



TITLE: Adult with Bipolar disorder and Autism treated with Ketamine-assisted Psychotherapy: A Case Report

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ABSTRACT

Recent advances in psychopharmacology have highlighted ketamine as a promising treatment for various forms of depression, including unipolar and bipolar types. This potential extends theoretically to Autism Spectrum Disorder (ASD), which often co-occurs with bipolar depression, yet research in this area remains minimal. This abstract discusses a case of a 29-year-old male with diagnoses of bipolar disorder and ASD, alongside type 2 diabetes, who experienced significant mood swings, daily suicidal thoughts, and uncontrollable anger outbursts, and an inability to communicate effectively. These symptoms had been unresponsive to conventional medications. The patient underwent a course of ketamine-assisted psychotherapy, receiving six initial intravenous (IV) infusions of ketamine over a one-month period, followed by two booster infusions. Remarkable improvements were observed following the ketamine treatment, including reductions in anger outbursts, anxiety, suicidality, and depression scores. This case study contributes to the limited literature by suggesting that ASD is not a contraindication for IV ketamine and ketamine-assisted psychotherapy. The positive changes in behavioral and emotional disturbances indicate that ketamine therapy might be specifically beneficial for individuals with both bipolar disorder and ASD. Although the mechanisms of action of ketamine in this context are not fully understood, these findings advocate for additional research to systematically explore ketamine's efficacy and safety in this patient population. Moreover, these outcomes suggest reevaluating clinical practices and consider ketamine as a viable option to enhance the quality of life for those affected by these complex disorders.

BIOGRAPHY

Christopher Harris completed his PhD in Clinical Psychology at Trevecca Nazarene University, USA. With over 20 years of clinical experience in mental health, he has held significant roles such as clinic director and advisory board director. He was a founding clinical advisor for MyClearstep, a groundbreaking device designed to aid individuals with eating disorders, now recognized and utilized internationally. His recent publication on Ketamine, which he is presenting today, appeared in 'Frontiers in Psychiatry' in February 2024.



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