



Welcome to the Atlanta Ketamine Information Network listserv!

This listserv launched in April 2024 with the goal of making a space for Atlanta-area ketamine **prescribers, therapists, and allied professionals** to build community around the shared mission of furthering the safe and ethical use of ketamine and ketamine assisted psychotherapy. Most would agree that being isolated in our work as healthcare professionals is not ideal, and that isolation can be especially challenging when embarking into new practice areas. The hope is that in this community, we can provide each other with **support** for our clinical work and **connections** to professional opportunities and referrals, as well as to have discussion of important issues related to the field of ketamine use in **mental health care** and **pain management**.

COMMUNITY NORMS

1. **No blaming, flaming, shaming. We're going to be nice here.** Personal attacks, direct or indirect, are not welcome in this space. Think hospitality. Think safety. Lean on curiosity and find an appreciation for nuance. Welcome diversity of thought, actions, and identity. This is an emerging area of practice. People will arrive at this space with different perspectives, training, and experience. Let's make space for all of us, best we can. We'll be better at this work if we appreciate the value of learning from each other.
2. **If your feathers get ruffled or you're scratching your head about something someone says, please speak to them privately and directly if you feel able.** When conflict does arise, discussion of this conflict or difference of opinion would ideally be addressed between the parties involved privately and not through the whole listserv. Please use I-statements and practice Non-Violent Communication, in service of maintaining safety and professionalism. Also, if somebody contacts you to let you know that they are bothered by something you've written, please consider the emotional risk they're taking by reaching out to you. Try to appreciate the opportunity to connect with that colleague and respond as respectfully as possible to their concern.
3. **If that doesn't help enough, ask for help sorting it out.** When members cannot resolve conflicts among themselves or are uncomfortable, uncertain or confused about what another member has presented, please contact the listserv founder, Angela Culbreth, at angela@angelaculbreth.com. She can try to intervene and help defuse any potential misunderstandings or disagreements to the best of her capacity and ability.



Please feel sure that one of Angela's first moves will be to try to **cajole, convince, or coax** a handful of you, her trusted colleagues, into taking on some responsibilities of listserv management, as she is not sure she is perfectly suited for that role, especially on her own.

We're figuring this out as we go. This listserv will have a wide variety of functions and purposes, in many cases defined by the emerging needs and collaborative desires of the community itself. Sure, let's run ideas by each other, and speak up if you're hearing things that sound wrong or confusing to you. That's a good use of community. But let's also hold as our presumption that people will practice within the bounds of their training and licenses, and that, regardless of the different treatment models we follow, it is in everyone's best interest for us to provide **assistance, guidance, and nurturance** to all practitioners so that the clients we treat can receive the quality, compassionate, and **ethical care** that they deserve.

So, let's set off with the intention of having a valuable space for connection and collaboration, along with some great conversation and creative problem-solving. Ask questions, share ideas, support one another, teach, learn, and practice keeping an open heart and open mind.

Angela Culbreth, LPC, the founder of ATLANTA KIN.

CONTACT

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TO JOIN

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(To create this document without reinventing the wheel, Angela borrowed some wording and principles from two other listservs for providers of therapeutic ketamine – [Polaris Insight Center](#) and [Big Tent Ketamine](#). So thanks, Polaris and Big Tent.)