

Ketamine-assisted psychotherapy at Klearwell

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What are psychedelics?

'Mind manifesting' compounds

Classical psychedelics (5-HT_{2A} receptor partial agonists)

E.g., LSD, Psilocybin, DMT

Entactogens (Serotonin receptor agonists)

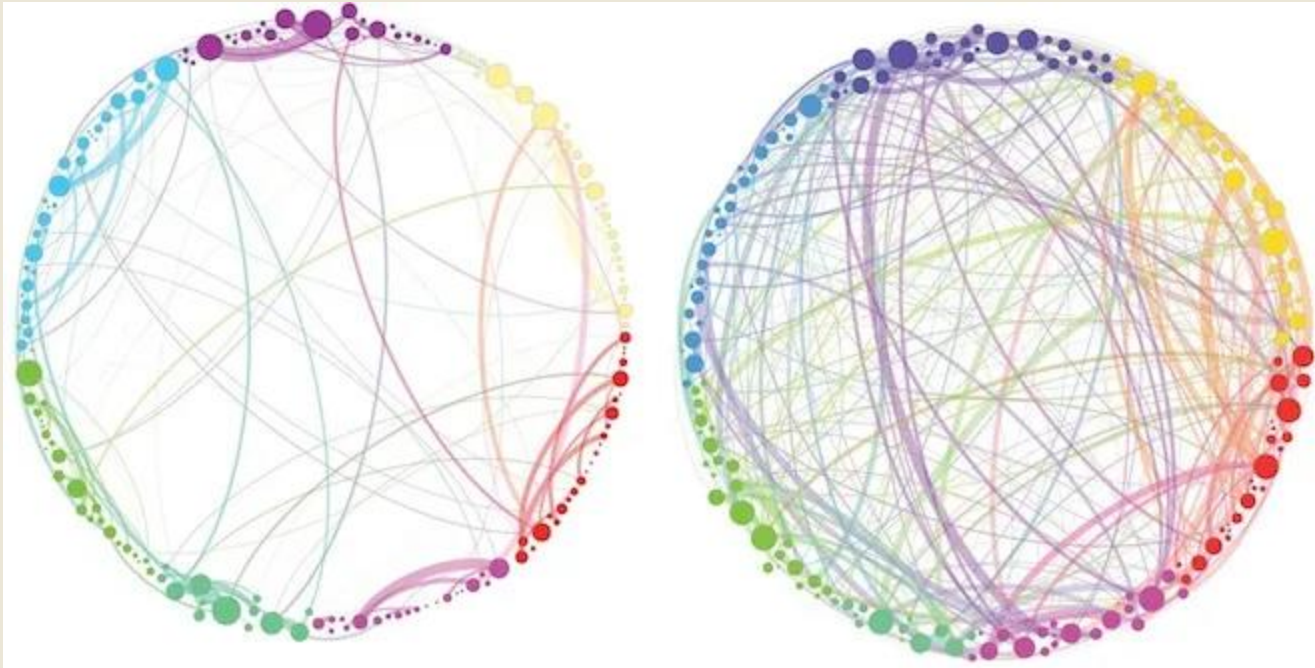
E.g., MDMA

Dissociative anaesthetics (NMDA-antagonists)

E.g., Ketamine, Nitrous Oxide



The brain on psychedelics



What about ketamine?

- Licensed as an anaesthetic
- In more recent years, used (off licence) as an antidepressant
- Stimulates neuron growth and connectivity between neurons
- Enhances psychological flexibility

What difficulties do we treat at Klearwell?

- Depression
- Anxiety
- PTSD
- Eating problems
- Alcohol use disorder
- Other substance use disorders



Eligibility considerations

- Have tried at least 2 other treatments
- Aged 18 +
- Physical health factors
- Mental health factors
- Ketamine addiction



The medical model

- Treatments typically clustered close together e.g., over 2-3 weeks. Maintenance treatment often needed.
- Aim to get enough ketamine into the patient without inducing psychedelic experience
- Targets symptom reduction



The Klearwell model: Emphasis on the therapeutic process

- Embedded within ongoing psychotherapy
- Client is actively participating towards wellness
- Psychedelic experience as a useful therapeutic tool rather than an unwanted side-effect.

Ketamine-assisted Psychotherapy at Klearwell

- Self-referral via our clinics website klearwell.com
- Triage process- GP records
- 'KAP' protocol- client offered individualised treatment within 11 therapy sessions (4 with ketamine)
- 'KARE' therapy for AUD- based on an RCT combining ketamine and mindfulness-based relapse prevention therapy (7 sessions, 3 with ketamine)
- Dose range planned in collaboration with client

Therapy structure

Preparation

Ketamine-assisted session

Integration

Klearwell



Integration: Enhancing psychological flexibility

- An opportunity for reflection- meaning making.
- **Opening up** to new insights and perspectives
- Supporting connection with self, others and **present moment**
- Exploring **self concept** (e.g., taking an observer perspective- 'I am not my depression)
- Any goals or actions they would like to make in line with what's important (**doing what matters**)
- Ensuring realistic expectations of change and maintenance of change.

Klearwell

What our clients say

“I worked as a psychiatrist for over 30 years, I have had hundreds of hours of therapy as a client as well, but Klearwell’s treatment was like having 4 years of therapy in as many weeks. Klearwell’s therapy was able to address deep childhood issues that talking therapy previously had not been able to address.”

- Female client, complex PTSD

‘This has been a paradigm shift for me. I have realised how my trauma had its reigns on me my whole life and withheld me from being the full ‘me’...now I have pride in allowing me to be my fullest sense of self’

-Female client, alcohol use disorder

“I have spent 15 years in various forms of trauma therapy, nothing has helped. Ketamine treatment has repaired from within. I feel like a human being for the first time in my life. Now i can hold my own.” - **Male client, complex PTSD**

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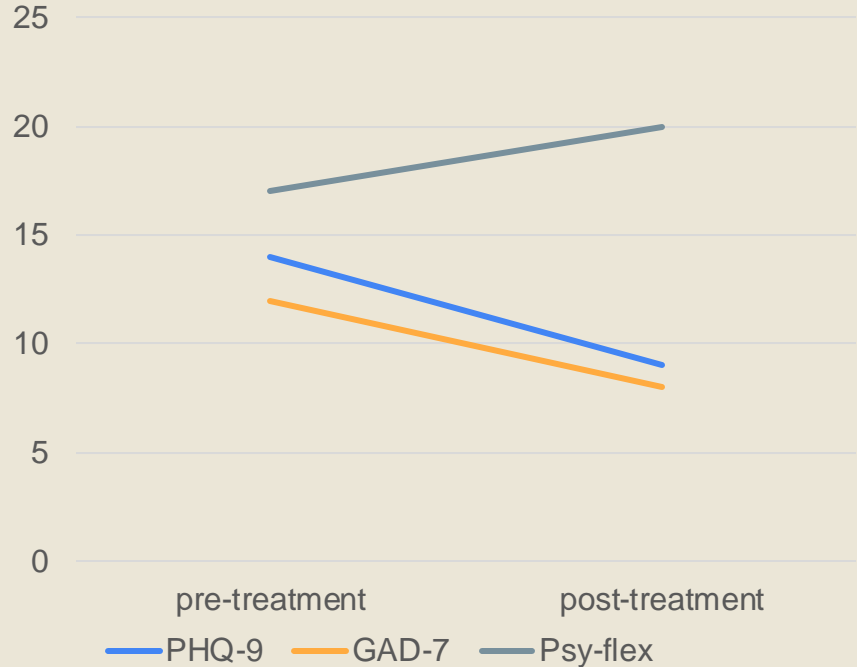
Client Outcomes – Average Scores

Overall, 88% of clients show some improvement across any measures.

The average pre-treatment PHQ9 score is 14, and the average post-treatment score is 9. This shows an improvement of 38%.

The average pre-treatment GAD7 score is 12, and the average post-treatment score is 8. This shows an improvement of 37%.

The average pre-treatment PsyFlex score is 17, and the average post-treatment score is 20. This shows an improvement of 19%.



Client Outcomes – KSET Side effects and risks

	Pre-treatment	Mid-point	End
1. Dissociation	1.1	0.7	0.5
2. Hallucinations	0.1	0.1	0.1
3. Problems with memory and/or concentration	1.6	1.1	1
4. Anxiety	2.4	2	1.6
5. Restlessness and/or agitation	1.8	1.1	1
6. Elevated/irritable mood	0.9	0.6	0.8
7. Insomnia, nightmares and/or unusual dreams	1.4	1.2	1
8. Drowsiness, fatigue, and/or weakness	1.8	1.5	1.1
9. Headache	0.8	0.5	0.6
10. Abnormal movements	0.4	0.3	0.3
11. Vision or hearing changes	0.2	0.1	0.1
12. Cardiovascular	0.5	0.2	0.2
13. Diarrhoea and/or constipation	0.8	0.7	0.4
14. Abdominal pain and/or cramps	0.4	0.4	0.3
15. Nausea and/or vomiting	0.4	0.2	0.2
16. Skin changes	0.2	0.1	0.1
17. Problems passing urine	0.1	0.2	0.1
18. A craving for ketamine	0	0.1	0.1
19. Seeking and/or using non-prescribed ketamine	0	0	0
TOTAL AVERAGE SCORES	0.8	0.6	0.5

The KSET form consists of 19 questions asking for clients to rate their severity of symptoms on a scale of 0 to 3, rated as follows:

- 0 = Never
- 1 = Mild
- 2 = Moderate
- 3 = Severe

This table shows that the only two areas where side effects seemed to increase after starting treatment are

- 17. Problems passing urine
- 18. A craving for ketamine