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OVERVIEW OF KETAMINE ASSISTED PSYCHOTHERAPY

Ketamine assisted psychotherapy (KAP) involves integrating psychotherapy with every aspect of ketamine treatment, including dosing sessions. This means having preparation sessions before and during dosing days, and integration sessions after dosing days. Ketamine treatment is most effective when in connection with a therapist who understands your needs.

- **Preparation:** Preparation for a ketamine session involves thorough patient education, expectation management, collaborative discussion, and most importantly, informed consent to proceed with the treatment.
- **Ketamine Sessions:** IM ketamine dosing sessions, in-office. Sessions last 3 hours.
- **Integration:** Integration happens in and outside of the therapy office. It is an intentional period of reflection and exploration of meaning after your ketamine journeys. Integration sessions are meant to help you build on the insights gleaned in ketamine sessions. We do this by emotional processing, but also through taking action steps towards your goals and outlining how to continue taking actions that affirm the insights you've gained and propel you forward.

ELIGIBILITY SCREENING:

- I will perform a thorough psychiatric and medical evaluation to determine if ketamine is a safe and appropriate intervention for your care.
- All patients seeking ketamine treatment, whether with or without KAP, are **required to have a 75-minute initial evaluation** to determine eligibility for ketamine treatment.

Ketamine treatment is not for everyone.

If starting treatment after the evaluation, there will be a follow up session for patient education and informed consent. Please note, more than one preparation visit may be necessary depending on one's clinical needs.



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Service	Price
Psychiatric & Medical Intake: 75 min Required for all patients seeking ketamine treatment	\$625
Preparation for first treatment: 45 min Required for all patients	\$350
KAP sessions: 3hrs Includes ketamine administration, medical monitoring, preparation, and integration therapy	\$1250
Post KAP integration session(s): 45 min	\$350

FORMS OF KETAMINE OFFERED: IM (Intramuscular) Only

- You will be given an injection of a ketamine solution in the deltoid of the R or L arm. The dose is based on your weight in kg. Doses may be adjusted depending on prior exposure to ketamine or other psychedelic medicines and sensitivity.

TREATMENT SESSIONS

I will be present during the entirety of your dosing sessions to hold space, ensure your safety, and keep record. This leaves you free to go inward into the healing process.

CANCELLATION POLICY FOR DOSING SESSIONS

Due to the enhanced procedures involved, monitoring, and time commitment, I kindly ask for your understanding regarding cancellations. If you need to reschedule or cancel your dosing session, I would greatly appreciate receiving a notice of at least three days in advance.

If you provide a three-day notice, there will be no fee whatsoever. With a two-day notice, a fee of 25% of the dosing session cost will apply. Should you need to cancel with just a one-day notice, a fee of 50% of the dosing session cost will be incurred. Lastly, in the event of a cancellation on the day of the session or a no-show, a fee of 75% of the dosing session cost will be charged.