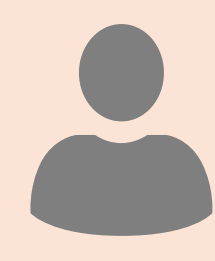


Narrative Medicine & AI-Enhanced Group KAP: A Retrospective Study in Five Women with Complex Trauma

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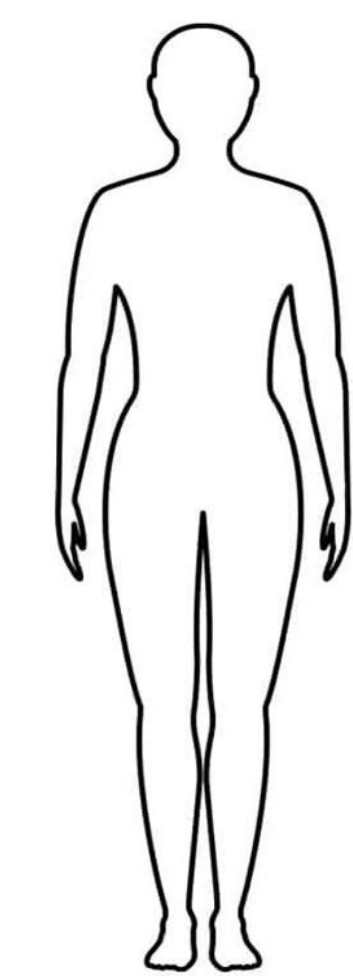
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Introduction:

This study reveals quantitative and qualitative clinical outcomes of a fully funded Ketamine Assisted Psychotherapy program for 5 women with complex treatment resistant conditions. Using standard scales, Mystical Experience Questionnaire (MEQ-30) and Narrative Medicine to lay a foundation of AI personalized psychotherapeutic treatment.

Objective: To assess the efficacy of group KAP, and role of quantitative, MEQ, and qualitative narrative processing in treatment outcomes. Also, assess the use of AI as pivotal tool to bridge the gap between subjective psychedelic and clinical integration and therapeutic resourcing. AI-utilized alongside integration therapy connecting the stories of depression, trauma, anxiety, and pain into a visual framework, with linguistic coding to assess the healing process in context.

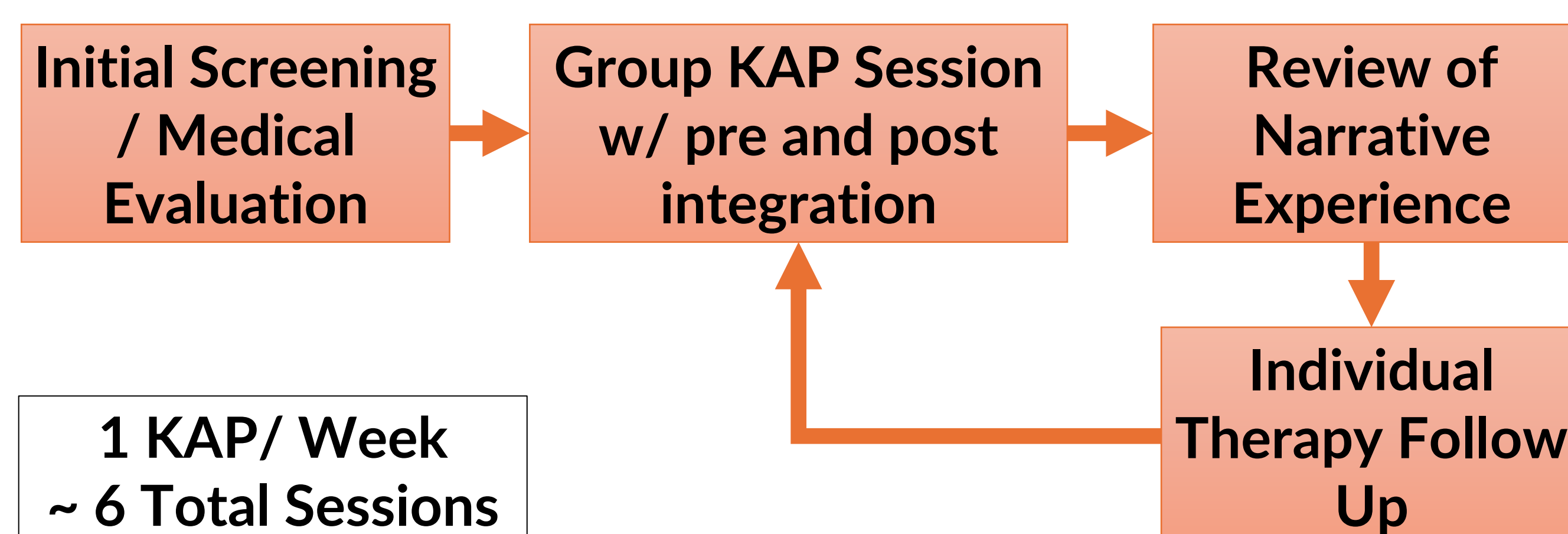
Patient Details:



- 5 Women Aged 40-48
- Low SES
- All comorbid -chronic physical health challenges and CPTSD (high ACE)
- Invariant comorbidities among cohort:
 - Endocrine Disorder
 - Gastrointestinal
 - Menstrual Disorders/Complications

Methods:

Rigorous screening to assess medical, therapeutic, psychiatric safety prior to enrollment into the study. Each patient completed medical and therapy intake, Pre-KAP preparation session (flight prep), 6 weekly group KAP sessions with pre and post integration therapy and post 6th session medical evaluation and individual therapy session, and post 6th KAP group integration session.



Assessment tool:

Quantitative: GAD, PHQ9, PCL, MEQ 43, ACE
Qualitative: Coded Narrative analysis and AI enhanced visual imagery of patient's experience based on thematic experiences, based on patients' mystical experience types: Noetic, Unity, Ineffable, transpersonal, transcendence, sense of Awe, insight and mood descriptors were categorized.

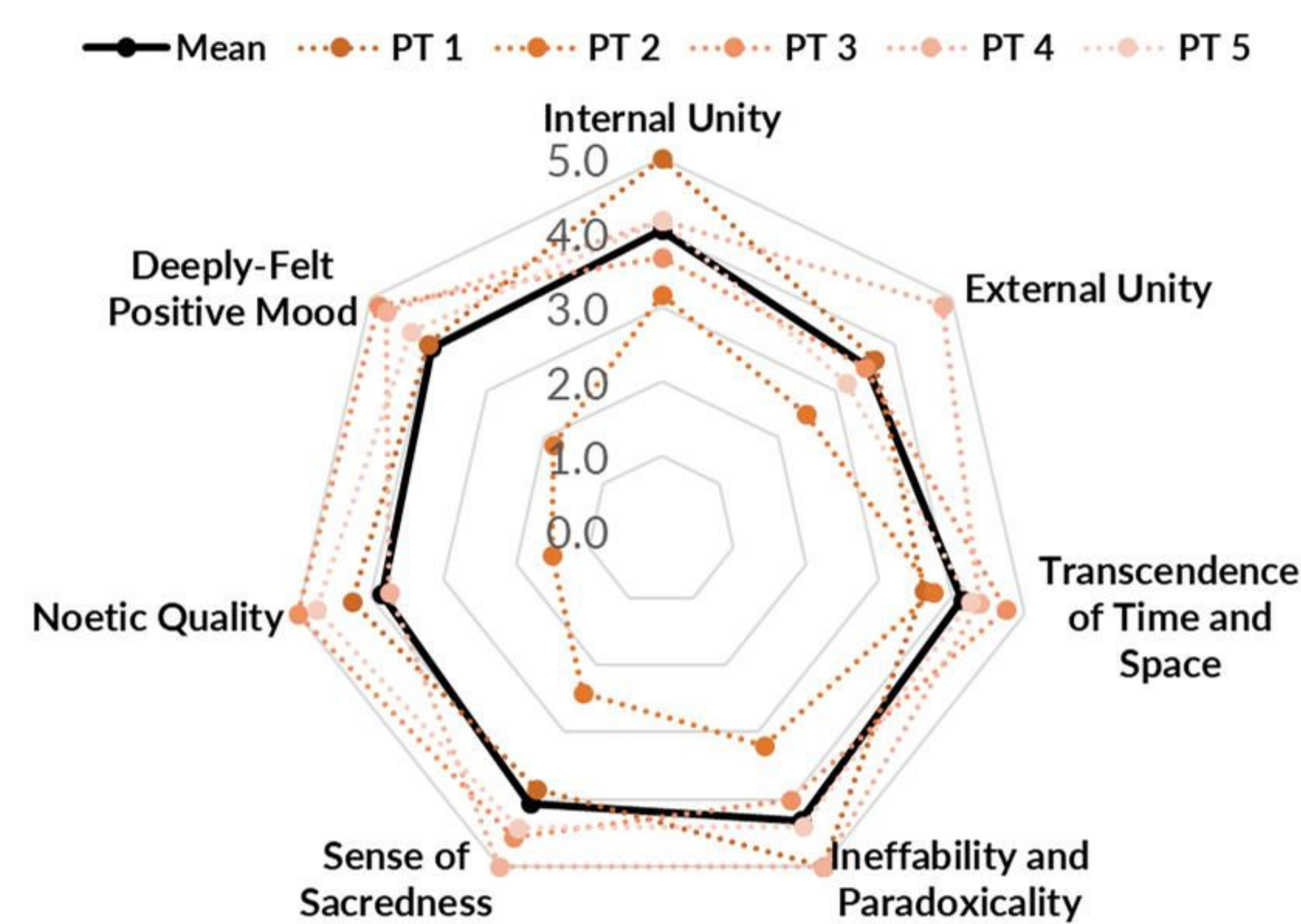
Results:

Quantitative findings demonstrated consistent improvement across key domains:

- **PTSD symptoms (PCL-C)** decreased an average of 25 points, with four out of five participants reaching subclinical levels post-treatment.
- **Anxiety symptoms (GAD-7)** showed a mean reduction of 5 points, with two participants improving from "severe" to "mild."
- **Depressive symptoms (PHQ-9)** showed mixed results: while three participants demonstrated meaningful improvement, two experienced stagnation or worsening—highlighting depression as a more refractory symptom cluster.
- **Mystical experience intensity (MEQ-43)** averaged 147, suggesting that dissociative and spiritual states correlated strongly with reductions in PTSD and anxiety.

Measure	Pre-Treatment	Post-Treatment	Change
PTSD (PCL-C)	~41.6	~16.6	-25.0
Anxiety (GAD-7)	~13.8	~8.8	-5.0
Depression (PHQ-9)	~16.4	~15.6	Mixed
MEQ-43	N/a	147	N/a

MYSTICAL EXPERIENCE (MEQ-43)

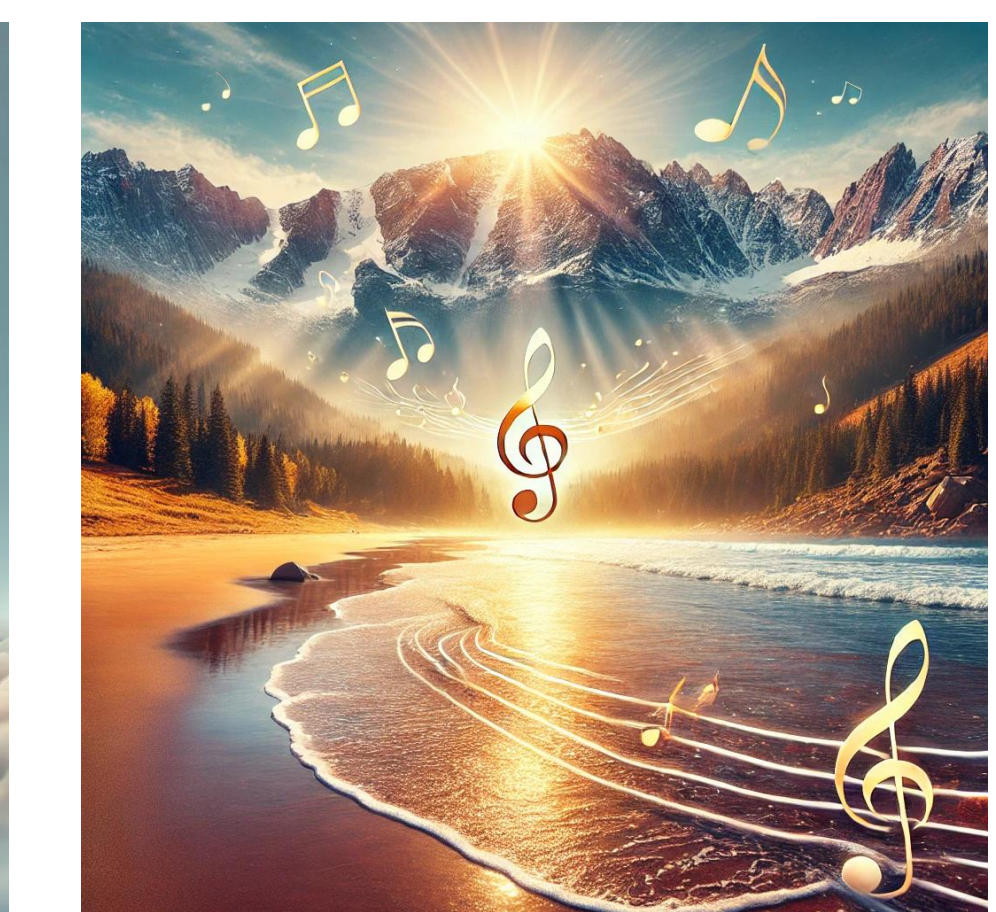
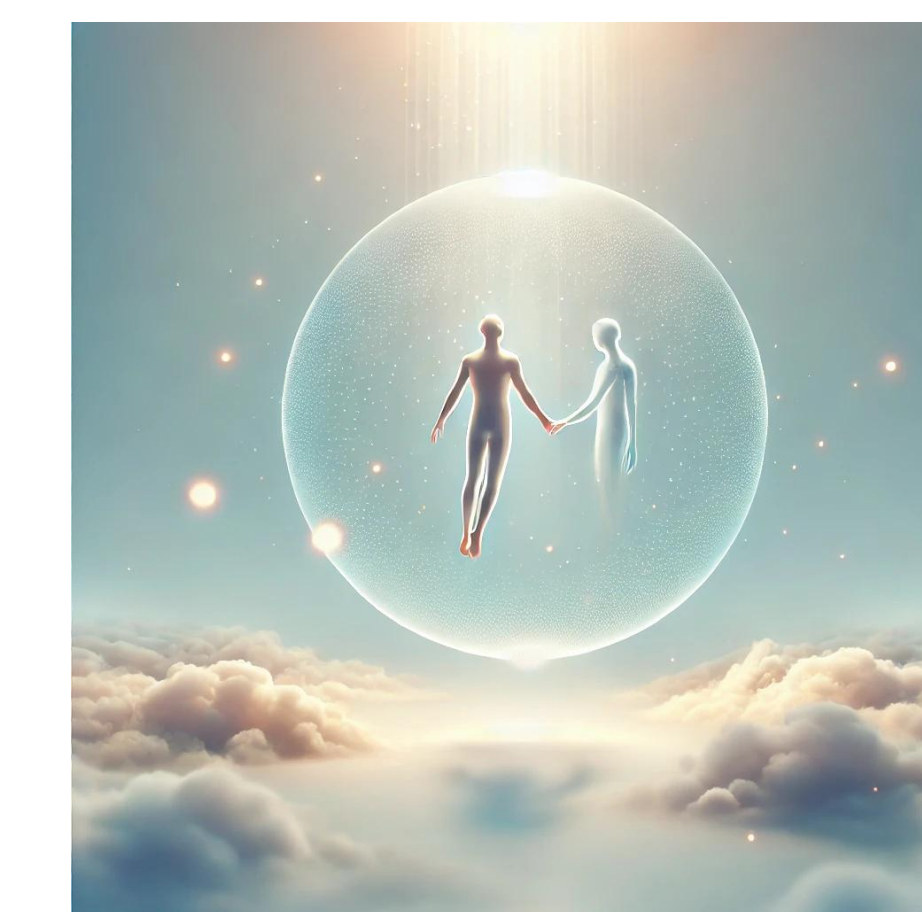
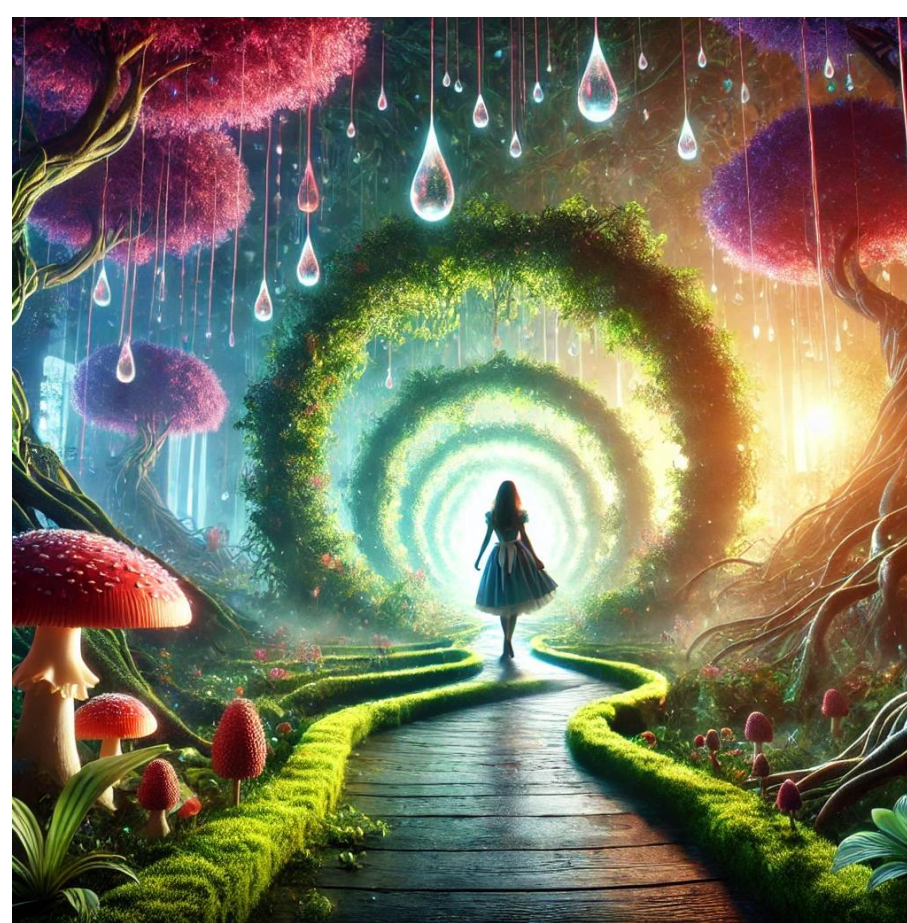
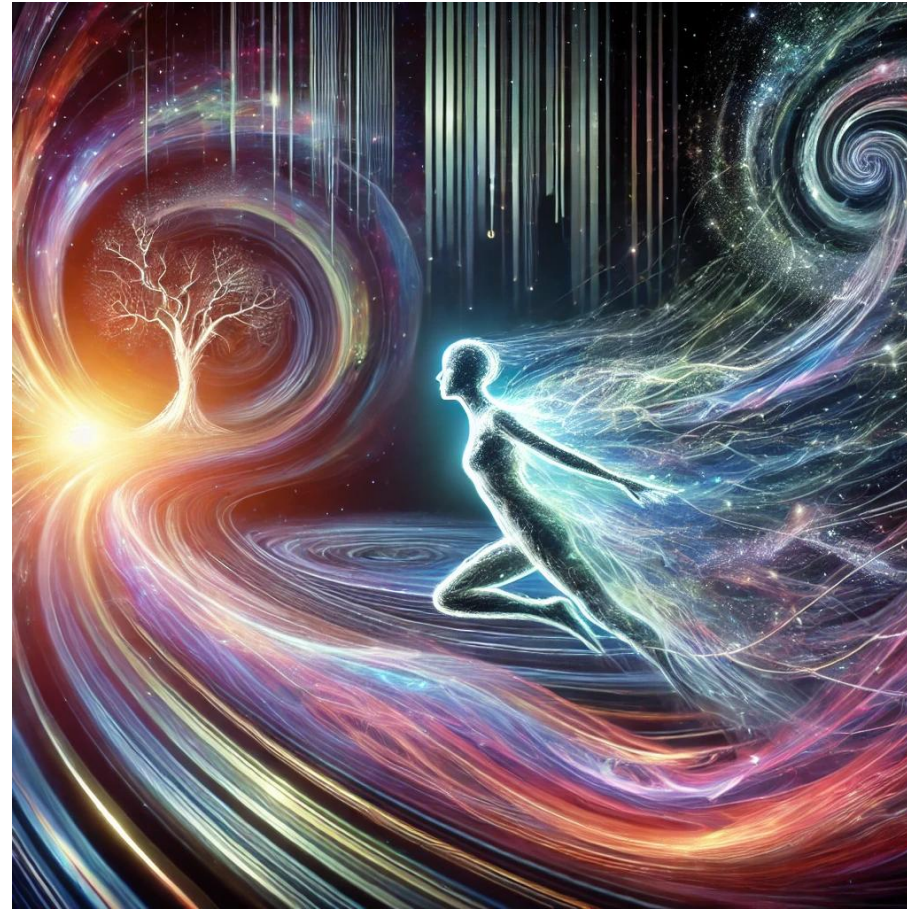


Narrative Themes From Pt Journey's:

- Emotional release: breaking through their trauma narrative, letting go
- Shift in Somatic Awareness: from Cognitive rumination to Heart space (emotional presence)
- Transformation: Metaphors of floating in hyperspace and transcendence
- Music as a form of therapy and exploration
- Connection: Tree grounded stable and connected

Ai-image Generation As A Tool For Visualization:

As patient describe their journey AI generated images directly from their narratives. AI converts language with computational narrative models, creating a bridge between objective assessment and subjective experience. These images serve a dual purpose in integration and meaning making with metaphor and symbolism to help anchor their experience and as a tool to assess psychological shift in narrative. AI analysis support the therapeutic goal of rewiring DMN and experience in reflection and reframing.



Discussion:

Qualitative Integration Practices Recommendations:

- **Connection and Transformation:** Participants described feeling deeply connected to themselves and others during their ketamine sessions, with one noting, "I felt like a tree rooted in the ground, stable and connected."
- **Emotional Release and Clarity:** Many participants experienced profound emotional breakthroughs, including feelings of gratitude and the ability to let go of past trauma.
- **Shifting Perspectives:** Themes of reframing negative thoughts and moving from "headspace" to "heart space" emerged as vital to the healing process.
- **Integration and Growth:** Participants emphasized the importance of integrating their insights into daily life, leading to improved relationships, better coping strategies, and renewed hope.

Clinical Implications :

Clinical Data-AI enhanced narrative bridges quantitative outcomes with Non-Verbal Expression. Post-Ketamine Study provides AI can be a tool to provide a pathway for patients to process into actional insights and reconstructive rewiring.

As a Viewer What do you Interpret that helps you to understand the type of experience the patient may have had?

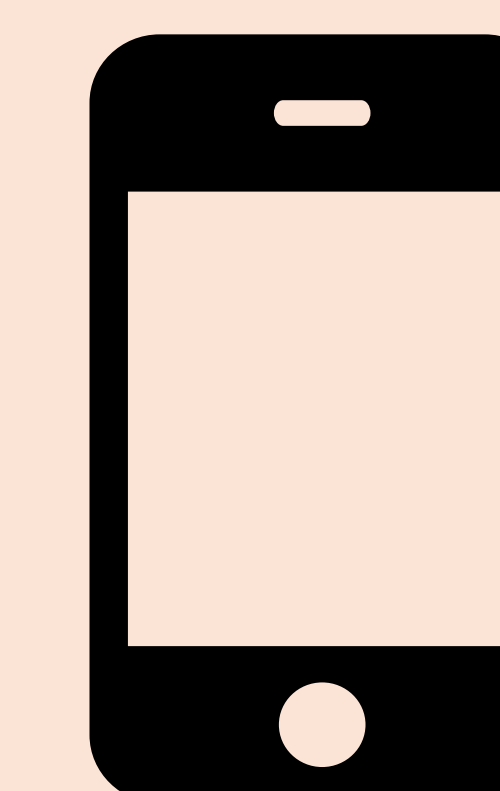
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