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## May/June 2025

Hello patients, colleagues and friends! Thank you for opening our newsletter. All of the rainy days at this time of year can leave us feeling gloomy, but we can also look at the extra time indoors as an opportunity to reset as we prepare for the blooming of flowers and warmer weather.

While ketamine treatments offer a rapid path to a reflective encounter with the self, mindfulness practices and routine meditation can work as mini-boosters to our mental health and can help to maintain the gains we achieve during post-treatment integration. If you no longer wish to receive this newsletter, please click [here](#) to unsubscribe

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## **Crested Caracara and Capybaras**

**El Palmar National Park, Entre Rios, Argentina**

# **Benefits of Post-treatment Positivity**

If you have been a patient with us or have heard me lecture about ketamine treatments, you've probably already heard me talk about the importance of seeking out positivity in the aftermath of your treatments.

A few years ago, there was a study I heard on NPR where the authors designed an experiment where one group of depressed patients receiving ketamine infusions received an app game that reinforced positive thinking and self worth and the other group did not play the game. The group that played the app game achieved better results and more prolonged relief. Very interesting that such a simple intervention could make a difference. I reached out to the lead author of the study, and they are working on developing an easily shareable version of the game they developed. I'm looking forward to having another tool available to help us squeeze the most positivity possible out of our post-treatment time.

## **Deprescribing:**

The overwhelming majority of patients at our clinic are being prescribed medications for the treatment of their mental health struggle when they first arrive, mostly SSRI antidepressants. While it is fortunate that ketamine does not interact negatively with these medications, most patients include taking fewer medications or lower doses of their prescribed medications among their treatment goals. Although SSRI's have been one of the few available tools for the treatment of depression, anxiety and PTSD symptoms, they are either ineffective or cause side effects that are disruptive to people's well-being. In fact, people diagnosed with depression who are prescribed antidepressants have not been found to have a higher quality of life than those who have depression and are not taking antidepressants.

Ketamine therapy offers an opportunity for people to experience a reduction in their symptoms that can make it possible to reduce or potentially eliminate their prescribed psychoactive medications. At Mindstream Medicine, we are enthusiastic about working closely with your prescribers to safely to achieve these goals.

[Read more here](#)

## **Ketamine in the News:**

### **Ketamine and Anorexia Nervosa:**

Avoidant/restrictive eating disorders remain some of the most difficult mental health struggles to effectively treat. While I had read in the past about patients with eating disorders having their treatment-resistant depression improve after a course of ketamine infusions, I had not seen much literature on using ketamine to treat the eating disorder itself. This new small study, conducted in France, showed improvement in both BMI and "cognitive rigidity" in hospitalized anorexia nervosa patients who had previously failed standard care. Although more research needs to be done, this is a very hopeful step that ketamine therapy can provide relief to people with restrictive eating disorders.

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## **Ketamine for Couples Therapy:**

Although I have to admit that I was unfamiliar with the reality TV show “Real Lives of Mormon Wives,” here’s an interesting account of how one couple utilized intramuscular ketamine treatment in conjunction with talk therapy to help process trauma and move forward in their relationship. Simultaneous treatment to facilitate couples therapy is fascinating modality that we hope to offer in the near future.

[Read more here](#)

## **Announcements:**

Mindstream Medicine will be closed from June 28th to July 5th for vacation, returning to regular business on July 7th. Please reach out if you feel you are in need of a booster

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