



General Ketamine Information

Therapy Transformed & The Be.Ing Human Community

Ketamine, first and foremost, is a **legal** medicine. Its history dates back to the 1960s, where it was initially developed and utilized as a dissociative anesthetic. This extensive history of use in medical settings provides a strong foundation for understanding its **safety profile**. Ketamine has been a staple in anesthesia for decades and continues to be used widely today, including in emergency medicine and for procedures involving vulnerable populations such as **children and pregnant women**, further underscoring its general safety when administered in a controlled medical environment.

Beyond its role in anesthesia, ketamine has garnered significant attention for its application in the treatment of various mental health disorders. There are pioneers in this specialized field who have amassed substantial experience, having administered thousands of ketamine injections to individuals struggling with a wide array of conditions, including **anxiety, major depressive disorder, treatment-resistant depression, the effects of Post-Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), eating disorders**, and many more.

Ketamine's transition into the mainstream of mental health care accelerated approximately ten years ago. It was about nine years ago that I was honored to be part of one of the first dedicated ketamine clinics established in Utah. Since that time, the collective knowledge within this field has expanded dramatically. We have gained profound insights into **what ketamine truly does on a neurobiological level**, specifically its mechanism of action as an N-methyl-D-aspartate (NMDA) receptor antagonist. This understanding is key to explaining why ketamine, when utilized in safe and effective ways, can catalyze **profound and transformative effects on our human experience**.

Many people may refer to ketamine simply as a "drug," but within the therapeutic community of

our practice, we purposefully refer to it as a **"medicine."** When used correctly and within a supportive, therapeutic framework, individuals can experience **significant and impactful healing**. This often involves a **reconnection with the self and parts of the self that may have been lost or fragmented** due to trauma or chronic mental unwell-being. It can foster **deeper, more authentic relationships with oneself and with others**. Clinically, this is often observed as an **increase in antidepressant and prosocial behaviors** and a measurable **decrease in the debilitating symptoms** that impact daily life due to mental unwell-being.

In parallel with ketamine's rise to prominence in the mental health field, there has been a significant and growing underground community exploring the therapeutic potential of other psychedelic substances. However, it is crucial to note that, currently in Utah and most of the United States, substances like **psilocybin, MDMA, and LSD** are **not legal outside of sanctioned religious or ceremonial institutions** or government-approved research protocols. While we acknowledge and deeply respect the **power and potential of these other medicines**, our professional practice remains strictly committed to engaging in **legal and ethical practice and care**.

This often leads to the question: **"Why ketamine versus psilocybin, MDMA, or LSD?"**

Our answer is consistent: **all medicines are fundamentally different and possess unique properties, and all should be utilized in safe, effective, ethical spaces that honor the integrity of the medicines.**

However, the current **illegal status** of these other psychedelics presents significant challenges. Because their use often occurs in **underground or unregulated settings**, complications that may arise can be difficult to manage, as many self-proclaimed "guides" or even well-meaning indigenous healers are **not trained or licensed to manage medical or acute psychiatric emergencies or provide the necessary level of clinical support.**

While a wealth of excellent articles and research is available on psychedelics generally, our focus remains on ketamine. We have found that due to ketamine's specific **pharmacological properties** and its **unique impact on the brain's neuroplasticity**, coupled with its pharmacokinetic profile of being **"quick in and quick out,"** most individuals tend to respond well to it and find the experience more manageable. Other psychedelic experiences can be **longer in duration, stronger in intensity, and much more emotionally or psychologically intense**, requiring a far greater commitment of time and a different type of support structure.

Our strongest **encouragement is always to find ethical, highly-trained providers** who are equipped to offer comprehensive care. This includes providers who:

- Can provide in-depth **integration support** to help process the experience and apply insights to daily life.
- Utilize responsible and medically sound **dosage and protocol guidelines.**
- Are transparent and willing to **answer all your questions** thoroughly and honestly.
- Above all, create an environment that **feels safe and trustworthy to your nervous**

system.

Ketamine, when administered in a safe, ethical environment and overseen by **trained medical and therapeutic providers**, has the capacity to support anyone at virtually **any stage of life** to **find more meaning, feel less perpetually "stuck,"** and, most importantly, our ultimate hope is to **encourage more self-trust and personal agency.**

Morgan Gonzales LCSW, Ketamine in Utah

<https://www.cityweekly.net/news/meet-the-utahns-using-ketamine-to-treat-drug-resistant-mental-illnesses-23023804>

Depression and Ketamine

<https://news.harvard.edu/gazette/story/2025/09/first-study-to-compare-two-ketamine-therapies-for-patients-with-severe-depression/>

Anxiety and Ketamine

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9540337/>

<https://www.medicalnewstoday.com/articles/ketamine-for-anxiety>

OCD and Ketamine

<https://stanmed.stanford.edu/carolyn-rodriguez-ketamine-ocd/>

<https://www.psypost.org/ketamine-shows-promise-for-severe-obsessive-compulsive-disorder-in-new-study/>

Trauma and Ketamine

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10979792/>

<https://psychiatryonline.org/doi/full/10.1176/appi.focus.20230006>