

After Ketamine:

INTEGRATION, REFLECTION, AND RECOVERY



A Guide to Making the Most of Your Experience

Ketamine treatment can shift how the brain processes emotion, memory, and meaning. What happens after your session is just as important as what happens during it. This guide offers practical steps to support your healing process through **integration, reflection, and rest**.

1. What Is Integration?

Integration is the process of making sense of what came up during your treatment—whether emotional, physical, or symbolic—and weaving it into daily life.

Ketamine can temporarily soften defenses, increase neuroplasticity, and allow new perspectives to surface. Integration helps those insights become lasting change. Not every session will come with a clear message or breakthrough. Sometimes healing looks like rest, stillness, or subtle shifts that unfold gradually.



2. What Might Happen After a Session?

You may feel:

- Emotionally open or raw
- Tired, foggy, or dreamy
- Curious or inspired
- Uncertain about what “actually happened”

These are all valid. It's normal for the experience to feel hard to explain.

You may also feel an **emotional dip** one or two days after treatment. This doesn't mean the session didn't work. Your brain and body are recalibrating. Rest and self-kindness are especially important during this time.

Physically, most people return to full baseline within 4–12 hours. Contact your provider if symptoms like dizziness, nausea, or disconnection persist longer than expected.



3. How to Support Integration

Reflect

- Journal what came up—images, emotions, or sensations.
- Name the parts of yourself that showed up. Be gentle with them.
- Ask: What did I learn about myself? What do I want to carry forward?
- Consider keeping a post-ketamine log to track mood, energy, sleep, and emotional shifts over time.



Create

- Draw, paint, write poetry, or move your body in ways that express what you felt.
- Let your mind process symbolically, not just logically.

Talk It Through

- Meet with a therapist familiar with ketamine work.
- Say out loud what happened, even if it doesn't "make sense."
- Let trusted people witness your experience without judgment.

Rest & Recalibrate

- Give yourself 24 hours without high-stimulation environments.
- Avoid major decisions or heavy emotional processing right away.
- Sleep, hydrate, and eat grounding foods.



4. Re-Entering Daily Life Gently



Returning to everyday tasks after ketamine can feel strange. Give yourself permission to:

- **Move slower**
- **Take breaks**
- **Feel changed, even if others don't understand**

If emotions or thoughts keep surfacing days later, that's okay. Your brain is still processing.

5. Common Questions

"What if my session felt meaningless or confusing?"

- Insight often comes later. Trust the process and keep reflecting.

"What if I had a difficult or emotional experience?"

- That can be part of healing. Talk with a therapist or guide to help unpack it.

"How long will this feeling last?"

- Immediate effects usually fade in a few hours. Emotional insights may unfold over days or weeks.



6. When to Reach Out

Call your provider if:

- You feel dissociated, confused, or emotionally overwhelmed for more than a day
- You're having thoughts of self-harm or suicide
- You're unsure whether what you're feeling is expected or safe

7. Consider Building a Post-Treatment Ritual

Create a sense of closure and grounding with:

- A cup of tea or comfort food
- A warm bath or weighted blanket
- Nature time or barefoot walking
- Writing a letter to your future self



Need Support With Integration?

The Paperflower Psychiatry team offers **post-ketamine integration support** with trained providers who understand how to help you process and reflect.

Integration is not a race. Whether your experience was profound or quiet, trust that something in you is listening, shifting, and healing.

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