



# WHY & HOW KETAMINE

A structured, whole-system approach to experiential psychotherapy

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## WHY KETAMINE

Ketamine is not offered here as a stand-alone solution.  
It is not a trend or a shortcut.

It is a therapeutic catalyst used within a carefully structured clinical framework.

After more than 20 years working across the full spectrum of behavioral health — inpatient units, crisis leadership, trauma programs, higher levels of care, community programming, and experiential art therapy — I have seen where traditional talk therapy sometimes reaches its limits.

Many clients:

- Understand their patterns cognitively but cannot shift them emotionally
- Remain locked in trauma responses despite insight
- Experience treatment-resistant depression
- Feel rigid, disconnected, or stuck
- Struggle to access meaning or embodied change

Ketamine, when implemented responsibly and in coordination with medical providers, may temporarily increase neuroplasticity and soften defensive structures — allowing access to material that may otherwise remain protected.

But the medicine itself is not the treatment.

The treatment is the integration.

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## HOW IT IS IMPLEMENTED

Ketamine-Assisted Psychotherapy at Hollowell Counseling follows a structured sequence:

- Clinical assessment and treatment planning
- Medical consultation and prescribing through licensed providers
- Preparation sessions focused on education, regulation, and set/setting

- Supported dosing sessions (in-studio, telehealth, hybrid, or approved in-home)
- Ongoing integration and therapeutic processing

Lower-dose (psycholytic) sessions may allow more interactive work.  
Higher-dose (inward-focused) sessions emphasize internal experience.

Pacing is individualized based on medical guidance, readiness, and goals.

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## **A WHOLE-SYSTEM & EXPERIENTIAL FRAMEWORK**

Symptoms do not live only in thoughts.

Trauma, depression, and chronic stress affect the central nervous system, muscular tension, breathing patterns, sensory processing, relational safety, belief systems, and identity.

For this reason, I offer a full ecosystem of therapeutic elements designed to engage the whole person — body, mind, and nervous system.

Depending on the treatment plan, sessions (with or without ketamine) may incorporate:

- Neurodynamic breathwork
- Somatic awareness and embodied processing
- Creative cognitive restructuring
- Art-based therapeutic interventions
- Sensory-based regulation (smell, touch, sound, visual anchors, movement)
- Guided internal awareness and self-directed energy practices
- Structured experiential exercises
- Environmental set and setting design

These elements are clinically facilitated and intentionally structured. They are not decorative or performative — they are nervous-system informed interventions.

Dialogue alone does not always reach the places where trauma lives.

Some shifts must be experienced physically and emotionally — not just understood intellectually.

Ketamine may create increased access and flexibility.

Experiential psychotherapy then teaches the nervous system how to stabilize and integrate those shifts.

The goal is not simply insight.

The goal is learning how to feel different.  
To respond differently.  
To reset long-standing patterns in real time within the therapeutic container.

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## **CONTINUITY OF CARE**

Non-ketamine psychotherapy sessions may include all of these experiential elements.

Ketamine is one tool within a broader treatment model — not a replacement for therapy.

Some clients may pursue traditional psychotherapy alone.

Some may integrate ketamine-assisted sessions.

Some may begin with one and transition to the other.

Treatment is individualized and collaborative.

