

# Ketamine, Trauma, and the Future of Mental Health in Canada

An open-science manuscript examining the neuroscience, ethics, and policy implications of ketamine for trauma care

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## Neuroscience

Understanding ketamine's rapid modulation of glutamatergic circuits, induction of neuroplasticity, and capacity to reopen emotional flexibility

[Read Chapter 2](#)



## Trauma in Canada

Examining how trauma disproportionately affects Indigenous communities, survivors of violence, veterans, first responders, and marginalized populations

[Read Chapter 3](#)



## Ethics & Policy

Exploring questions of autonomy, agency, dissociation, and what a more equitable, evidence-informed mental health system could become

[Read Chapter 4](#)



## Open Access

This work is released under CC0 1.0 Universal (Public Domain). It belongs to everyone seeking knowledge about trauma and healing.



## Evidence-Based

Every claim is grounded in peer-reviewed research from neuroscience, clinical psychiatry, and public health literature.



## For Everyone

Written for clinicians, policymakers, researchers, and anyone seeking to understand trauma's biology and pathways to recovery.

**Ketamine, Trauma, and the Future of Mental Health in Canada** is an open-science manuscript that examines ketamine through the lenses of neuroscience, ethics, and public policy.

This book does not promote ketamine as a cure. It explores what ketamine's effects reveal about trauma, healing, and the systems that shape access to care.

## What You'll Find

- **Chapter 1:** Ketamine's emergence and Canada's mental health landscape
- **Chapter 2:** The neuroscience of ketamine, glutamate, and neuroplasticity
- **Chapter 3:** Trauma as a systems-level problem in Canada
- **Chapter 4:** Ethical dimensions of dissociation, identity, and agency
- **Chapter 5:** Inequities in access shaped by geography, economics, and history
- **Chapter 6:** Policy considerations for modernizing mental health systems
- **Chapter 7:** A vision for evidence-informed, equitable trauma care

## Published By

**Centre for Trauma-Informed Neuroscience (CTIN)**

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**For Clinicians:** This book examines how ketamine challenges assumptions about therapeutic timelines and what its mechanisms reveal about trauma's neurobiology.

**For Policymakers:** It highlights gaps between scientific evidence and regulatory frameworks, and considers what equitable access to emerging treatments requires.

**For Those Living With Trauma:** It offers insight into the biological substrates of healing and the possibility that suffering need not be permanent.