

WHY KETAMINE RATHER THAN OTHER PSYCHEDELICS?

There are multiple psychedelics currently in late stage trials with the Federal Drug Administration (FDA) and some of the country's most prestigious medical research organizations for use in psychedelic-assisted psychotherapy. MDMA, commonly referred to as ecstasy or molly, is continuing phase three trials in hopes of becoming approved for legal use by specially trained psychotherapists.

Psilocybin is also being extensively studied and the petition to the DEA to move psilocybin from schedule 1 status to schedule 2 has been forwarded to the Department of Health and Human Services for scientific review. The FDA has granted psilocybin "Breakthrough Status" based on promising outcomes in clinical trials so far. It is hoped this will become a tool for use by similarly trained psychotherapies within 1-2 years. They each offer unique benefits in aiding our efforts toward a more fulfilling life.

Some people eager to explore how these other psychedelics might help are simultaneously reluctant to consider ketamine. As a synthetic drug designed for anesthesia, ketamine doesn't have the mystical allure of plant medicine nor the fond memories many have associated with MDMA. Each psychedelic medicine offers unique properties that lends itself well to specific functions.

Ketamine's unique features make it a particularly excellent medicine to consider for use as a tool for psychotherapy.

Upsides to Ketamine

- **Legal and Available for Use:** It is currently legal and available for use in clinical settings, with the medicine itself reasonably priced and, in sublingual form, is accessible through a prescription.
- **Particularly Safe Medicine:** It has long been established as a particularly safe drug with minimal risks and side effects.
- **Unique Antidepressant Qualities:** The molecule itself can help with mood disorders, much like standard antidepressants and anti-anxiety

medications, but operating on a different system (glutamate), and in most cases having noticeable effects immediately.

- **Lingering Neuroplasticity:** The medicine facilitates neuroplasticity for days after each treatment, meaning it helps the mind to operate outside of our default-mode functioning, creating novel opportunities for growth and change with our most entrenched thoughts and behaviors.

- **Short Psychedelic Journey:** The psychedelic experience itself only lasts 40 to 110 minutes, which makes it ideal for first-time psychedelic users; allows the medicine session to be focused on a handful of thoughts/ feelings/ experiences, making it easier to harness/ capture them for processing; and also lends itself well to having a therapist present during the shorter experience.