

Guidance for Therapists Supporting Patients Undergoing Spravato and Ketamine Treatments at Solaris Integrative Psychiatry

At Solaris Integrative Psychiatry, we provide Spravato (esketamine) and ketamine treatments to patients with depression, anxiety, PTSD, OCD, and related conditions. To streamline communication and ensure therapists are well-informed about how to support their patients, we have created this guide.

Treatment Schedules:

Spravato (Esketamine) Schedule:

- **Induction Phase:** Patients will receive Spravato treatments twice weekly for one month.
- **Continuation Phase:** After the first month, treatments will be administered once weekly for another month.
- **Maintenance:** Following the initial two months, patients will move into a maintenance phase with a schedule individualized to their needs.

Ketamine Schedule:

- **Induction Phase:** Patients will receive ketamine treatments twice weekly for two weeks.
- **Continuation Phase:** After the initial two weeks, treatments will be administered once weekly.
- **Maintenance:** Patients will decide how they would like to approach maintenance based on their individual needs.

***Both Spravato and ketamine treatments are currently administered on Mondays and Wednesdays only**.

Role of Therapy During Treatments

- **Therapy Sessions:** We highly recommend that patients have regular therapy sessions during the course of treatment, ideally within 24-48 hours of each treatment. During this period, patients may experience enhanced neuroplasticity, which can significantly improve the effectiveness of therapeutic interventions.
- **Continuation of Current Therapy:** We do not have therapists on staff at Solaris Integrative Psychiatry, as we value the ongoing therapeutic relationship patients have with their current therapist. This continuity is especially important as patients embark on these treatments. Therapists are not allowed in the clinic during treatments. Instead, they will conduct therapy sessions as usual, outside of our clinic setting.

Communication with Solaris

- **Self-Guided Approach:** While we are here to support the patients' treatment journey, we kindly request that you proceed with therapy in your usual manner. We trust your expertise in guiding patients through this process.
- **Contacting Us:** Should any specific issues arise that you believe warrant further discussion, please **fax us** (970-591-9606) an ROI and a letter detailing your concerns, along with your contact information. We will assess the situation and, if necessary, arrange a follow-up call. Responses may be prioritized based on urgency and relevance.
- **Further Collaboration:** If it is determined that further collaboration is necessary, we will schedule a follow up appointment with the patient, to which you will be invited, pending patient permission.

Thank you for your continued support in helping our patients achieve the best possible outcomes. Your partnership is crucial as we work together to improve mental health.