

## How do I refer a new patient?

Thank you for choosing to refer your patient to us. Here is some information about Dr. Stefany Wolfsohn, the practice and ketamine therapy. In order for new patients to be scheduled for a consultation, they will need you as their provider to complete the Provider Referral Form at the end of this letter. Patients should also contact our office to request the New Patient Packet with the intake forms, release of information and mental health screening inventories. After we receive the referral form and the New Patient Packet, patients can be scheduled for a New Patient Consultation.

Dr. Stefany Wolfsohn is a board-certified anesthesiologist with additional mental health, trauma and psychedelic medicine training. Since the opening of her ketamine clinic in 2017, she has personally provided all clinical services related to the care and monitoring of every patient in the practice. Many of the licensed therapists and practitioners who have referred patients to the practice have continued to collaborate with her during the treatment phase and for ongoing peer support. Over the years, Dr. Stefany Wolfsohn has formed a local, professional peer support community which now has 60+ members who in some way, remain connected to the practice. She moderates a local, monthly peer consultation group and regularly participates in formal training and organized meetings about new developments in ketamine therapy treatments and psychedelic medicine.

We believe in a holistic, individualized approach to each person seeking ketamine treatment and will continue to collaborate with each patient's existing mental health team and if necessary, connect patients with additional licensed mental health providers. Patients receiving ketamine therapy for psychiatric indications receive a medical and psychiatric evaluation prior to treatment. The medical evaluation and psychological screening are done by Dr. Stefany Wolfsohn as part of the New Patient Consultation. The New Patient Consultation is an office visit, not a day that patients receive ketamine therapy. The psychiatric assessment is done by a licensed mental health provider prior to the consultation; typically the practitioner who is already managing the patient's mental health care.

Ketamine assisted psychotherapy (KAP) with a licensed mental health professional is a type of ketamine therapy modality that may be recommended as part of the treatment plan. It can be helpful for the right patient, especially if they feel "stuck" and unable to benefit from traditional psychotherapy. The ketamine dosing for this treatment modality is typically low to moderate in order to maintain the ability for meaningful communication and to better engage in the therapy process. When KAP is used, a second provider will join us in the treatment room for additional psychological support. The KAP provider utilizes different modalities based on the individual patient needs and according to their specialized training and expertise.

Although ketamine has been around for more than 50 years as an anesthetic agent, "off-label" ketamine therapy for the treatment of mental health disorders, psychological exploration and chronic pain is an exciting intervention that has gained recent attention and a growing body of research supporting the potential benefits. Psychiatric indications for ketamine therapy include but are not limited to: major depressive disorder and associated suicidal ideation, depression subtypes, post-traumatic stress disorder, generalized anxiety disorder, obsessive compulsive disorder, social anxiety disorder, bipolar disorder, substance use disorder, eating disorder and mood disorders related to palliative care. Patients who have uncontrolled hypertension, significant cerebrovascular or cardiovascular disease, uncontrolled substance use disorders, psychosis, pre-existing interstitial cystitis or hypersensitivity to ketamine are generally not appropriate candidates to receive this treatment.

Ketamine therapy is a process that works differently than oral anti-depressants, anti-anxiety, mood stabilizing and opiate pain medications. It is a catalyst for change. An initial treatment protocol of 6 ketamine treatments spaced out over a 4-6 week period of time is often recommended in order to get the process started, to find the optimal dosing range and to determine if ketamine therapy is effective for your patient. Some patients require a slower initial protocol in order to feel safe and to have more time to process and integrate each treatment before receiving the next. This treatment is not intended to be used for the rest of a patient's life; however, some patients may wish to continue to use this treatment intermittently as part of a larger treatment plan to address symptoms, ongoing challenges or to make other changes in their life. If maintenance or booster therapy is necessary, Dr. Stefany Wolfsohn will propose a safe and reasonable treatment plan to the patient and their Treatment Team for ketamine therapy moving forward.

Benefit from ketamine therapy is not just from the administration of a medication, but also from the therapeutic setting and mindsets of both the patient and the practitioner delivering care. Ketamine therapy is not a cure, however, it can be used to facilitate long-term change and transformation. Current research supports that approximately 70% of patients receiving ketamine therapy can report "feeling better" during the treatment period. Improved insight and perspective may develop in the days, weeks or months following ketamine therapy. Symptoms can sometimes worsen before they improve. Healing is a non-linear process and has ups and downs along the way. Maintaining a patient's physical and psychological safety throughout this process is a priority at all times. All patients are encouraged to establish integration support with either a licensed mental health professional or support person who has mental health, trauma and psychedelic training before starting ketamine therapy. Dr. Stefany Wolfsohn also offers individual preparation and ongoing integration support to all patients in addition to family support/coaching.

**FOR PROVIDERS: PATIENT REFERRAL TO DR. STEFANY WOLFSOHN AT VENTURA CENTER FOR ADVANCED THERAPEUTICS**

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Patient Contact Information: \_\_\_\_\_ PHONE  
\_\_\_\_\_ EMAIL

Reason for Referral: (check all that apply)

Ketamine therapy evaluation & treatment  IV Hydration, vitamin and supplement therapies

ICD-10 Diagnosis: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reason for referral: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Referring Provider: \_\_\_\_\_  
(circle one: physician, nurse practitioner, physician assistant, therapist)

Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
\_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

\*\*\*\*FOR PRESCRIBERS, PLEASE FAX LAST OFFICE VISIT NOTE WITH REFERRAL FORM\*\*\*\*

**AUTHORIZATION FOR RELEASE OF INFORMATION**

In the course of my examination, I, \_\_\_\_\_ hereby give authorization for  
Stefany D. Wolfsohn, M.D. to

RELEASE MY RECORDS TO: \_\_\_\_\_

OBTAIN MY RECORDS FROM: \_\_\_\_\_

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date

**\*PLEASE COMPLETE AND RETURN TO EMAIL OR FAX BELOW\***