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Ketamine Contradictions

Educational Overview for Therapists

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Ketamine Contraindications Overview

Key Risk Factors for Safe Treatment

Understanding contraindications helps ensure patient safety and appropriate treatment selection. *Note: This information is for therapist education - all medical screening and contraindication decisions are made by qualified medical providers.*

Categories:

- *Cardiovascular conditions*
- *Neurological risk factors*
- *Psychiatric contraindications*
- *Medical conditions requiring specialist oversight*

Cardiovascular Contraindications

Heart and Blood Pressure Concerns

Uncontrolled Hypertension

- *Ketamine increases blood pressure and heart rate*
- *Risk for patients with uncontrolled high blood pressure*

Severe Cardiovascular Disease

- *History of arrhythmias or angina*
- *Requires careful medical monitoring*

Stroke/Aneurysm History

- *Elevated blood pressure risk*
- *Potential for re-bleeding or rupture*

Also no Pregnancy!

Neurological Contraindications

Brain-Related Risk Factors

Seizure Disorders

- Ketamine can alter brain excitability
- May provoke seizures in susceptible individuals

Cerebral Hemorrhage History

- Risk of increased intracranial pressure
- Could exacerbate bleeding complications

Psychiatric Contraindications

Mental Health Risk Factors

Psychotic Disorders

- *Dissociative effects can worsen psychotic symptoms*
- *Absolute contraindication for schizophrenia*

Active/Unstable Mania

- *Can induce manic or hypomanic states*
- *Risk of mood destabilization in bipolar disorder*

Active Substance Use Disorders

- *Particularly stimulants, alcohol, benzodiazepines*
- *History of ketamine abuse is high risk*

Severe Personality Disorders

- *Borderline traits may experience heightened instability*
- *Joyous does not currently treat borderline personality disorder*

Medical Conditions Requiring Specialist Care

Relative Contraindications

Liver Disease

- *Ketamine metabolized in liver*
- *May cause prolonged/intensified effects*
- *Requires hepatologist collaboration*

Kidney Disease

- *Impacts drug clearance*
- *Needs nephrologist oversight for safety*

Key Takeaways for Therapists

Understanding Your Role

Remember:

- Medical screening is performed by qualified providers
- Therapists provide valuable observational input
- Collaboration with medical team is essential
- These contraindications ensure patient safety

Your Focus:

- Therapeutic readiness and goals
- Psychological preparation for treatment
- Integration and processing support

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