

KETAMINE-ASSISTED THERAPY PLUM SPRING CLINIC ETHICAL COMMITMENT

At Plum Spring Clinic we are committed to the following ethical guidelines for treatment of our clients with Ketamine-Assisted Therapy (KAT):

Therapeutic ketamine refers to ketamine that is administered (orally, nasally or intramuscularly) as a component of our holistic treatment of trauma, other psychological and physical repair, or psycho- spiritual exploration and personal growth.

At Plum Spring Clinic "therapeutic ketamine" does not include ketamine that is administered primarily for anesthesia or pain management. Rather, we utilize KAT in the context of the holistic treatment of roots of chronic illness of mind, body, and spirit.

There are three roles in every therapeutic ketamine treatment program:

- 1) A medical professional (Dr. Sharp)
- 2) An attendant/Health Coach (Kathleen Williams or Lorre Fleming)
- 3) The patient

Responsibilities

1) The responsibilities of the medical professional include: assessing the patient's physical and mental condition before ketamine treatment;

- identifying goals for the treatment program in which KAT is an element;
- attending to the physical, mental and medical safety of the patient during ketamine treatment;
- assessing and treating any adverse reactions during the course of ketamine treatment;
- assessing the advisability of KAT with teenagers and young adults, with respect to their relationships with parents/guardians.

The physician is also equipped to provide ongoing skilled attending and counseling to clients. Referrals to psychologists, social workers or psychiatrists are made when indicated.

2) The responsibilities of the Attendant/Health Coach include:

- developing rapport with the client that creates the safe 'envelope' for the ketamine sessions;

- providing skilled coaching that gently points the course of ketamine and integration sessions toward the client's goals for healing.

3) The responsibilities of the patient include :

- communicating clearly and honestly with the clinical team;
- preparing for treatment by reading the consent form, asking any questions about treatment, and actively participating in preparatory coaching session(s);
- actively participating in the integration coaching sessions and follow-up with the physician.

The **Plum Spring clinic physician** has a working knowledge of the oral and intramuscular administration and dosing strategies for KAT.

The **Plum Spring clinic physician** understands and appreciates the importance of integrative psychological care for therapeutic ketamine patients, including multiple strategies for healing and staying well, and referrals as will be helpful.

The **Plum Spring clinic physician** upholds all of the responsibilities of his professional license with respect to all aspects of his clinical practice, including informed consent, record-keeping, professional boundaries, confidentiality, and general professional conduct.

The **Plum Spring Clinic physician** provides oversight and supervision to the trained coaches attending ketamine sessions and guiding the integration sessions.

The **Plum Spring clinic coaching staff** practices within the scope of their certifications, and they recognize their limitations with respect to professional training and experience. They participate actively in the team treatment of patients, seek consultation as needed, and make referrals to other professionals as warranted.

The **Plum Spring Clinic clinical staff** have received focused training and/or mentorship in the use of therapeutic ketamine. Each member of the team has participated in comprehensive training including substantial education in the following domains: medical, psychological, and psychedelic. The model we use in therapy is based on the principles of Internal Family Systems, Somatic Experiencing, and Polyvagal-informed Resilience Coaching,

The **Plum Spring Clinic staff** understand the possibility that approaching roots of trauma during the ketamine experience may involve contact with upsetting material and are committed to providing ongoing skilled support for resolving such re-stimulation.

The **Plum Spring clinic staff** takes the time to explain all aspects of KAT to each patient. We provide information about “non-ordinary states of consciousness” and answer any questions about this experience, its risk, and its benefits.

The **Plum Spring clinic staff** uses “therapeutic touch” to support you during intense moments in the ketamine experience; for instance by holding your hand if you become distressed. However, we would never do this unless you wished. If so, we should talk about how to communicate about this during the experience.

The **Plum Spring Clinic staff** aspires to be compassionate, thoughtful, honest, and forthright in all of their personal and professional communications.

The **Plum Spring Clinic staff** is honest and transparent in marketing their services. They rigorously adhere to the FDA guidelines about advertising, and their advertising claims are supported by the research literature. {footnotes to research}. Ketamine Papers etc

The **Plum Spring Clinic staff** follows newly published scientific literature and participates in continuing education to stay abreast of the latest developments in the rapidly growing field of KAT.