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July/August 2025

Hello patients, colleagues and friends! Thank you for opening our newsletter. Typically the summer is a time when I want to spend as much time outdoors as possible, but it has been so hot! Hopefully you are finding your way to refreshing pools, rivers and beaches. As a follow-up to the post in the last newsletter regarding “Post-treatment Positivity,” one of our patients shared a [website](#) with a few very simple video games to play after a ketamine treatment that will shower you with postive messaging as you click through. Enjoy!

[Read more here](#)

Great Egret Salem River, NJ



Ketamine at Psychedelic Science 2025

Although I was not able to attend the Psychedelic Science 2025 conference in Denver last month, I was excited to hear about some [new research](#) that was presented on how ketamine works in the brain. We already had an understanding that ketamine treatments initiate a neuroplasticity process in brain tissue that can result in the building of new neural networks and the activation of previously dormant synapses, but this new study shows evidence of how ketamine may actually reorganize neural communication. After performing brain imaging before and after ketamine treatments, the authors were able to observe decreased activity in the default mode network and increased communication between parts of the brain that are usually separated by hierarchy. The [default mode network](#) (DMN) is a collection of different parts of the brain that function together when we are planning or daydreaming, but in depressed people it has been shown to be associated with rumination and persistent thoughts of negativity. It is believed that ketamine’s effect on the DMN is one of the reasons it has proved so effective in treatment-resistant depression, allowing us to get a break from the feeling of hopelessness that has become ever-present and overwhelming. Although the study was small and not yet peer-reviewed, it sounds very positive and will lead to more follow-up studies. Looking forward to following this research and learning more!

[Read more here](#)

The Montreal Model:

This [new study](#) from McGill University in Montreal, Quebec has provided more evidence for the treatment protocol that we utilize at Mindstream Medicine. It demonstrated that by administering enough ketamine to deliver a psychedelic experience in conjunction with both environmental support (such as curated music and soft lighting) and weekly talk therapy, they were able to extend the benefits of ketamine treatments for treatment-resistant depression patients from days to weeks. The emphasis on psychedelic medicine support and talk therapy is now known as “The Montreal Model.”

It is always reassuring to see our methods borne out by new research, but for me the biggest takeaway is the importance of integration work in post-treatment talk therapy. Another interesting part of the study was the purposeful inclusion of plants in the treatment area. Our snake plant is going strong, but looking forward to adding a few more plants this summer.

[Read more here](#)

Ketamine in the News:

Ketamine for PTSD in First Responders:

This [article](#) profiles a retired Vancouver firefighter who now advocates for improving legislation around psychedelic medicine treatment after his own transformative experience with ketamine. It was reaffirming to hear his perspective about the stigma and guilt around seeking this kind of therapy, before he eventually shared it with his comrades and became an advocate. The characterization of the hypervigilance associated with PTSD in this article really resonated with me, and I’m sure you don’t need to be a health-care worker or first responder to relate.

“You could be the most amazing firefighter, police officer, whatever it is, and still, people are going to die, and you’re still going to hold parts of that guilt within you and also not want to talk about that with anyone ever,” Fitzgerald said. “And so the ketamine would allow them to go in and do the guilt piece that we weren’t able to get to before.”

[Read more here](#)

Ketamine for PTSD in Veterans:

Not my initial intention, but this is certainly a Canada themed newsletter. The brief [video](#) attached contains a testimonial from a retired Mountie and tells the story of how an increasing number of police and veterans are turning to ketamine infusions for relief of their depression and PTSD symptoms.

Announcements:

We now have an essential oil diffuser for our treatment area! Essential oils can not only prevent unwanted side effects, such as nausea, but can also help you relax and reduce stress as you ease into your treatment experience. Please let us know if you have your own preferred oils that you would like to bring with you. We’ve had good results with peppermint oil at the clinic this week, looking forward to offering different scents.

[Check out our Google reviews!](#)



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Our mailing address is: