

# Ketamine Therapy: The Good, the Bad, and the Great Potential

## PRESENTER:

### Michael Mantz, MD

Santa Barbara Integrative Psychiatry

In this presentation, Dr. Mantz will review up-to-date scientific literature on Ketamine therapy for treating major depression and anxiety disorders. He will describe the wide range of effects Ketamine has on the brain and body and how to use those effects to improve therapeutic outcomes. Dr. Mantz will also explore the possible harm when Ketamine is used haphazardly. Finally, he will explore the great potential that Ketamine holds, especially when combined with psychotherapy.

## LEARNING OBJECTIVES:

- Describe, evaluate and summarize the current research regarding the use of Ketamine therapy for depression and anxiety disorders
- Explain and compare the primary reasons Ketamine is prescribed and the risks and benefits of each
- Describe the current research and empirical data regarding the use of Ketamine therapy along with psychotherapy and explain the potential synergistic benefits when these two therapies are combined



**DR. MICHAEL MANTZ** is board certified in Psychiatry and Neurology. He graduated from the University of Pittsburgh School of Medicine and holds a master's degree in Herbal Medicine. Dr. Mantz has over 11 years of clinical experience and has been in private practice for seven years. In his private practice, Dr. Mantz focuses on using a blend of progressive psychotherapies, nutrition, supplements, attentional training, and exercise to help his clients break

through the issues that appear to be holding them back from what they truly want out of life.

SEPTEMBER 2023

Santa Barbara Cottage Hospital  
Psychiatry and Addiction Medicine  
Department invites you to virtually  
attend its September 2023 presentation.

**TUESDAY, SEPTEMBER 26, 2023**

Noon to 1:30 p.m.  
No meals or breaks provided.

Please register at:  
[cottagehealth.org/psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive  
a confirmation email containing  
information about joining the training.

**FREE COMMUNITY EVENT**

## CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

- **LMFTs, LCSWs, LPCCs and LEPs:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- **Registered Nurses (RNs):** Course approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

**CERTIFICATES:** Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

## CONTINUING EDUCATION CREDIT FOR PHYSICIANS AND PSYCHOLOGISTS

- **Physicians:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- **Psychologists:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at [tnorton@sbch.org](mailto:tnorton@sbch.org) and 805-569-7245.

**GRIEVANCES:** Contact the Education and Nursing Professional Development Department at 805-569-7325.

**SPECIAL ACCOMMODATION:** If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

**DISCLOSURES:** The planners and speakers of this live internet activity have stated that they do not have any relationships with ineligible companies. This activity did not receive commercial support.

### PROGRAM COORDINATORS

Carole Reynolds Ingraham, LMFT  
Frances McKinney

### EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN  
Tamara Norton, MHS, CPCS

### TARGET AUDIENCE

Addiction Counselors  
Clinical Nurse Specialists  
Counselors  
Marriage & Family Therapists  
Nurse Practitioners  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants  
Other Mental Health Professionals  
Pharmacists  
Psychologists  
Psychotherapists  
Social Workers

Learn more about our Psychiatry and  
Addiction Medicine services at:  
[cottagehealth.org/mentalhealth](https://cottagehealth.org/mentalhealth)

Please register at:

[cottagehealth.org/psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

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