



Ketamine

Your Journey Guide

Change Your Mind.

Daytryp health

daytryp.com

We're Honored.

"On behalf of the entire team at Daytryp, I want to welcome you to our family and express my sincerest gratitude for trusting us to help you on your journey to wellness."

Chris Cohn
Founder & CEO

Ajona Olsen

Chris Cohn

Esther Mathers

Rudy Montijo



• My wellness journey

Many years ago, I faced my own mental health and addiction challenges. I cosmically stumbled upon the world of psychedelic medicines for my own mental and spiritual healing. I've walked the path and am truly excited knowing what lies ahead for you.

• A life changing experience

Ketamine, in addition to other psychedelic medicines, are changing minds AND lives for the better in ways that traditional methods have not and cannot. I couldn't be more honored in my position to help facilitate the responsible and safe use of these healing medicines.

The Science

Ketamine? Let's break it down...

Ketamine has been found to be highly effective in treating a wide variety of mental health and chronic pain conditions. This is due to its ability to modulate levels of glutamate, a neurotransmitter in the brain.

Glutamate plays a key role in the formation of neural connections which are important for just about everything we do, including thinking, moving, and communicating. By modulating glutamate levels, ketamine is able to rapidly stimulate neural plasticity, the brain's ability to modify its connections or 'rewire' itself. Ultimately, ketamine helps neurons regrow lost connections that can become damaged from chronic stress or trauma, resulting in a healthier, happier brain.

Additionally, ketamine has been found to increase levels of neurotransmitters such as GABA and dopamine, which also play a role in its therapeutic effects.

Support before AND after sessions

If this is your first time experiencing a psychedelic medicine, we understand you may feel nervous, not knowing what to expect. As every person's journey is unique, our best advice is to surrender, knowing that you have a team of compassionate experts supporting you at every step of the way.

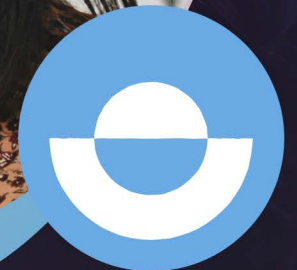
All ketamine sessions are video recorded for your safety and the safety of your guide.



Ride those waves of happiness



Unlock your positivity





Pre-Session Preparation

Want more insight?
Visit: daytryp.com/faqs

Before your session, get centered and relax:

- **Spend approximately 1 hour in a quiet space** or alone outside clearing your mind and centering before each ketamine session.
- **Avoid eating 4 hours prior** to your appointment time, do stay hydrated with fluids until 1 hour before your scheduled appointment time.
- **One cup or 1/2 of usual coffee intake** on the KAP session days. If applicable, no ADHD or benzodiazepine medications the day of the KAPs sessions.
- **No alcohol** the day before or the day of your ketamine sessions.
- **Arrange transportation** to and from the office on the days of your KAP sessions. You have already signed a consent agreeing to not driving or operating heavy machinery on the days of KAP treatment.
- **Your provider has reserved 3 hours for each session;** if you are unable to make your scheduled appointment you will need to contact the office at least 48 hours prior to avoid being charged a "no show" fee and to allow for another client to have this time.
- **Wear comfortable clothes** with easy access to your upper (shoulder) arms.



Post-Session Guidance

Want more insight?
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After your session, find your balance and transform:

- **Give yourself permission to relax** and rest after each session. You may feel like taking a nap.
- **Drink plenty of fluids** and eat nourishing foods.
- **Consider journaling, drawing, painting** (or other creative activities) as new insights arise during your sessions, post-sessions, and while sleeping.
- **No alcohol** the day of your ketamine sessions.
- **After you are rested** (a day or two post-session), review your session notes and contemplate how this information has context or meaning related to your day-to-day life or current circumstances.
- **Find an individual or group to connect** with to do integration therapy work. If you need assistance with this please let us know. Integration work will augment the ketamine experiences and contribute to ongoing transformation and lasting change.



Integration Tips

1

**Take Time
for Yourself**

2

**Capture Your
Experience**

3

**Work with a
Professional**

4

**Connect
with Others**

The ketamine journey itself is powerful, but implementing some practices following the medicine can allow us to derive greater benefits from the experience and make it part of who we are, rather than something we did. The power of this experience is not limited to the small amount of time in which you are under the influence of the medicine. This is a process that naturally unfolds over the subsequent days and weeks after the treatment, and it is often that later reflection provides key perspectives on your work.

Integration refers to the process of weaving the insights received from your journey back into your sense of self and applying them to your life. All of this information requires digesting, and if you plunge back into your daily routine without this period of reflection, you may miss out on some valuable lessons from the medicine. We would like to provide some recommendations for this practice, but remember to trust your intuition. Choose what you feel will serve you best, and be gentle with yourself throughout the process.

**Practice
Meditation**

5

**Take Good Care
of Your Body**

6

**Explore New
Possibilities**

7

**Release Old
Patterns**

8

Tip #1: Take time for yourself

Most importantly, make time and space for this process to unfold by intentionally dedicating time after your journey to rest, reflect, and engage in new habits. Our busy lives often tempt us with multiple distractions; counter this tendency by carving out space in your schedule after your experience. Spending time in nature and away from our devices can cultivate a reflective state of mind, allowing us to connect to our deeper selves and our personal healing process.

Tip #2: Capture your experience

Your KAP journal is provided and yours to keep. We write down what you say after your journey; your visions, body sensations, feelings, thoughts, perceptions as well as any insights you may have immediately after the session. You will take home your KAP journal after each session and are encouraged to bring it back with each session so we can continue to add to it.

We don't attempt to translate or analyze, we write down verbatim for you to decipher as you integrate the journey. This immediate sharing can help you recall your experiences with richer detail, and can be useful in bringing these insights into your daily life. A routine of regular journaling can later provide valuable perspective on the trajectory of your change process, and also clarify internal thoughts and feelings.

You might find that non-verbal forms of expression (e.g., painting, drawing, sculpture, collage, movement, or dance) works better for you than words, and you are encouraged to explore whichever modality feels intuitively right for you. These practices may also assist those who tend towards highly rational and intellectual modes of processing to broaden their repertoire. Even if you do not preserve the experience externally, your task is to create a storage place in your mind and heart, so that these valuable experiences stay alive inside you.

Tip #3: Work with a professional

Ketamine itself is not a standalone treatment, and is best applied as part of a comprehensive therapeutic plan. Discussing your experience in integration therapy sessions will help you maximize the gains made in this process. If you are not currently working with a therapist, we can refer you to someone that would be a good fit and who understands KAP. Full collaboration between Daytryp and your therapist is highly recommended for continuity of care. We're happy to share whatever information might help them understand your experience. It can also be helpful to bring your post-experience expressions (journaling, art, etc.) into your integration sessions as a way to incorporate them into the narrative of your therapy.

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Tip #5: Practice meditation

Cultivating a meditation or other mindfulness practice may reconnect you to key insights obtained in the work. It helps train the mind to slip out of its typical depressive or ruminative ruts more easily. There are many different forms of meditation, so choose a practice that resonates with you. If you are brand new to meditation, consider taking baby steps and gradually scaling up, as this is much more sustainable in the long run. *The Monkey is the Messenger* is a book that artfully integrates parts work with meditation techniques to destigmatize the distracting thoughts we all struggle with when trying to meditate.

Tip #6: Take Good care of your body

Paying attention to the needs of our embodied existence is integral to recovery and well-being, and maximizes the benefits of a ketamine treatment. The integration phase is a good time to hit the reset button on less desired habits. Self-care and health looks a little different for everyone, so you are encouraged to work with your medical provider to get advice tailored to your unique psychiatry. In general, adequate physical activity, restorative sleep, a nourishing diet, and avoiding alcohol/abused substances go a long way to enhance mood and well-being.

Tip #7: Explore new possibilities

Ketamine Assisted Psychotherapy often provides a transient energy boost, which makes it an optimal time to try on new behaviors or activities you have always been curious about, or reconnect with old passions that have been obstructed by mental health issues. Some have experimented with myriad healing modalities (e.g., acupuncture, yoga, flotation tanks, support groups, tai chi, saunas, bodywork, painting, dance, performance, and so on) during this integration phase, but the most important factor is that it sparks curiosity and potential for change in you.

Tip #8: Release old patterns

Making space for the new often requires examining the status quo, and addressing how that shows up materially in your life. Some respond to this process with “tidying” behaviors (e.g., decluttering the home and sorting through personal effects that no longer bring joy, facing a backlog of mail or emails, having difficult or long-avoided conversations, making amends or speaking truths to loved ones) that symbolize a fresh start. You are in no way required to clean your room after a ketamine treatment, if this method does not speak to you; the general idea is to let go of what no longer serves you in order to make space for new connections and ways of living. Let your intuition guide you on this path.

A note of caution here: it is not advised to make any unplanned major and consequential life changes (e.g., starting or ending a significant relationship, signing a binding contract, quitting your job, making a large purchase, leaving the country) for the first week or so following your journey. Allow yourself to explore these desires with trusted advisors and professionals who can help you see them in the context of your life’s overall trajectory. This experience might have indeed planted seeds for lasting change, but they need time and support to germinate and flower.

If you have questions or concerns at any time, please call our office at 1-833-Daytryp or email info@daytryp.com.