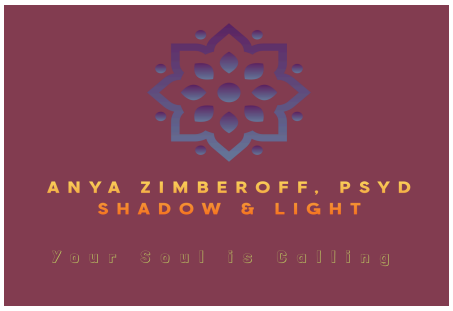
It is my purpose to help guide and support the healing inherent in every person as their spirit seeks wholeness



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Ketamine Assisted Psychotherapy Consent Form

Ketamine-Assisted Psychotherapy (KAP)
Informed Consent and Treatment Agreement
Provider: Anya Zimberoff, PsyD, Licensed Psychologist (WA)

Client Name: _____

Date: _____

1. Nature of Ketamine-Assisted Psychotherapy
Ketamine-Assisted Psychotherapy (KAP) is an integrative mental health treatment that combines psychotherapy with the effects of ketamine, a medication that may alter perception, mood, cognition, and consciousness for a limited period of time.
Psychotherapy sessions occur **before, during, and after** ketamine dosing and may be conducted **in person or via secure telehealth**, depending on the treatment phase and clinical appropriateness.
2. Separation of Roles: Psychotherapy vs. Medical Prescribing
I am **not a medical prescriber** and do not prescribe, dispense, or administer ketamine. Ketamine is prescribed and medically managed by a **separate licensed medical provider**, such as Journey Clinical, with whom I have a professional affiliation. This prescriber is solely responsible for:

- Medical screening and eligibility
- Determining dosage, formulation, and route of administration
- Medical consent, monitoring standards, and prescribing decisions

Your participation in psychotherapy is **independent** of your participation in ketamine prescribing services, and you may discontinue either service at any time.
3. Potential Benefits
Potential benefits may include reductions in depressive symptoms, anxiety, trauma-related distress, or rigid thought patterns, and increased psychological flexibility or insight. Life-style changes and reduction in compulsive habits is often seen. **Benefits are not guaranteed**, and individual responses vary.

Whereas research has shown that the therapeutic use of ketamine by itself can reduce depressive and suicidal symptoms, guided journeys involving preparation and integration sessions are seen as most effective to achieve enduring longer-term benefit (see annotated reference articles at the end of this form). At Shadow and Light Wellness, we believe that the altered state experience facilitated by ketamine is:

- A doorway to experiential understanding of core woundings
- A bridge to a more expansive perspective on one's life in a larger humanity context
- A portal to deeper healing resources, which might be:
    - personal
    - ancestral, and
    - archetypal.

4. Risks and Side Effects

Possible effects of ketamine may include, but are not limited to:

- Dissociation, altered perception of time or reality
- Nausea, dizziness, headache, fatigue
- Temporary increases in anxiety, blood pressure, or heart rate
- Emotional distress, emergence of difficult memories or feelings

Rare but serious risks are discussed with your medical prescriber. Psychological discomfort may occur during or after sessions. You are encouraged to report any concerning reactions promptly to both providers.

5. Telehealth-Specific Safety Requirements

For telehealth KAP psychotherapy sessions that occur in proximity to ketamine dosing:

- You must be located in **Washington State** at the time of the session
- You must have a **private, safe, and quiet setting**
- You agree to follow all safety instructions provided by your medical prescriber and KAP psychotherapist such as:
    - Nearby presence of a support person
    - No driving for 8 hours (ideally not until the next day) after KAP journey driving
    - Pre and post-dose blood pressure monitoring
- Sessions may be paused or terminated if safety cannot be adequately ensured

6. Alternatives to KAP

Alternatives include psychotherapy without ketamine, medication management alone, other psychiatric medications, or choosing no treatment at this time. These options have been discussed and remain available to you.

7. Voluntary Participation and Right to Withdraw

Your participation in KAP is voluntary. You may withdraw consent or discontinue psychotherapy at any time without penalty. Discontinuation of ketamine prescribing does not obligate continuation of psychotherapy, and vice versa.

8. Confidentiality and Coordination of Care

Psychotherapy services are confidential and governed by Washington State law and professional ethics. With your written authorization, limited information may be shared with your ketamine prescriber **solely for coordination of care and safety**.

9. Acknowledgment of Understanding

It is my purpose to help guide and support the healing inherent in every person as their spirit seeks wholeness

By signing below, you acknowledge that:

- You have read and understand this consent
- Your questions have been answered to your satisfaction
- You understand the separation between psychotherapy and medical prescribing
- You agree to participate in KAP psychotherapy under the conditions described above

Client Signature: _____ Date: _____

Psychologist Signature: _____ Date: _____

References

Ketamine-Assisted Psychotherapy (KAP) & Guided / Integrative Models

Dore, J., Turnipseed, B., Dwyer, S., Turnipseed, A., Andries, J., Ascani, G., … Wolfson, P. (2019). Ketamine Assisted Psychotherapy (KAP): Patient demographics, clinical data and outcomes in three large practices administering ketamine with psychotherapy. *Journal of Psychoactive Drugs, 51*(2), 189–198.
Annotation: This widely cited naturalistic study examined real-world outpatient KAP across multiple clinics. Results showed significant reductions in depression and anxiety, supporting the feasibility and effectiveness of combining ketamine with structured psychotherapy and integration.

Drozdz, S. J., Goetz, J., Bousman, C. A., & Haller, E. (2022).
Ketamine-assisted psychotherapy: A systematic narrative review of the literature. *Journal of Psychedelic Studies, 6*(2), 1–15.
Annotation: This review synthesized available KAP studies and highlighted that more robust and sustained outcomes are associated with preparatory therapy, guided dosing sessions, and post-session integration—supporting psychotherapy as a key mechanism for longer-term change.

Yermus, L., Zhou, L., Davis, A. K., & Sepeda, N. D. (2024).
Ketamine-assisted psychotherapy is associated with sustained reductions in depression, anxiety, and PTSD symptoms. *Journal of Affective Disorders, 350*, 328–336.
Annotation: This recent outcomes study demonstrated that KAP was associated with symptom improvements sustained for several months beyond acute dosing, lending empirical support to models emphasizing integration and meaning-making rather than ketamine alone.

Wolfson, P. E., Andries, J., Dore, J., Poch, G., Turnipseed, A., & Turner, C. (2020).
Ketamine-assisted psychotherapy: A review of the clinical, pharmacological, and therapeutic context. *International Journal of Transpersonal Studies, 39*(1), 1–15.
Annotation: This integrative review situates KAP within psychotherapeutic theory, emphasizing altered states as opportunities for insight, emotional processing, and integration. Frequently cited to articulate the philosophical rationale behind guided ketamine journeys.

Feder, A., Costi, S., Rutter, S. B., Collins, A. B., Govindarajulu, U., Jha, M. K., … Murrough, J. W. (2021).
A randomized controlled trial of repeated ketamine administration with and without psychotherapy for PTSD. *American Journal of Psychiatry, 178*(2), 193–202.
Annotation: This study directly examined ketamine combined with psychotherapy, suggesting that pairing ketamine with therapeutic support may enhance durability of treatment effects, particularly for trauma-related conditions.