
Psychoanalytic Ketamine-assisted Psychotherapy (FAQ)

******Please read this information sheet thoroughly before calling to inquire.******

I offer in-person, psychoanalytically informed, guided ketamine-assisted psychotherapy in safe and comfortable private office. This experience is meant to activate and harness one's own inner psychological healing capacity using the biophysical effects of ketamine. Spiritual, mental, and psychosomatic growth takes place from learning through experience in the fullest sense. My training as a physician, psychiatrist, and psychoanalyst offers a robust, supportive environment and grounded knowledge base for this experience.

Requirements for participation:

- Recommend client be in a stable situation in life where time/energy can be devoted to self-exploration
- Must be in a depth-oriented psychotherapy at frequency of weekly (or more) for at least a year
- Must be planning to continue with current psychotherapist
- Must have a current primary care doctor or psychiatrist (for medical clearance), and plan to continue with this clinician
- Must be able to arrange for transportation (not self driving) after ketamine session

What is the experience?

- Ketamine is taken as a lozenge and onsets in 15-20 minutes, wearing off after 2 hours
- 1.5-2 hours of therapeutic effect, which allows for an altered sense of body-mind that provides access to novel self-exploratory states of mind
- This experience is a guided and controlled disruption of usual states of mental functioning, which in depression/anxiety/trauma states have become overly rigid and self-negating. Thus, there is an inherent emotional risk taken in this experience, in the service of gaining more self-understanding and emotional flexibility.
- For more description of the experience: <https://www.polarisinsight.com/services/faq/>

How is the experience structured?

- 2 preparatory sessions (45-minutes) in the weeks prior to the guided ketamine session
 - These are to assess appropriateness of this treatment for you, prepare you for what to expect in the ketamine session(s), to give you a sense of the physical space and your interaction with me, and to start a guided psychotherapeutic exploration of what you hope to explore.
- 1 guided sessions (lasting 3 hours) using orally dosed ketamine
 - Depending on response, this can be repeated for psychological deepening and extension of work.
- 1 integration session (45-minutes) in the week after the ketamine session.
- These sessions will take place over 4 weeks, with self-guided reflections between sessions

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Contraindications for participation:

- Cardiovascular conditions or uncontrolled high blood pressure
- Active respiratory disease
- History of traumatic brain injury
- Pregnancy
- History of bladder inflammation or cystitis
- Substance abuse or dependence
- Inpatient or intensive psychiatric treatment in the last 2 years

Cost:

- Please call to inquire. The cost of ketamine sessions is not covered by health insurance, but sometimes preparatory and integration sessions may be billed to insurance (currently I am in-network with Regence, Blue-cross/shield, and Moda only).

Getting started:

- Please make sure you have read and understand the above information.
- Call my office at 503-276-1296
- Your psychotherapist will need to make a referral before we can start the process