

## Ketamine: The Life Raft in a Sea of Lost Hope

The lost hope feeling of anyone dealing with mental illness, especially treatment-resistant depression can be devastating. People dealing with debilitating mental health issues, post-traumatic stress disorder (PTSD) and mood disorders often mention that they feel like they are drowning in a sea of useless treatments.

“If you experience devastating defeats, a persistent situation that you couldn’t change, or experienced a terrifying situation that you could not control your exposure to, then you may have lost hope for your ability to change your life or to change painful situations. Sometimes an ongoing mood disorder can lead to feelings of hopelessness” says Dr. Karyn Hall, Director of the Dialectical Behavior Therapy Center in Houston, Texas.<sup>i</sup>

Ketamine can offer a life raft of hope to those who feel like their case is hopeless.

### Finding Hope When All Seems Lost

Many of the of the treatment options, the endless sea of choices, often times don’t work. Or, they work for a while but become less effective over time so new treatment methods must be found. There is hope for many people, ketamine infusion therapy does work especially for treating depression.

### Fighting Depression and Bipolar Disorder with Ketamine

There is a desperate need for more treatment options for people who have been diagnosed with depression, PTSD and other mood disorders. Often times people with depression have major depressive incidents or wind up with treatment-resistant depression. They try pill after prescription pill yet nothing seems to work for them, or a treatment works for a few weeks or months, only to stop working again.

There has to be a better solution for this problem. There is in the form of ketamine. Ketamine infusion therapy is being used to treat depression with almost immediate results. The therapy is administered by a ketamine practitioner via an intravenous (IV) infusion. The infusion is given in a clinic and takes about 30 to 40 minutes per treatment session.

Multiple ketamine therapy sessions can be scheduled a few weeks apart for a total of about 6 sessions. Patients often see immediate results which can be a terrific boost to help get someone out of a major depressive incident.

### The Myriad Uses of Ketamine

Ketamine has shown success with a variety of mental health and mood disorders including:

- Anxiety

- PTSD
- Obsessive compulsive disorder
- Treatment resistant depression (TRD)
- Major depressive disorder (MDD)
- Bipolar disorder

Even if someone is under a doctor's supervision and/or under-going psychotherapy, psychotherapy drugs don't always work or alleviate some, but not all of the symptoms. Your healthcare provider can help create a comprehensive treatment plan for you that includes ketamine infusion therapy, prescription medication, group therapy, individual counseling or a combination of some or all of these methods.

Ketamine has proven to be a leading edge therapy option for many TRD patients and other people with biochemical imbalances in their brain. It's the perfect solution for people that have been unresponsive to more traditional forms of drugs and prescription medications.

Ketamine therapy for depression is not without its opponents. How can a drug, that was approved by the FDA in the 1970s, for use as an anesthetic and as a pain-reliever in chronic pain disorders, now be used as a possible treatment method for depression?

#### Illicit Street Drug Trends

Ketamine, also known as Special K, has been used as an illicit street drug to exploit its hallucinogenic properties. Vitamin K first became a popular party, rave, club drug in the 1980s. The popularity is due to the fact that when taken recreationally its reported euphoric effects include part stimulant, part pain-killer and part hallucinogenic. The problem when used recreationally is that users often ingest high doses which can result in disorientation, dizziness, slowed heart rate and even an out of body feeling. This extreme reaction is sometimes called falling into a k-hole.

While hallucinations, disorientation, slurred speech and other unwanted side effects have been reported by ketamine aficionados, especially when take as a non-prescribed pill, snorted as a powder or delivered via needle injection, this is not the case when taken in a medically supervised and monitored setting.

Ketamine clinics deliver the medication in a controlled dose, over a specific amount of time so the dosage isn't delivered all at once. Medical staff is on hand in the clinic to carefully monitor the effects of the medication. Any side effects, should they occur, abate by the time the you are ready to leave the clinic.

The positive effects of ketamine use include feeling happy, laidback, being relaxed – which can prove welcome relief to anyone battling depression. People often report that ketamine performs better than oral antidepressants (prescription medication) meaning there is definitely

hope for people reporting antidepressants as being ineffective or losing their effectiveness over time.

Researching are showing that ketamine may help restore synaptic connections in brain cells in people with major depressive disorder. Ketamine also offers a ray of hope for anyone showing signs of suicidal thoughts along with major depressive disorder and for people with TRD who aren't responding to or have stopped responding to more conventional psychiatric medications. It can help you work through trauma, such as associated with PTSD, but without causing you to relive the intense emotions normally associated with the underlying trauma.

### Feeling Less Isolated and Less Alone

Ketamine taken outside of controlled medical setting can possibly be laced with other, unknown and dangerous substances. Also, when taken recreationally it is usually snorted as a powder or ingested in a liquid so that the dose hits you all at once. In a clinical setting it is administered slowly via IV. A typical ketamine infusion session lasts about 40 minutes.

It can have powerful healing powers when used as a complement to psychotherapy. There is a definite need for more ketamine treatment providers. For help locating a practitioner near you, reach out for more information. We can share a list of ketamine infusion clinics in your town, including medical professionals offering ketamine therapy in the Los Angeles area.

### Social Media Post (192 characters)

Ketamine is proving to be a life raft of hope for anyone and everyone lost in a sea of unhelpful treatment options. Reach out today to locate a ketamine infusion therapy practitioner near you.

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<sup>1</sup> Hall, Karyn. Psychology Today. Finding Hope. Retrieved from: <https://www.psychologytoday.com/us/blog/pieces-mind/201504/finding-hope>