

Ketamine



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Psychotherapy usually boils down to questions of identity and attachment. Who we think we are and how we want the world to be seem like absolute necessities, no matter how sophisticated our philosophy or psychological insight. When they are out of alignment we often become anxious, depressed or otherwise unhappy. A few hours of structured conversation and analysis are usually sufficient to identify the problematic ideas and the perspectives that make them problematic. That's the easy part. Changing

perspectives and attachments that present to us as intuition can be difficult and time consuming. The usual methods of psychotherapy amount to a gradual reconditioning of problematic thoughts and perspectives by means of prolonged examination from many angles. This work can be painstaking and lengthy because we are swimming upstream *against* our intuition.

Suddenly, a treatment modality that has been loitering on the fringes of psychotherapy for decades has burst into the mainstream in the form of ketamine therapy. Ketamine has been widely used as an anesthetic for over 50 years and is recognized as safe and effective in a wide range of medical applications. In much lower doses, ketamine has psychedelic properties that induce a state of mental dissociation in which your sense of identity is detached from the intuitive thoughts and perspectives that normally seem so much a part of you. In this state it is often possible to directly “see” these thoughts and perspectives as distinct from your self, and to move away from them intentionally. Ketamine offers great potential for rapid psychotherapy in many cases and I am collaborating with the medical professionals who are now offering ketamine treatment in Santa Fe. Trust me. Call me.

Concise Personal Counseling

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