



The Evolution of Ketamine

Dr. Johns' Contributions

Ketamine is a powerful antidepressant used to treat severe depression, anxiety, and PTSD when other antidepressants aren't working.

Administered under medical supervision, ketamine may be provided through a nasal spray, oral medication, IV, or injection.



1960s-1970s: A Sleepy Start

Ketamine was initially used as an anesthetic, but as the medical community learned more about its effects on the brain, it was utilized in single doses for in-patient psychiatric care.



2012: Medical Study

Working with a team at the Minneapolis VA, Dr. Johns conducted a study adding multiple infusions of ketamine to outpatient regimens for patients who didn't respond to numerous other medications or ECT. 92% of patients improved with only two weeks of treatment. The study set the standard for ketamine treatments nationwide and showed that people respond to ketamine at varying rates.



2014: The Twin Cities' First Clinic

Psychiatrist Dr. Johns instituted the first ketamine clinic in the region at North Memorial Hospital, overseeing more than 1,800 infusions and injections.



2014-Today: Ketamine Goldrush

Anesthesiologists began opening ketamine clinics all over the country for anyone who was willing to pay out of pocket for depression or pain management.



2017: Emergency Use

Picking up popularity for its nearly instant effects, more emergency personnel began utilizing the drug in cases of extreme aggression.



2016-2020: FDA Approval

Dr. Johns served on Janssen Pharmaceuticals' Advisory Board during the development of Spravato (esketamine) in 2016. Esketamine was FDA approved to treat depression in 2019, and suicidal thoughts in 2020.



2021-Today: Insurance Coverage

Dr. Johns and Dr. Manlove partnered to open one of the only clinics in the country that accepts insurance for ketamine and offers TMS and psychiatric medication management. Since opening, Advanced Brain + Body Clinic has completed 5,870 ketamine and TMS treatments.

See our list of accepted insurance providers and schedule an initial appointment to talk with one of our mental health professionals to determine if ketamine or esketamine is right for you.