

Informed Consent for Ketamine Preparation & Integration Psychotherapy

Informed Consent and Treatment Roadmap

Client name

Date of birth (MM/DD/YYYY)

Clinician: Robert Romano, Licensed Psychotherapist - IPI Certified Ketamine and Psychedelic-Assisted Therapy Provider

Today's date (MM/DD/YYYY)

1. Purpose and Scope

Ketamine preparation and integration are specialized psychotherapy services designed to support you throughout the broader course of ketamine treatment.

This work may include:

- Assessment of psychological readiness
- Preparation and intention-setting
- Education about the range of experiences that may occur
- Grounding, emotional regulation, and coping strategies
- Processing emotions, memories, bodily experiences, insights, or concerns
- Spiritual and meaning-making exploration
- Integration of ketamine experiences into ongoing psychotherapy and daily life
- Harm-reduction education
- Communication and coordination with your treatment team

When these services are connected to active ketamine treatment, my work is provided within a coordinated treatment relationship with an identified prescribing or administering medical provider.

This process is intentionally thoughtful and individualized. **Preparation is part of the treatment itself, rather than simply a step to complete before receiving ketamine.**

2. Assessment, Readiness, and Preparation

Medical eligibility for ketamine and psychological readiness for this work are related but distinct parts of treatment.

Before moving forward, we will assess factors that may affect your ability to participate safely and productively in ketamine preparation and integration psychotherapy. **Safety is integral to the process, not an afterthought.**

This may include consideration of:

- Your current emotional and psychological state
- Treatment goals and expectations
- Trauma history and current trauma responses
- Your ability to remain grounded and oriented when distressed
- Emotional regulation and distress-tolerance skills
- Patterns of dissociation or disconnection
- Current coping resources
- Therapeutic support and other available supports

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- Your ability to communicate concerns and ask for help
- Other psychological or social factors that may affect readiness

Readiness is individualized. It is not a pass-or-fail test.

Sometimes assessment identifies areas that would benefit from additional preparation before ketamine-focused work proceeds. When that happens, we may spend time strengthening grounding, emotional regulation, distress tolerance, trauma-related coping, or other psychological skills.

Preparation may draw from approaches such as:

- Grounding and mindfulness practices
- DBT-informed emotion-regulation and distress-tolerance skills
- Trauma-focused cognitive-behavioral strategies
- Psychoeducation
- Stabilization work
- Other psychotherapy interventions appropriate to your individual needs

If additional preparation would strengthen your readiness, we will focus on those areas first and revisit timing together.

There is no expectation that preparation must occur on a predetermined schedule. The pace of treatment is guided by clinical readiness, your individual needs, and coordination with your treatment team. The process is collaborative by design and depends on active communication among you, your medical provider, and me.

3. Understanding the Range of Possible Experiences

Ketamine experiences vary considerably from person to person and may also vary from one treatment session to another.

Preparation includes education about the **range of experiences that may occur** so that unfamiliar experiences are less likely to feel completely unexpected.

These may include changes in:

- Perception
- Sense of time or space
- Awareness of the body
- Emotional intensity
- Memory or imagery
- Perspective
- Sense of self
- Connectedness
- Personal meaning
- Spiritual awareness
- The ability to describe an experience in ordinary language

Researchers have developed measures to better understand these kinds of subjective experiences.

One example is the **30-item Mystical Experience Questionnaire (MEQ30)**, a validated research measure used to describe features of mystical-type experiences. It includes dimensions involving unity or connectedness, deeply felt positive mood, altered experiences of time and space, qualities sometimes described as sacred or deeply meaningful, and experiences that may be difficult to put into words.

I may use the MEQ30 or concepts reflected in it as part of preparation and integration.

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Its purpose in our work is **education and understanding - not prediction or suggestion.**

The MEQ30 does not tell us:

- What your experience will be
- What your experience should be
- Whether you will have a spiritual or mystical experience
- Whether one type of experience is better than another
- Whether a particular experience is necessary for treatment to be meaningful

There is no experience you are expected to produce, achieve, or reproduce.

Preparation means knowing what may be possible while preserving your freedom to have your own experience.

4. Everything Is Appropriate to Discuss

You are encouraged to bring **any aspect of your ketamine treatment into psychotherapy.**

This may include:

- Questions about ketamine or the treatment process
- Physical sensations or reactions that create concern
- Thoughts or feelings about dosing, side effects, or medical decisions
- Questions about information you received from your medical provider
- Unexpected memories, emotions, images, or psychological experiences
- Changes in mood, identity, relationships, or perspective
- Experiences of connection, spirituality, or personal meaning
- Experiences that are difficult to understand or describe
- Concerns about whether treatment is helping
- Experiences that feel confusing, disappointing, frightening, hopeful, or profound
- Concerns about communication within your treatment team

Medical experiences can create psychological, emotional, relational, and spiritual distress.

You are welcome to talk openly with me about those concerns. I can listen, help you organize what you are experiencing, help you formulate questions for your medical provider, and communicate with your provider when appropriate.

The distinction between medical and psychotherapeutic roles defines clinical responsibility; it does not place limits on what you are welcome to discuss in psychotherapy.

5. Roles Within Your Care

My Role as Your Psychotherapist

My role focuses on psychotherapy, preparation, integration, and coordinated care.

I can help you:

- Explore and understand your experience
- Process emotional and psychological responses
- Strengthen grounding and coping skills
- Make sense of unfamiliar or unexpected experiences

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- Explore spiritual and meaning-making dimensions of your experience
- Identify concerns that may benefit from medical review
- Organize questions for your medical provider
- Work through changes in expectations, relationships, identity, or perspective
- Integrate ketamine experiences into your broader psychotherapy, values, relationships, and daily life

Your Role

You are an active participant in the process.

You are encouraged to:

- Ask questions
- Share concerns openly
- Tell me when something feels unfamiliar or important
- Practice the grounding or coping strategies we develop
- Communicate changes in your emotional or psychological experience
- Discuss medical questions with your prescribing provider
- Participate actively in decisions about your psychotherapy
- Let members of your treatment team know when additional coordination may be helpful

Your Ketamine Prescriber or Medical Provider

Your prescribing or administering clinician is responsible for the medical aspects of ketamine treatment, including:

- Medical evaluation and eligibility
- Prescribing
- Dosing and route of administration
- Medication changes
- Medication interactions and contraindications
- Medical monitoring
- Evaluation of physical symptoms and side effects
- Medical safety and treatment decisions

You are always welcome to discuss these subjects with me as well.

When a concern requires medical evaluation or a medical decision, your prescribing or administering clinician will guide that part of your care.

6. Communication and Coordinated Care

Team collaboration is an important part of this treatment model.

When clinically appropriate and with your permission, I may communicate with your ketamine provider to help:

- Clarify questions or concerns
- Share clinically relevant observations
- Coordinate psychological and medical care
- Address changes in your treatment experience
- Support continuity of care

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- Help the treatment team understand the larger context of what you are experiencing

When a specific written authorization is required, an appropriate **Release of Information** will be completed.

The goal is a team-based approach in which your medical and psychotherapeutic care remain connected throughout assessment, preparation, active ketamine treatment, integration, and ongoing psychotherapy.

Healthcare often works best when the professionals involved in your care communicate with one another rather than working in isolation. This is especially important with ketamine treatment, where medical care and psychological, emotional, spiritual, and meaning-making experiences can affect and inform one another. Thoughtful communication, shared understanding, and coordinated care can make a meaningful difference in supporting your treatment as a whole.

7. Potential Benefits, Limitations, and Emotional Risks

Preparation and integration psychotherapy may support:

- Greater understanding of your treatment experience
- Emotional processing
- Psychological readiness
- Clarification of intentions, concerns, and expectations
- Development of coping and grounding skills
- Meaning-making
- Communication with your treatment team
- Integration of experiences or insights into your ongoing psychotherapy and life

Individual responses vary, and specific outcomes cannot be guaranteed.

This work may also bring forward emotionally difficult material, including:

- Anxiety, sadness, fear, grief, anger, or confusion
- Increased emotional sensitivity or vulnerability
- Unexpected memories or associations
- Reactivation of traumatic or painful experiences
- Dissociative or unfamiliar experiences
- Difficulty understanding or integrating an experience
- Changes in how you understand yourself or your relationships
- Spiritual or meaning-related questions or uncertainty

Ketamine experiences may sometimes feel unusually powerful, convincing, or personally significant.

Integration includes examining those experiences carefully and placing them within the larger context of your life rather than automatically assuming that every perception, memory, interpretation, or insight arising during an altered state represents literal or objective fact.

You remain in control of what you choose to explore in psychotherapy.

8. Availability During Active Ketamine Treatment and Integration

Ketamine experiences sometimes bring forward material that feels important to address before the next regularly scheduled psychotherapy appointment.

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During periods of active ketamine treatment and integration, we will discuss **increased access to me between scheduled sessions when clinically appropriate.**

This may be helpful when:

- Something unexpected emerges after treatment
- You experience an unfamiliar emotional or psychological response
- You want help making sense of an experience
- Something feels important to process before your next appointment
- You want help organizing questions or concerns for your medical provider

The appropriate method and extent of this additional availability will be discussed as part of your treatment plan.

Your ketamine prescriber or administering clinician remains your primary medical contact for medication-related concerns and medical safety.

9. Urgent and Emergency Situations

For an urgent **medical concern related to ketamine**, contact your prescribing or administering medical provider. **When appropriate, communication between your medical provider and me can help ensure that you remain supported across both the medical and psychotherapeutic aspects of your care.**

If you are in crisis, call or text **988**, the 988 Suicide & Crisis Lifeline, available 24/7.

If you are in immediate danger or experiencing a medical emergency, call **911** or go to your nearest hospital emergency department.

Routine calls, texts, emails, portal messages, and other communications with my practice are intended for non-emergency communication. **We will discuss means for increased communication during the active treatment and integration period.**

10. Voluntary Participation and Ongoing Consent

Participation in ketamine preparation and integration psychotherapy is voluntary.

Throughout our work together, you are encouraged to:

- Ask questions
- Request clarification
- Express uncertainty or disagreement
- Reconsider a therapeutic goal
- Decline a particular intervention or topic
- Pause a discussion
- Change your mind about what you wish to explore

Consent is an **ongoing process and conversation**, not simply the signing of this document.

Your readiness, preferences, boundaries, and treatment needs may change over time. These can be revisited throughout the process.

Acknowledgment and Consent

Please review each statement and check each box to indicate your understanding.

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- ☐ I understand the purpose and scope of ketamine preparation and integration psychotherapy.
- ☐ I understand that assessment and psychological preparation are part of the treatment process and that additional preparation or skill-building may be recommended before ketamine-focused work proceeds.
- ☐ I understand that preparation includes education about a range of possible subjective experiences while preserving my freedom to have my own individual experience.
- ☐ I understand that the MEQ30 is a measure used to describe certain mystical-type experiences and that it does not predict what I will experience or establish an experience I am expected to have.
- ☐ I understand that I am encouraged to discuss any aspect of my ketamine treatment in psychotherapy, including medical concerns and their psychological, emotional, relational, spiritual, or meaning-making impact.
- ☐ I understand the distinct but collaborative responsibilities of my psychotherapist and my prescribing or administering medical provider.
- ☐ I understand that Robert Romano, Licensed Psychotherapist and IPI Certified Ketamine and Psychedelic-Assisted Therapy Provider, provides psychotherapy, assessment, preparation, integration, and care coordination, while my prescribing or administering clinician is responsible for ketamine-related medical evaluation and medical decisions.
- ☐ I understand that communication and collaboration among members of my treatment team are important components of this treatment model and that a separate Release of Information may be completed when specific written authorization is needed.
- ☐ I understand the potential benefits, limitations, and emotional or psychological risks described in this form.
- ☐ I understand the availability and emergency procedures described above.
- ☐ I have had the opportunity to ask questions and receive clarification.
- ☐ I understand that my participation is voluntary and that consent remains an ongoing process throughout treatment.

By signing below, I voluntarily consent to participate in **ketamine preparation and integration psychotherapy** as described in this document.

Client name

Client signature

Date (MM/DD/YYYY)

Psychotherapist signature

Date (MM/DD/YYYY)