



The Odyssey Method (OM)

EntheoMed Ketamine Assisted Therapy



EntheoMed

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Contents

- 1. KETAMINE ASSISTED THERAPY (KAT)
- 2. THE ODYSSEY METHOD (OM)
- 5. PATIENT JOURNEY
- 9. REFERRAL FORM
- 12. MEDICAL TEAM



EntheoMed

EntheoMed Ketamine Suite

EntheoTech Bioscience Inc. A Psilocybin and Ketamine Wellness Company (Kelowna, BC)
entheotech.ca



The Odyssey Method: Ketamine-Assisted Therapy

What is Ketamine-Assisted Therapy?

Over a dozen randomized placebo-controlled clinical trials have shown that ketamine can significantly improve symptoms of suicidality and depression for patients within hours.

Ketamine-assisted therapy (KAT) is a particular approach to ketamine treatment which leverages both the psychological and neuropharmacological effects of ketamine to treat depression and related mental health conditions such as suicidality and chronic pain.

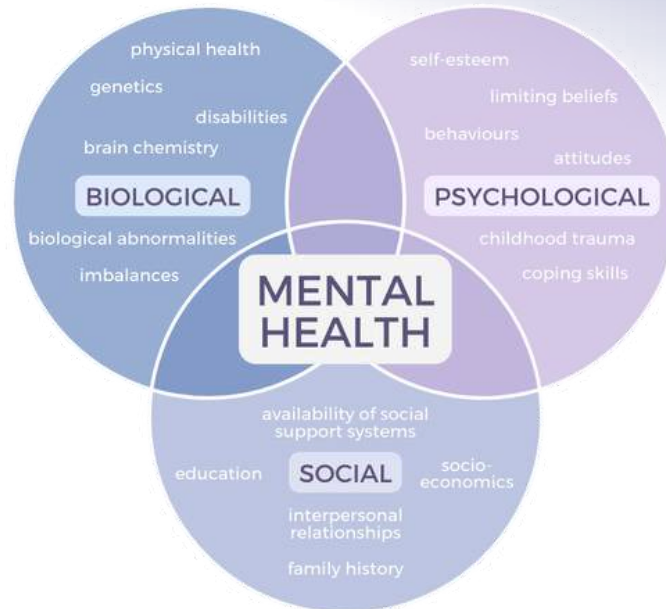
In contrast to a purely pharmacological approach, KAT emphasizes the acute ketamine experience and takes into consideration other factors which play an important role in patients' outcomes. KAT may include traditional psychotherapy carried out with lower doses of ketamine to facilitate the therapeutic process, or specialized therapy aimed at helping patients prepare for and integrate high dose ketamine sessions which often feature personally meaningful autobiographical and emotional experiences.

Ultimately, KAT is an experience- and patient-centered psychotherapeutic approach, with a strong emphasis on helping patients navigate and integrate the biological, psychological, social, and spiritual factors which play an important role in both the ketamine experience and in producing lasting positive outcomes.





EntheoMed's Odyssey: Ketamine-Assisted Therapy



What is Odyssey?

Odyssey is a holistic form of KAT that we have developed at EntheoMed to help create stronger and longer-lasting outcomes. We have drawn from the approaches applied in recent psychedelically-assisted psychotherapy clinical trials and have anchored our method in Transpersonal Psychology, which provides a theoretical framework for the states of consciousness that are accessed during ketamine sessions. Odyssey is a trauma-informed approach which:

- Educates patients on the different states of consciousness that may be experienced during ketamine.
- Follows up with patients after the ketamine sessions to help integrate the experience in a manner that is personally meaningful and leads to positive change.
- Focuses on relieving patients' somatic feelings of stress and tension.
- Supports patients with a history of trauma or burn out in recovering a sense of safety within their nervous system.
- Teaches patients how to use mindfulness techniques, such as Meditation and Breathwork in everyday life to build resilience to future stressors and reduce the likelihood of relapse of depression.



EntheoMed's Odyssey: Ketamine-Assisted Therapy

What can I expect from the Odyssey program?

Patients will be supported through:

- Intramuscular ketamine
- one-on-one preparation psychotherapy session
- one-on-one integration counselling featuring healing modalities such as Breathwork, Meditation, and Mindfulness Workshops

All of these components are delivered by EntheoTech's medical experts and therapy team.

What is the treatment experience like?

Due to its dissociative effects, ketamine provides the client with the opportunity to 'reset' through complete or partial dissociation from the mind and body. During the dosing session, a range of experiences may occur depending on the individual, their traits, and their life history. These may include dream-like visions and reliving of memories, strong emotional experiences, spiritual-like experiences, and/or personal insights related to events or relationships. However, we emphasize that patients often report benefits even in the absence of these experiences.



**Dr Anita Sanan,
Medical Director**

Board-Certified
Anesthesiologist



**Dr Michael Ocana,
Head of Psychiatry**

Psychiatrist and UBC
Associate Professor



**Zach Walsh,
Clinical Psychologist**

Specializing on Therapeutic, Recreational
& Problematic Substance Use



Do I need a referral to be accepted into the Odyssey program?

Yes, all patients will need a referral from their Family Doctor, Nurse Practitioner, Psychiatrist and or Pain Specialist.

Is Intramuscular Ketamine safe and effective?

Intramuscular ketamine, similar to intravenous ketamine, has a strong safety profile when used in controlled settings and its effectiveness is supported by over a dozen clinical trials. We do not advocate for recreational use in uncontrolled settings, as ketamine does exhibit addictive potential when used irresponsibly.

What if I want more ketamine sessions?

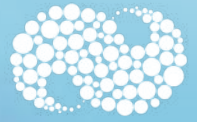
Intramuscular ketamine can lead to a psychedelic experience or journey that, when combined with specialized psychotherapy and integration support, can lead to greater personal insight and lasting psychological change. The number of dosing sessions and psychotherapy required will vary depending on the individual. Once patients complete the program they may continue to come back for additional individual ketamine doses as deemed necessary.

How will I be prepared for my ketamine session?

Preparing for KAT involves establishing safety with the therapeutic team and being educated on what to expect when experiencing medicine sessions. This involves an introduction to transpersonal and non-ordinary states of consciousness, establishment of a strong therapeutic alliance, and establishment of reasonable expectations for the experience and possible outcomes. We are careful to establish explicit safety parameters, consent, and preferences around physical and psychological support.

Does ketamine have side effects?

Ketamine has been found to be safe when administered in controlled contexts and has few drug interactions. The most common side effects at higher doses are nausea, vomiting, or transient headaches. However, these are not severe in nature and usually resolve organically. To mitigate these side effects, patients are first given a smaller dose and the dosage is subsequently increased based on the individual's unique tolerability of the substance. We also provide anti-emetic drugs for individuals more prone to nausea and vomiting.



EntheoMed Ketamine Suite

Patient Journey 1/4

Patient Journey Ketamine Program:

1. Patient submits an online inquiry or phones our MOA.
2. MOA sends the patient an information email, telling them to have their psychiatrist or family physician send a referral form for them.
3. When the referral has been received, our MOA will send the patient an email link, so they can complete the patient intake form online.
4. Referrals and patient intake forms will be reviewed to see if they meet the criteria for ketamine treatment. If found to be an appropriate candidate, our MOA will schedule an appointment (virtual or in person) with our psychiatrist. The psychiatrist will discuss treatment options with the patient and determine if Ketamine treatment is a good option (The risks and benefits will be explained).
5. MOA will contact the patient to discuss payment for the treatments: packages start at \$1399 - terms and conditions apply.
6. Our MOA will schedule ketamine treatments as well as virtual appointments with our Facilitator and our Counsellor.





EntheoMed Ketamine Suite

Patient Journey 2/4

Patient Journey Ketamine Program:

7. A Consent form will be sent to you for your review before your treatment session. It must be signed before treatment. The consent form covers many topics, including eligibility for this treatment, contraindications, possible side effects, risks and benefits, patient responsibility related to this treatment, etc.

8. The nurse, facilitator and/or counsellor will contact you for post-treatment follow up and prep for the next session.

9. Psychotherapy: Pre-treatment preparation is an extremely important part of this treatment. All patients will be contacted by a facilitator or psychiatrist, and the psychotherapy component of their treatment plan will be discussed. Existing psychotherapy interventions will be part of the treatment plan. Future appointments will be scheduled as necessary.





EntheoMed Ketamine Suite

Patient Journey 3/4

Cancellation:

48 hours notice is required to cancel an appointment with a refund. Missed appointments without this notice will be billed.

Payment:

Ketamine treatment is not covered by MSP. Some insurance companies may pay for all or part of the treatment, but it is the patient's responsibility to cover the cost of the treatment. We accept cash, cheques, debit and credit (MasterCard and Visa) cards.

Ketamine Treatment Visit instructions:

- No solid foods for 6 hours pre-procedure
- May have clear fluids (water, clear juice, black tea or coffee) up to 2hrs before procedure
- Small sips of water to take regular medications
- No food or drink within 2 hours of procedure
- Patient must have a safe ride home, no driving

Ketamine Treatment Visit Checklist:

- Wear comfortable clothing
- Eye mask, headphones, relaxing music, will be provided
- Bring medications you take
- Bring a hair tie if needed
- Bring your BC care card the first visit
- Inform us of important medical information: allergies, seizures, pregnancy, or blood thinners
- You must have a driver and someone to accompany you for the remainder of the day and night after treatment.

Follow up:

- All patients will be contacted by our facilitator or psychotherapist with respect to their treatment plan. Since it is very important to know how you are doing, you will be emailed a link for a brief 'check in' questionnaire. An individualized treatment plan may include additional treatments sessions, counselling, psychotherapy and participation in group classes.



EntheoMed Ketamine Suite Patient Journey, 4/4

Program Schedule:

Preparation

- Individual counselling session with intention setting
- Small group workshops featuring integration modalities such as (Breathwork, Meditation, and Mindfulness Workshops)

Dosing and Integration

- Intramuscular Ketamine treatment with
- Post dose individual counselling session
- Access to integration tools (Breathwork, Meditation, and Mindfulness Workshops)

Program Discharge Follow Up

- The Medical Team follow up with OM patient and assigned family members to monitor progress and offer recommendations as necessary.

Lifetime Access:

Patients also receive lifetime access to the Odyssey Online resources portal. A convenient platform for free Wellness Courses, Guided Meditations and Breathwork Classes.



ENTHEOMED REFERRAL FORM FOR KETAMINE ASSISTED TREATMENT:

PAGE 1/4



EntheoTech is now accepting referrals for Ketamine-Assisted Therapy:
A New Treatment Option for Patients with Mental Health challenges

At EntheoTech, our goal is to be a leading voice in the mental wellness space. We are a private healthcare facility delivering intensive ketamine-assisted psychotherapy, which has been developed and supported by leading psychiatrists and psychologists. Treatment is provided by ACLS trained physicians and nurses. It is accompanied by counselling and integrative therapy. See entheotech.ca/ketamine for details.

Phone: 236-420-6854 Fax: 778-699-4514

Email: christy@entheotech.ca Website: entheomed.ca

Indication : Depression (TRD) Generalized Anxiety Disorder (GAD)

Adjustment Disorder with Depressed Mood

Post-Traumatic Stress Disorder (PTSD) Major Depressive Disorder (MDD)

Alcohol Use Disorder (AUD) Eating Disorder (ED)

Obsessive Compulsive Disorder (OCD) Chronic pain

Absolute Contraindications present (check all that apply):

Allergy to Ketamine

History of Psychosis

Active Substance Abuse

Pregnancy

Recent Traumatic Brain Injury

ENTHEOMED REFERRAL FORM FOR KETAMINE ASSISTED TREATMENT:

PAGE 2/4



Relative Contraindications present (check all that apply):

___ Moderate to Severe Obstructive Sleep Apnea ___ Uncontrolled Hypertension ___

Respiratory Issues ___ Personality Disorders ___ Very Acute Suicidal Ideation ___

Significant Past Substance Abuse ___ High ICP – brain tumour, hydrocephalus ___

Unstable/poorly controlled cardiac disease ___ Morbid obesity ___ Dementing disorder

(Alzheimer's) ___ Severe liver or kidney disorder ___ Glaucoma ___ Uncontrolled seizure
disorder

How much does this treatment cost?

As research has shown, multiple Ketamine doses may confer cumulative benefits. To allow for greater flexibility in accommodating patient's schedules, we have recently modified our treatment model.

Initial medical assessment fee: \$399

(nonrefundable: includes psychiatrist and medical assessments and access to educational resources)

Ketamine treatment: \$1399 each

(includes pre and post treatment counselling as required, ketamine treatment, access to live and recorded educational information)

Ketamine assisted therapy is not currently covered by MSP.

It may be covered by a private insurance provider, but the patient must pay up front and then seek their own reimbursement.

ENTHEOMED REFERRAL FORM FOR KETAMINE ASSISTED TREATMENT:

PAGE 3/4



Referring Physician:

Patient Info:

Name: _____ Name: _____

MSP #: _____ DOB: _____

PHN: _____

Address: _____ Address: _____

Phone: _____ Home Phone: _____

Fax: _____ Cell Phone: _____

Physician Signature: _____

Patient's Email: _____

ENTHEOMED REFERRAL FORM FOR KETAMINE ASSISTED TREATMENT:

PAGE 4/4



Caretaker (if applicable): Name: _____

Contact Info: _____

COVID-19 Vaccination Status: _____ BPMH attached: _____

Diagnosis/Comments:

-

Previous Treatments/Medication: _____

*Acceptance into the program is done on a case by case basis and may require the presence of additional outside supports.

**PLEASE ATTACH ALL PERTINENT INFORMATION (reports, consultation notes, etc.) A consultation appointment will be scheduled once ALL the requested documentation has been received and reviewed



The Team



Dr Anita Sanan, Medical Director, EnttheoMed Ketamine Suite

Board-certified Anesthesiologist practicing since 2010. Taken on many administrative and leadership roles within her department at Kelowna General Hospital. She is actively involved in academics as a clinical faculty member at the University of British Columbia, teaching both medical students and residents.



Dr Michael Ocana, Head of Psychiatry

Dr. Michael Ocana is a psychiatrist with specialized training in developmental neuroscience and trauma focussed psychotherapy. Dr. Ocana has 20 years of experience in inpatient and emergency psychiatry at Kelowna General Hospital where he was Medical Director of the Kelowna Adolescent Inpatient Unit for 15 years. He is an associate professor at the University of British Columbia, Faculty of Medicine, where he supervises resident trainees in psychotherapy and provides mentorship to medical students.

Dr. Michael Ocana is a certified Somatic Experiencing Practitioner and has specific training in multiple forms of psychotherapy including Internal Family Systems, CBT, IPT, and the Comprehensive Resource Method. Dr. Ocana has been certified in Psychedelic Associated Psychotherapy through the California Institute of Integral Studies. He is a champion for physician health and wellness as the Physician Lead, Physician Health and Safety for Doctors of British Columbia and is the Medical Director for the Spiritual Emergence Network in Canada.



Zach Walsh, Clinical Psychologist

Clinical psychologist, Research Affiliate with the BC Centre on Substance Use, and a Professor of Psychology at UBC, where he directs the Therapeutic, Recreational, and Problematic Substance Use lab and the Problematic Substance Use clinic. Member MAPS Canada Advisory Board and a member of the International Research Society on Psychedelics.