



**30 Duncan Street, Unit 400, Toronto, ON**

Fax: [1-855-933-1211](tel:1-855-933-1211) | Call: [1-833-222-0084](tel:1-833-222-0084) | Email: [hi@fieldtriphealth.com](mailto:hi@fieldtriphealth.com)

## **Ketamine-Enhanced Psychotherapy: A New Treatment Option for Patients with Treatment Resistant Depression**

Major depressive disorder, treatment resistant depression and bipolar disorder may affect a large proportion of your patients. While there exist a number of therapies for the treatment of these conditions, some limitations include delayed onset of action, and failure to achieve a positive response.

**Ketamine**, a glutamate N-methyl-D-aspartate (NMDA) receptor antagonist, on the other hand has been shown to possess rapid antidepressant properties, with improved symptomatology within 2 hours and duration of antidepressant effects for up to a week<sup>1</sup>. Further, preliminary evidence suggests that when ketamine intervention is enhanced with psychotherapy, it may produce enduring benefits across a range of mental health disorders<sup>2</sup>.

Overall, research on ketamine's mechanism of action is providing new hope in the search for therapies to target treatment-resistant depression and affords insights into disorders of glutamatergic dysfunction.

*Based on this evidence, and with the support of KOLs from St. Michael's Hospital and CAMH, Field Trip Health is now offering ketamine-assisted psychotherapy to patients with treatment-resistant mental health conditions in its downtown Toronto clinic.*

### **About Field Trip Health**

At Field Trip Health, our goal is to be a leading voice in the mental wellness space. We are a private healthcare provider building mental wellness centers across Canada and the USA which will deliver intensive ketamine-enhanced psychotherapy, developed by leading psychiatrists and psychologists. For more information, please visit us at [www.fieldtriphealth.com](http://www.fieldtriphealth.com)

Toronto Clinic: **30 Duncan Street, Unit 400**  
fax: 1-855-933-1211 call: 1-833-222-0084  
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<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pubmed/32023492>  
<sup>2</sup>

# Referral for Ketamine Assisted Psychotherapy Treatment

Fax to:  
1-(855) 933-1211

## 1. Patient Information

FIRST AND LAST NAME

HEALTH CARD# (include version code) or M / R / UCI#

VETERAN ID (if applicable)

DATE OF BIRTH (YYYY/MM/DD)

GENDER

ADDRESS

CITY / PROVINCE / POSTAL CODE

TELEPHONE (home) (mobile)

PATIENT CARETAKER (if applicable)

Can a voicemail be left at this number  
for an appointment: Yes  | No

EMAIL ADDRESS

## 2. Health Information

### PRIMARY COMPLAINT:

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### IMPORTANT:

Include recent investigation and consultation reports.

### TREATMENT / MEDICATIONS USED:

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**PLEASE FAX ALL SUPPORTING DOCUMENTS TO 1-(855) 933-1211**

### PATIENT DIAGNOSIS AND SYMPTOMS:

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A consultation appointment will be scheduled once **ALL** the requested documentation has been received and reviewed.

## 3. Referring Physician Information

FIRST AND LAST NAME

BILLING #

ADDRESS

CITY / PROVINCE / POSTAL CODE

TELEPHONE

FAX

PHYSICIAN SIGNATURE

## 4. Fax to: (855) 933-1211

Your patient will be contacted directly to schedule an appointment. A consultation report will be provided after the appointment.

T: 1 (833) 222-0084  
fieldtriphealth.com



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