

Ketamine-assisted psychotherapy

At Axonklinikken, we offer ketamine-assisted psychotherapy (KAP) for a specific spectrum of psychiatric disorders and addiction. This is "off-label" treatment in line with guidelines from the Norwegian Directorate of Health. A prerequisite for KAP is documentation is that at least two previous standard treatments for the disorder in question have been attempted.

If you have a patient who is interested in KAP, we ask you for a short summary with the following information:

- 1) Somatic and psychiatric diagnoses**
- 2) Previous psychiatric history** (hospitalizations, previous pharmacotherapy, psychotherapy, etc.)
- 3) Medication list**
- 4) Please note if your patient has any of the following diagnoses** (possible exclusion factors):
 - Psychosis (Schizophrenia, Bipolar type 1, Drug-induced psychosis)
 - Cardiovascular conditions: (Cerebral infarction or haemorrhage, Angina, Myocardial infarction, Heart failure, Untreated hypertension, Arrhythmia, Prolonged QT interval)
 - Severe liver disease, bladder or kidney disease
 - Pregnancy or breastfeeding

The documentation can be given to the patient or sent directly to us via post or Digipost. We will call the patient in for a consultation where we will assess the patient's eligibility for KAP. If we can offer treatment, you will receive a summary after treatment is completed.

Feel free to get in touch if you have any questions. Information is also available on our website <https://www.axon.no/>

With best regards,

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