



welcome to heading
we are so glad you're here

introducing a reason for hope

how it works
what sessions look like
supportive techniques
tips
resources





we know pills and therapy
don't work for everyone

spravato (ketamine) and magnets (TMS)
treatments have been **specifically designed** for
those for whom pills don't resolve depression.

not only are these treatments effective in these
cases, they often lead to **lasting resolution.**

these are innovations *for healing*



how ketamine works



most of our patients arrive with deep pain and, in healing, re-encounter their spark to grow brighter than imagined possible.



ketamine (spravato) has **2 main ways** in which it helps us do this.

escaping the
overthinking
spiral

&

building new
pathways of
thought



how do we escape the spiral?

spravato disrupts **repetitive dwelling on distressing thoughts** – that spiral we get trapped in in depression.

between 10–60 mins post spravato administration, there is a shift in how the brain communicates, which leads to a **quietening of negative self-talk**, and mental space for clarity.

You might feel a heaviness followed by weightlessness, and experience a dream-like state when you close your eyes.



and boosting neuroplasticity?

ketamine increases a signaling molecule in your brain that promotes the health and sprouting of neurons (BDNF).

throughout the day that follows, **the capacity for your brain to form new connections** (neuroplasticity) is significantly increased.



neuroplasticity is how we learn.

we can use this window of boosted neuroplasticity to integrate ways of thinking and strategies that serve us and bring peace.



image in

the brain can be likened to **a city**, where roads represent thought pathways. **depression restricts** these roads, leading to one-way dead ends in which we get stuck.

ketamine recruits the construction team, creating new junctions and pathways that help us to escape these loops and reach different destinations.

each treatment session **builds out this mental map**, allowing us to retrain our thoughts and navigate life differently.

as new pathways are strengthened, those leading to hopelessness can intersect with more compassionate routes, and facilitate a fundamental shift in perspective.

you're no longer trapped.



what you can expect

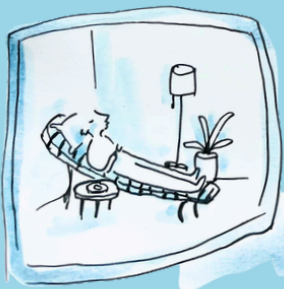


upon arrival at the clinic, you'll be welcomed and given a **private room** with a reclining chair in which to make yourself comfy.



we recommend bringing a **blanket, journal, and noise-canceling headphones** to create a personal ritual for introspection. we ensure you're ready for your session and check your vital signs.

the medicine is provided as a **nasal spray**, that you self-administer. your **first dose is lower** for you to acclimate.



you'll have **space and time to explore your thoughts** with the medicine, with the team available for support if needed.



your vitals will be checked again during and after the **two hour session**.

then you'll have a ride home

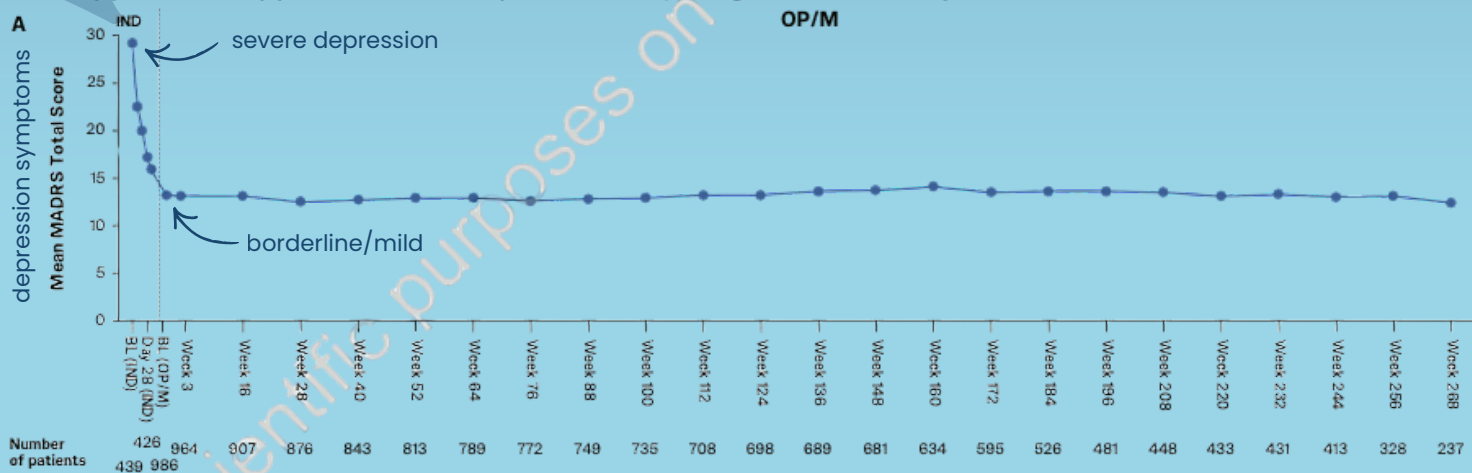


what you can't expect

to be healed from a single dose

the induction phase (2x a week) lifts us out of the depression. the maintenance sessions (1x a week) keeps us on this path.

FIGURE 3. Mean (A) MADRS and (B) PHQ-9 total scores (observed cases) during the IND and OP/M phases



data from SUSTAIN-3 clinical trial investigating spravato safety and effectiveness

ketamine is a tool that we learn to use.

be patient with yourself. healing isn't a straight line.

with maintenance, the inevitable challenges and bumps in the road of life can be manageable, or even valuable, rather than sending us spiraling back into the depths.



how to get best results

As the neuroplasticity window has been opened, **how you think throughout the day influences the outcome** of the treatment.



ideally you can do something that helps you feel connected to yourself and others – perhaps that's **creative expression, a walk in nature, or an altruistic act.** or just simply, noticing.

you could write **notes to your future self**, or to read before your next session, to pick up where you left off.

writing letters to different times of your life can also be cathartic.

for some it helps to **listen to the music you associate with the session as you go to sleep**, or in moments where peace feels inaccessible.

journalling and mindfulness practices are supercharged by this treatment, and vice versa



therapy (e.g. EDMR or CBT) is recommended within the 24h post treatment





a thought on music

music can greatly enhance the experience.

to begin, consider music that is **calming, non-suggestive, and promotes a meditative state** – I recommend sound baths ('healing vibrations' offers 90 min tracks on Spotify etc).

consider a long track, as **playlists with short tracks can cause constant shifts in state** which can move us on from processing a specific thought.

there is also a fantastic app called "**insight timer**", which has many courses and tracks to support self-inquiry.

most importantly, **you choose.**



You may even consider listening to **music that you associate with different feelings, eras ,or events** in your life, to explore, understand, and rewrite associated stories.

This practice is yours to make as you wish. Please be free.



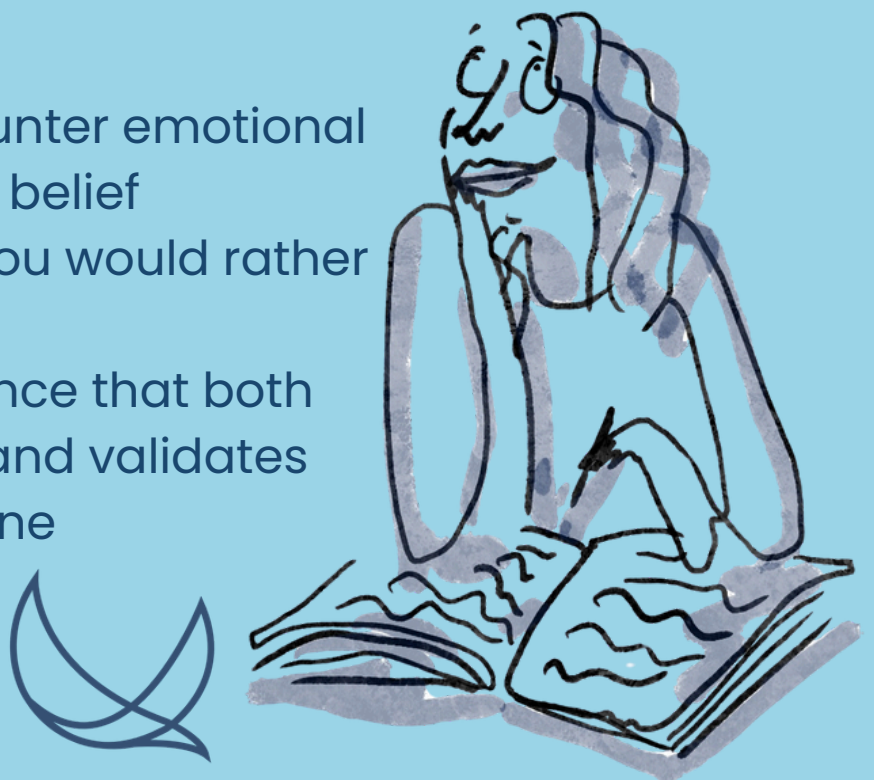
some journalling prompts

to transform suffering

1. identify something that brought suffering, or grief.
2. did you learn anything from this
3. did anything beautiful happen because of this?

to rewrite core beliefs

1. identify a belief (e.g. I'm not welcome, I'm the problem, people who claim to care hurt me)
 2. is this true?
 3. what thoughts, feelings, decisions, actions, or lack of actions, occur when I have this thought
 4. identify the emotional payoff of this belief
 5. turn the belief to the opposite, and list 4 items of proof that this is true
 6. conjure evidence to counter emotional payoff of the belief
- identify beneficial belief you would rather have
7. come up with evidence that both counters old belief and validates chosen one





trauma release exercise

fear, guilt, shame, anxiety, grief, anger – they may have their root in early childhood trauma.

this exercise can allow you to release it, especially with support of the treatment, and ideally a therapist.



1. **identify** the uncomfortable feeling
2. **describe** it in detail (where, what, and how does it feel. metaphor can be useful)
3. sit with the feeling, and ask yourself, '**what is my earliest memory of this feeling?**'
4. wait until a memory appears, and **describe it like a film**
5. in the scenario you describe, what did you need? **what did you need to happen to bring you back to a sense of safety and peace?** can you picture the experience how you wish it had happened.
6. give yourself some **comfort**, and feel how it is to imagine the scenario with an outcome that gives you what you needed in that experience.
7. write a few sentences with the following framework:
'**Just because X happened, doesn't mean Y.**' Just because this happened, doesn't mean the belief I held about it. e.g. just because I was left behind, doesn't mean I don't belong.
8. find 3 pieces of **evidence** that this 'just because doesn't mean' sentence is valid to your life.
9. say **thank you** to yourself



guidelines

avoiding the following during the day **before** your session is important to enhance the benefits and reduce any nausea

- Food (only 2 hour before)
- Drinks (only 30 min before)
- Stimulants (e.g. adderrall Vyvanse, caffeine)
- Opioids
- Benzodiazepines (e.g. xanax, klonopin, Ativan)
- alcohol or intoxicants
- nasal spray medicines (only 1 hour before)

we will check your **blood pressure** for appropriateness to start. if you have medicines for blood pressure management, please take them as prescribed so that we can proceed.

you must agree to **not drive after the treatment** and before sleep. we can provide your transport home if you need.



bring a **blanket, eye mask, headphones, journal**, and anything to create comfort and ritual for you



how can magnets help depression?

depression often obscures us from our own capacities and gifts, and blocks us from opportunity.

magnets therapy (aka TMS) **recovers our capacity to self-soothe**, improving emotional regulation and cognitive capacity.

it is a **non-invasive, drug free** treatment that produces **benefits that last**.

each session **trains your nervous system to regulate**, and strengthens this capacity for the long run



imagining the mind like a city, a state of depression may look like driving round and round in circles (often of stress and despair) while **alternative routes fall into disrepair.**

in magnets therapy, **activity is returned to these forgotten streets,** and their restoration initiates. the diversity, interconnectedness, and richness of the city develops, offering an alternative perspective and opportunity.

less segregation, more balance. **executive and memory function** restored. a reawakening of what may have been considered lost.



community

each clinic has a **community manager**, who is your ally throughout the journey.

they are here to support you throughout your journey, whether that be logistics, philosophy, or anything else.

if you need an ear, we are here.

there is also **fireside project: a free phonenumber** for support with ketamine experiences (623-473-7433)



every thursday **we host a community circle on zoom** where patients can connect, hear and share experiences, and ask and answer questions. it is facilitated by **experienced integration coaches, and completely free.**

ask your community manager if you'd like the link

and remember...



sometimes
it is better done
than perfect



Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



some handy frameworks

The Relationship Grid

