



About Ketamine Assisted Therapy

In 2021, the World Health Organization declared depression a global epidemic, reporting that over 300 million people suffer from major depressive disorder (MDD) worldwide—a global burden of disease with huge socio-economic costs. In February 2022, the Life Works Mental Health Index determined Albertans to be experiencing the lowest mental health scores in the country, where we continue to see lengthy wait times for service through Access Mental Health.

Bloom Psychedelic Therapy & Research Institute is stepping up in response to Alberta's mental health crisis by launching an innovative healing opportunity through Ketamine Assisted Therapy (KAT). Our private clinic provides a trauma-informed advanced clinical team focused on client safety and recovery. We are proudly partnered with the University of Calgary, a world class research facility committed to the science supporting the use of psychedelics for mental health treatment.

Ketamine is a highly impactful, multi-faceted medicine that is a proven non-selective NMDA antagonist with rapid antidepressant effects. It has also been found effective as a psychoplastogen that **stimulates synaptogenesis** and **increases neuroplasticity**. Ongoing research is exploring it as a powerful **anti-inflammatory agent**. It also **induces beneficial high entropy brain states**. It is a psychedelic agent with mystical experience properties. The main contraindications to ketamine are hypersensitivity and uncontrolled hypertension.

Using ketamine in a therapeutic setting provides mental health practitioners with an unprecedented tool for alleviating a range of mental suffering towards long term recovery. KAT can quickly and profoundly provide individuals the opportunity to reconnect with positive memories, shift negative thinking patterns, enhance cognitive flexibility, cultivate deep insight, reconnect with social supports, and process and regulate difficult emotions. This can be a highly effective and timely healing experience wherein our client may experience long-term recovery from issues such as **treatment-resistant depression, suicidal ideation, post-traumatic stress disorder (PTSD), chronic pain, and addiction**.

Our clinical team has weighed recent research, clinical experience, and development to design a comprehensive program of neuroscience-informed mental health recovery offered in individual and group modalities. KAT consists of eleven weeks of core programming and individualized care, including psychiatric consultation, medical assessment, over 20 hours of psychotherapy, four intramuscular ketamine psychedelic sessions as a group, four intranasal ketamine psycholytic sessions with therapy in private treatment rooms, after-hours on-call medical support, and optional long-term aftercare through our community of practice.

We require your referral to initiate our intake process, wherein our clinical team assesses if KAT is a safe treatment option for your patient. We reserve the right to refuse treatment to anyone we deem not eligible due to medical or mental health reasons, of which we will communicate to you. Following your patient's completion of our program, we will provide you with a discharge letter summarizing our clinical impressions and future recommendations. If you have any further questions or concerns, please don't hesitate to reach out to us!

*Please note that this is a private pay service.



Please complete all sections of this form and include a list of current medications. Referrals that are incomplete or do not provide current medical/psychiatric diagnoses or medications will be refused.

Patient Details

HEALTH CARD #:

Full Name:

Gender: Male Female Other

Date of Birth:

Email:

Primary Phone #:

Secondary Phone #:

Address:

Clinical Details

Please include a list of current medications and consultation reports with this referral. This information will assist us to appropriately triage your patient. Please fax all documents to 403-451-0160. Once ALL documentation is received and reviewed, a consultation appointment will be scheduled.

Diagnosis:

- MDD PTSD cPTSD OCD
 Addiction Bipolar Affective Disorder

Reason for Referral or Diagnosis:

Relevant Past Medical History:

Past Psychiatric/Therapy History:

Other Specialists Involved in Care:

List of Current Medications

Past Psychiatric Medication

Height (cm):

Weight (kg):

HR:

BP:

BMI:



Referring Doctor Details

CLINIC:

Full Name:

PRACID #:

Address:

Phone Number:

Fax Number:

Doctor's Signature:

Date:

Electronic Signature Disclaimer: By signing your name electronically on this referral form, you are agreeing that your electronic signature is the legal equivalent of your manual signature on this form.

STAMP HERE (IF AVAILABLE)

Ketamine Assisted Therapy Isn't For Everyone.

Exclusion criteria includes those who are:

- Under 18 years of age
- Are pregnant or breastfeeding
- Have a diagnosed seizure disorder (especially if taking Lamotrigine or Lamictal)
- Have a mental health disorder causing psychosis, mania, schizophrenia, or delusional disorder

- Have experienced any of the following: aneurysm, COPD, emphysema, heart failure, hepatic cirrhosis, intracranial hemorrhage, lung fibrosis, ocular hypertension, renal failure, severe asthma, urological issues with bladder
- Have moderate to severe cardiovascular disease
- Have uncontrolled or unstable hypertension

Is Ketamine Assisted Therapy Right for Your Patients?

Learn more about ketamine and ketamine assisted therapy at bloompsychedelic.com