

# KETAMINE

*with Dr. Sienna*



## What is it?

Ketamine is a dissociative anesthetic, which means it can induce a state of relaxation and detachment from one's surroundings. However, in the context of therapy, it is used at much lower doses than those used for anesthesia. One of the unique aspects of ketamine is its ability to produce profound changes in perception, thoughts, and emotions. It can create a sense of mental clarity and openness, allowing you to explore your inner experiences and emotions in a therapeutic environment. IV ketamine assisted therapy has shown promise in helping individuals with a range of mental health "conditions" including treatment-resistant depression, anxiety disorders, post-traumatic stress disorder (PTSD), and some chronic pain conditions. Many of my clients don't carry a "diagnosis" yet have voiced profound life-changing experiences.

## Brief History

Ketamine initially found its use among veterinarians and anesthesiologists in surgical procedures. Over time, it gained popularity as a street drug, leading to misconceptions and a lack of clarity regarding its use and history. Despite its potential for abuse, which is relatively uncommon, ketamine is considered a highly safe medication that has been utilized in different dosages and settings for several decades.

## Why do I need it?

I want you to know that the therapy or journey you're embarking on is something I deeply value and honor. The feedback from the majority of my clients has been overwhelmingly positive, with many experiencing a profound sense of clarity, well-being, and expanded perspective from just one ketamine experience. I view this as a sacred inner journey that requires a foundation of trust, safety, and comfort. From the moment you reach out to me, every step of the way is personally guided to ensure that you feel supported even before stepping through the clinic door. During your time with me, it's all about you, and I am here to create a space where you can fully explore and heal in whatever way feels right for you.

Your path is unique and it's important to recognize that multiple sessions may be optimal for your needs. It's quite common to benefit from up to six sessions.

# Experience / What it Entails?

1

The process starts with an initial consultation/discussion to go over a brief history, goals and expectations to make sure this is the first therapy and timing.

2

After consents and intake are completed a time for your journey will be scheduled

Day Before

Clear the body of negative intentions, thoughts and toxins. No alcohol, recreational drugs, get good sleep and hydrate

Plan for a "low stress day", hydrate, eat a light meal a few hours before. Ideally nothing to eat or drink 2hrs before. We want an empty stomach, but not being too hungry. Wear comfortable clothing. Have someone drive you or take an Uber. You can't be driving yourself home afterwards. If you want a bodyworker afterwards plan accordingly. Today is a day to remain open and receive. If you have a specific intention then focus on it and let me know so I can help guide your experience.

Day Of

## First Session

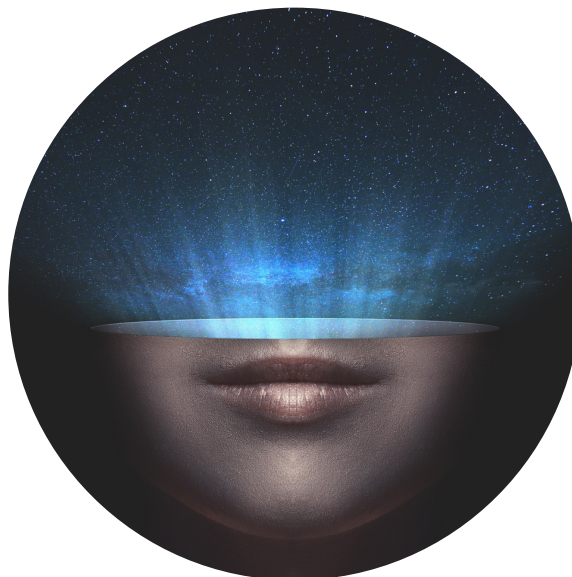
For the first session I always recommend to just stay open and get used to the experience. The session takes about 45-60min and afterwards you most likely will get an IV nutrient bag. This will make you feel much better as you are coming out of your journey. Ketamine can be very metabolically demanding and dehydrating. It takes about 20min or more to get "back to normal". The rest of the day is a time to process, write, share what feels comfortable. It's normal if it takes a day or so to find the right words to describe your journey, as clarity often continues to unfold in the days following the session.

### Price

Option 1  
\$1,100

Option 2  
\$1,250

(Includes Nutrient IV)



### Day After

Another day of self-reflection, easy movement, low stress. You are still forming new neural connections. Lets make them work for you.