

Keta-tation

Ketamine + IFS Meditation

INTEGRATION COACHING



Sarah A. Howard
INTEGRATION COACH

WHAT YOU *NEED* TO KNOW
ABOUT THIS OFFERING >

What is Ketamine?

Ketamine is a Schedule III psychedelic, that down-regulates the fear centers of the brain.

On **low doses**, people often feel deeply relaxed due to the anesthetic effect but are still aware of their surroundings. They become disconnected from obsessions, worries, anxieties, ruminations, and depressive thoughts.

On **higher doses**, people report feeling euphoric, have access to experiences outside of conventional time and space, and enter transpersonal states where aspects of identity fall away.

FUN FACT

Nothing New

Ketamine has been used since the 1970s as a **safe anesthetic** for babies, adults, and animals. In 1999 it became a Schedule III non-narcotic substance. In 2019, the FDA approved S Ketamine for treatment-resistant depression.

IFS Meditation

The IFS Meditation is done in preparation for the Ketamine session to support you in navigating the expanded state. IFS (Internal Family Systems), or Parts work, is based on the belief that we all have multiple parts of ourselves that have different agendas, values, and beliefs and are often locked in the past. First, we learn to de-identify or separate from parts of us that appear to be **self-sabotaging**. Then, we rebuild trust and relationships with these parts, especially during the Keta-tation and Integration sessions.



Keta-tation

Ketamine is known to access an “observer mind” or “witness” similar to a meditative state. This observer mind is essential to healing. While this medicine is a “dissociative,” we are actually **re-associating** to parts of us that have been fractured from our psyche due to trauma.

The ***Keta-tation*** itself is mainly an inward journey, although some people like to engage in dialogue. You will be equipped with the IFS framework so you can better navigate the expanded state. Integration support is included so that **real behavior change** occurs directly after the session and in the days following.



Keta-tations can be used to address a wide range of goals, including:

BEHAVIORAL CHANGES &
HABIT FORMATION

PAIN MANAGEMENT

EMOTIONAL HEALING

CULTIVATING SELF
AWARENESS

INTEGRATION OF BIG LIFE
EVENTS & TRANSITIONS

& MORE...

“It feels like I’m healing myself, with myself.” -W.E.

My Experience

When I did my first Keta-tation, it put me into a deep meditative state that felt present and slow. Just by the pace at which my thoughts moved, I could tell which were anxious and which were grounded in my intuition.

For so long, I thought the anxiety was just who I was. I instantly knew this would be a huge tool to cultivate self-awareness and de-identify from the parts holding me back. Soon, I found I could access my “witness” in sober, quiet contexts, which uncovered clarity, focus, and ease.

This is why I have pursued this path in psychedelics. I’m now **trained in Ketamine Assisted Therapy** with Polaris Insights, I have an **ICF Integral Coaching Certification**, and I’m currently in a **Doctorate Psychology program**.

What we'll do

1 LEARN TO NAVIGATE EXPANDED STATES

2 1-hr preparation sessions

- **Intro to IFS.** Understand the psyche
- **Parts Mapping.** Meet some of your parts
- **Enroll Protectors.** Orient self-sabotage parts

2 CULTIVATE THE "OBSERVER MIND"

1 3-hr Keta-tation + Integration

- **De-Identification.** Experiential session to separate Self or Intuition from "Parts" *Client sources ketamine

3 BUILD YOUR INTEGRATIVE TOOL BELT

1 1-hr Integration session

- **Cultivate the Self or Intuition:** Reflect on felt experience of the observer
- **Update Protectors:** Build trust with parts

*Guided journaling + resources included.

Is Ketamine right for you?

Ketamine is **safe** to use in conjunction with psychotropic medications like **SSRIs** because it binds to a different receptor in the brain (NMDA vs. 5HT2A serotonin receptor).

Ketamine can have moderate or low **physical dependence** or high **psychological dependence**, especially when used without preparation and integration support.

Ketamine should **not** be used if you experience any of the following:

- Active substance abuse
- Psychosis
- Active suicidal ideation/ plans
- History of increased intracranial pressure
- Pregnancy or breastfeeding mother
- Uncontrolled high blood pressure
- Untreated hyperthyroidism
- Prior hypersensitivity or negative reaction to ketamine

Testimonials

“The experience has shaped how I think about practicing introspection and getting to know who I am and who I'm becoming. I feel much more curious than anxious.” -Grace

“I feel more at peace with myself, and now have an awareness of the energy and presence of my highest self that feels very accessible.” -W.E.

“I feel significantly more focused, inspired, and motivated after the experience. There's a noticeable lessening of my tendency towards my various modes of distraction. I feel more solid in my intuition, and this has led to more confidence in my expression.” -EO

Ready to give it a try?

The Keta-tation can be facilitated remotely or in person (my office is in Truckee, CA). The sessions will be spread out over about one month.

Next steps

1. Book a complimentary 30-minute discovery call with me to see if a Keta-tation is right for you.
 - a. www.calendly.com/sarahahoward
2. Book an intake call with a prescriber (referrals upon request).
3. Book your initial prep session.



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