

KAP Chaperone Guidelines

What is the role of a KAP chaperone for Ketamine-Assisted Psychotherapy (KAP) at Journey Clinical?

In the context of ketamine-assisted-psychotherapy at Journey Clinical, the chaperone provides support and assistance when the therapist is not physically present in the room. This individual is an adult (18+ years old) and a reliable and trusted person in the patient's life, such as a partner, close friend, family member, or roommate, with whom the patient shares a positive and uncomplicated relationship. During the session, they may be asked for assistance by either the therapist or the patient as needed. For in-person KAP sessions, the role of the chaperone is to pick up the patient and accompany them home.

Before the session

Show up in person 15 minutes before the KAP session begins

- Exchange phone numbers with the KAP patient's therapist and check-in before the session
- Agree on check-in frequency with patient and therapist (e.g. non-verbal eye check every 15 minutes for self-guided KAP)

During the session

- Provide a distraction-free environment during the KAP session (e.g. keep kids and pets away with low noise level)
- Stay within voice-range and check-in on the patient based on agreed upon frequency
- Serve as point of contact for the therapist via text and/or phone call
- Help the KAP patient as needed (see below some examples)
- As needed, follow emergency process outlined below

After the session

- Stay with the patient until they are alert, able to move around safely, and feel comfortable on their own

When may a chaperone be asked to help?

Physical Support: The dissociative nature of ketamine can be disorienting, so a patient's balance could be poor and they may need help from the chaperone to stand up, move and walk to and from the bathroom, especially in a home with stairs.

Technical Issues: Ideally, the patient's technological set up is working (e.g. laptops, headphones/speakers are fully charged, the music is ad free etc.). In case of a technological difficulty, the therapist or the patient may ask the chaperone to help.

Environmental Disturbances: In case unexpected disruptions arise, such as new people entering or increased noise levels, the chaperone helps manage these factors, maintaining a quiet and focused environment for the patient.

In Case of Emergency: Contact 911 or go to the nearest emergency room and inform the therapist. In addition, please fill out the [Adverse Events Form](#) or text 999 to 936-251-5362 once it's safe to do so. A member of our medical team will review your submission and contact you shortly via phone to develop an action plan.

Learn more about KAP at Journey Clinical

Ketamine is a legal, safe and effective medicine used to treat a variety of mental health conditions, including depression, anxiety and PTSD. At Journey Clinical we use

oral lozenges alongside psychotherapy in what we refer to as **Ketamine-Assisted Psychotherapy**, or **KAP**. A typical ketamine dosing session lasts between 1-3 hours and can take place either in-person, remotely via telehealth, or self-guided with check-ins. A chaperone is ***required*** for remote and self-guided KAP. During a dosing session with Journey Clinical, patients self-administer their vitals and their ketamine lozenge. After this the patient will typically be in a comfortable, reclined position wearing an eye mask and listening to calming music. The peak effects of ketamine last for approximately 45 minutes. Once these effects subside, the patient will rest, and may process and discuss the experience on their own or with their therapist.