

Ketamine Therapy: Frequently Asked Questions

What is ketamine therapy?

Ketamine therapy uses low, controlled doses of ketamine to help reduce symptoms of depression, anxiety, PTSD, and some chronic pain conditions. It is done under professional supervision and is different from recreational use.

How quickly does it work?

Some people feel improvements within hours or days, while others notice gradual changes over several sessions. Everyone responds differently, and effects may build over time.

What does the experience feel like?

During a session, you may feel relaxed, dreamy, or detached from your usual thoughts. Some people describe it as meditative or introspective. These sensations are temporary and usually fade within an hour or so after treatment.

Will I be awake?

Yes. You remain conscious, but your awareness may shift. You will be monitored throughout the session to ensure comfort and safety.

Is it safe?

Ketamine is generally considered safe when given in medical settings with proper screening and monitoring. Your provider should check your physical and mental health history before starting treatment.

Are there side effects?

Common temporary side effects include dizziness, nausea, increased heart rate, or mild dissociation. These usually pass within 1–2 hours. Your provider can help manage any discomfort.

Do I need therapy with it?

Yes. While ketamine can open a window for change, therapy helps you **use** that window. Integration sessions help translate the experience into meaningful emotional or behavioral progress.

How many sessions will I need?

Most treatment plans involve several sessions over a few weeks, followed by “maintenance” sessions as needed. Your provider will help tailor the schedule based on your response.

Can I drive afterward?

No. You will need someone to drive you home or use a ride service. Your judgment and coordination may be affected temporarily after treatment.

Is ketamine therapy right for me?

It may be helpful if you have not found relief from traditional treatments. A provider will evaluate your health history, medications, and goals to determine if ketamine is appropriate and safe.