# **Post-Ketamine Infusion Integration Group: Patient Information Leaflet**

## What is a Ketamine Integration Group?

A Ketamine Integration Group is a place for patients who have had a ketamine infusion to come together and openly share experiences under the guidance of two ketamine clinic psychiatrists.

* When: every Friday from 14:30-16:00
* Where: Microsoft Teams
* Who: patients who have had a ketamine infusion in the preceding 7 days

## What will the Ketamine Integration Group Focus on?

The Ketamine Integration Group is designed to help patients maximise the benefit they can get from their ketamine infusion. Studies have shown that the best window for growth and change is between 1-7 days after an infusion. This might include

* Being more able to do things which helps improve your mood
* Developing the capacity to think flexibly which can be difficult to do in depression
* Improving the way of relating to yourself and others
* Thinking about unconscious material that you might experience during dissociation

During Ketamine Integration Groups, the facilitators will take an integrated approach and will be drawing on psychodynamic, cognitive, behavioural, and mindfulness-based psychotherapy.

## Confidentiality and Record Keeping

All material that is discussed is strictly confidential and should not be discussed with anyone outside the group. Please only use your first name, and not your surname, in the session (whether in conversation or written on-screen).

The facilitators will keep their own process notes which will not be uploaded to your patient electronic record. As is common practice in group psychotherapy, the facilitators will also meet separately to discuss the session with an external supervisor.

## Booking and Cost

In order to book a place in an upcoming session, please email KetamineClinic@oxfordhealth.nhs.uk. There will be up to 8 places available per integration group.

Please arrive in the MS Teams waiting room 10 minutes before the session is scheduled to start to ensure that the session can start on time. You will not be let in if you arrive past 14:45.

This is a paid-for (private) session. Patients who have booked a place will be charged £10 per session, whether they attend the session or not. You may cancel your place up to 48 hours before the session. Payment for the session can be made here: <https://www.gov.uk/payments/oxford-health-nhs-ft-ketamine-clinic/post-ketamine-infusion-integration-session-1-session.>