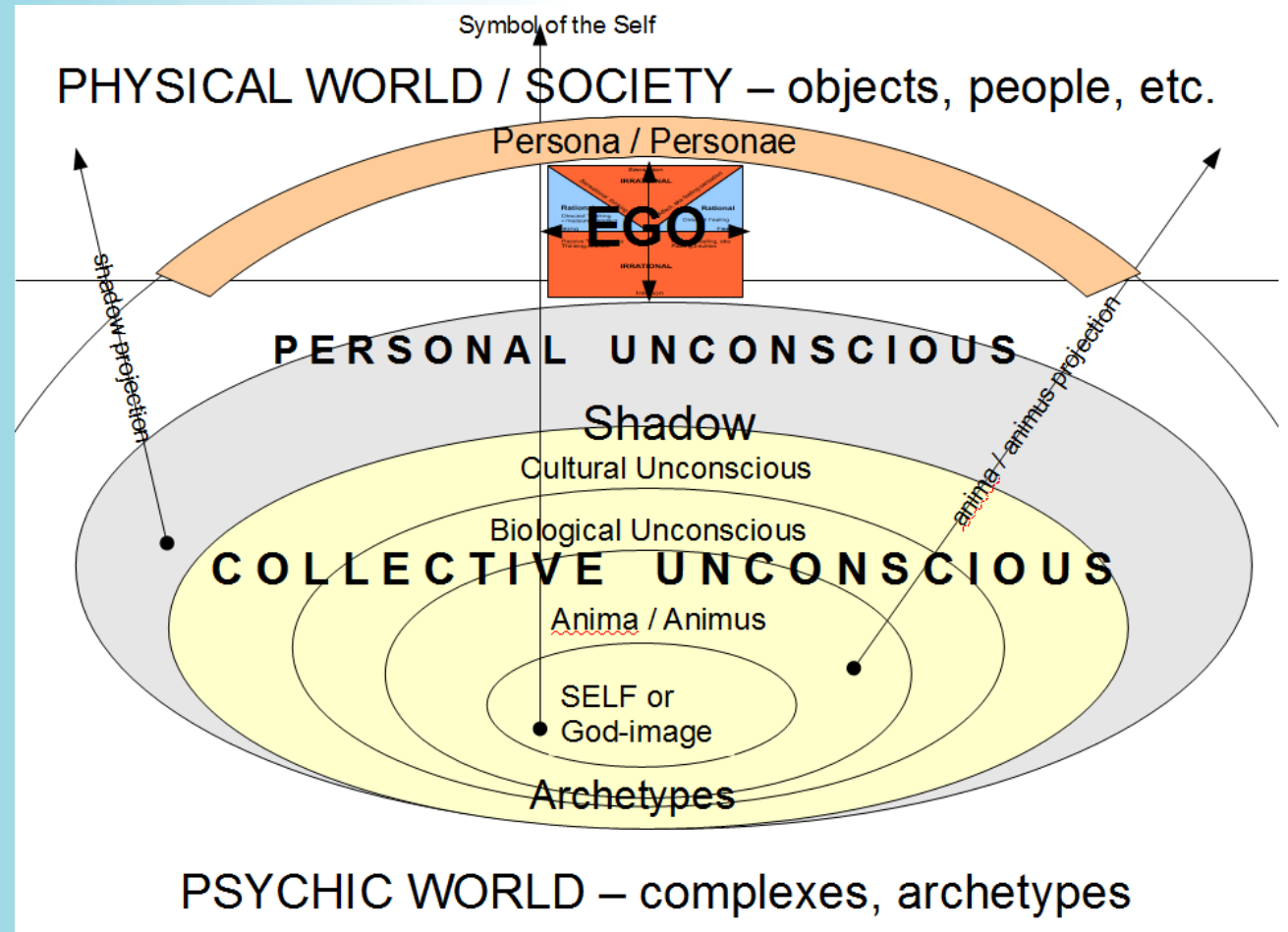
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- Carl Jung, Aldous Huxley, Humphrey Osmond, Richard Saninon and Stanislav Grof
- Carl Jung remained skeptical of psychedelics, that had been discovered at the end of his life
- Carl Jung had passed after ketamine was discovered
- Ketamine dreams are a well known fact
- Dream therapy stands out as a good fit for dream therapy and Jungian ontology as a suitable theory



Carl Gustav Jung

- The collective unconscious
- Archetypes
- The persona and the shadow
- Animus and anima
- Individuation
- The Big SELF
- Alchemy, astrology and esoteric beliefs



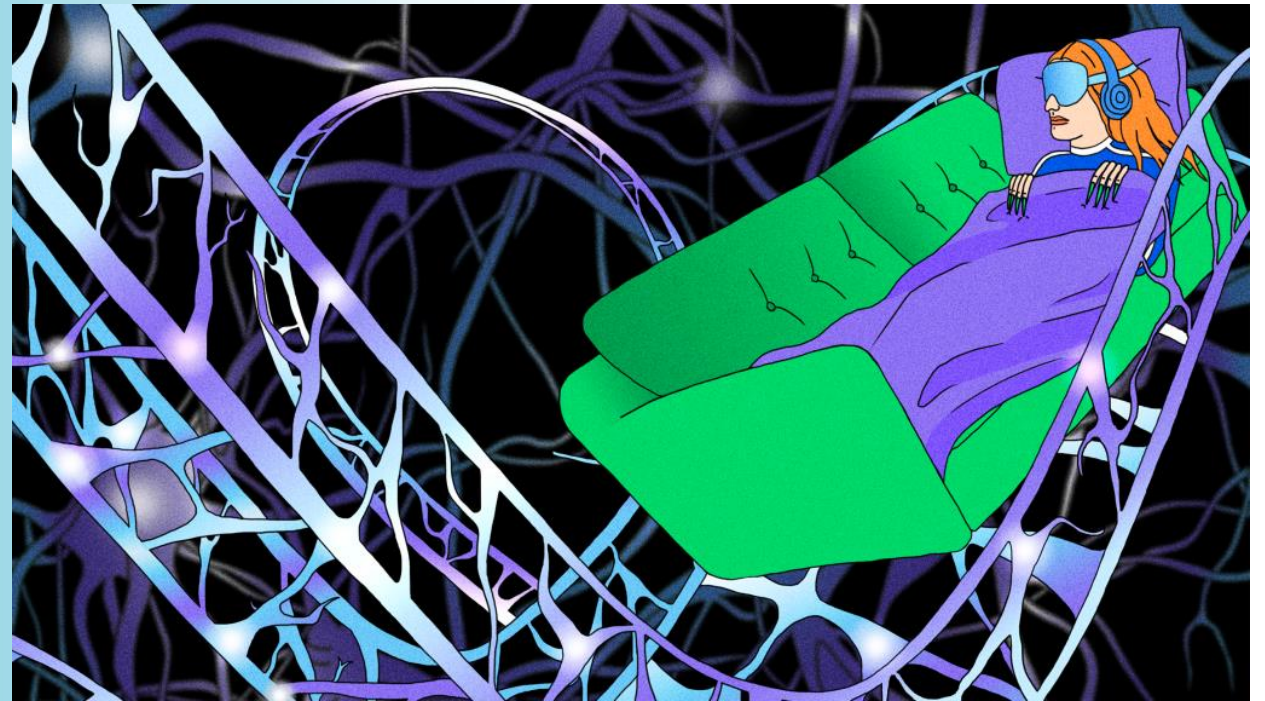
Jungian archetypes are generally presented in psychedelic states

- The rebirth
- The hero
- The wise old person
- The trickster
- The mother
- The idealized feminine and masculine



Jungian approach to ketamine dreams

- Ketamine dreams have a compensatory function
- Archetypes
- Symbolism
- Active imagination
- Personal and collective unconscious
- Journaling
- Interpretation



Jungian inspired Ketamine dream therapy: A case report



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- 66 yo Italian American catholic woman taking ketamine for depression at the inpatient unit
- No prior psychedelic experience
- Music playlist with a ring of the virgin Mary in her right finger and a stamp on her chest
- Felt the presence of Virgin Mary: the mother, the divine and the Self, the idealized feminine
- Michael Archangel: The protector, the hero
- Jesus Christ on her back: The divine, transcendence Self, the savior and the redeemer
- Goddess Isis, the mother
- Below: Mother Earth, the mother archetype
- Reconnecting with her daughter
- Exploring the role of being a grandmother





Thank you very much for your attention

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