

# Ketamine-Assisted Psychotherapy 101

Ketamine-Assisted Psychotherapy (KAP) is a holistic modality which combines talk therapy with ketamine as an adjunct, to help eligible patients experience profound breakthroughs and lasting improvement. It is especially effective for depression, anxiety, PTSD - particularly when other treatments haven't been as effective. A licensed KAP provider takes on the psychotherapy portion of the experience, while Journey Clinical's medical team supports you on all medical aspects. This includes determining eligibility, developing a custom treatment plan, prescribing the medicine and monitoring outcomes.



## What is Ketamine?

Ketamine is a legal, safe, and effective medicine used to treat a variety of mental health conditions, including depression, anxiety, and PTSD. It has rapid antidepressant and mood-enhancing effects, often noticeable within hours and can last for weeks. It works by targeting the neurotransmitter glutamate, which influences mood and thought patterns. It promotes neuroplasticity – the brain's ability to form new connections. Ketamine can be administered in a variety of ways, including IV infusion, intramuscular injection, nasal spray, and sublingual lozenges. At Journey Clinical we use the sublingual lozenge form.

## How Does Ketamine Feel?

The effects of ketamine, which most patients find pleasant, last for approximately 45 minutes. These effects can make you feel “far from” your body, and facilitate shifts in perception that can often feel expansive in nature. Many people report having unique emotional or visual experiences that can give you a break from habitual thoughts and gain a new perspective on traumatic situations. Your motor and verbal abilities will be reduced, so you'll be lying down in a comfortable position during the experience. Once these effects subside, your psychotherapist will spend the remainder of your appointment giving you space to process and discuss your experience. While it may feel hard to articulate what happens during the experience, patients feel like the insights gained are clear.





# How Does Ketamine-Assisted Psychotherapy Work?

Ketamine-Assisted Psychotherapy consists of a sequence of preparation, dosing, and integration sessions. On average, 6-8 dosing sessions are prescribed.

1

Initial consultation with Journey Clinical prescriber, eligibility check and ketamine prescription

2

Preparation Session: Align on the process and set intentions for the KAP dosing session.

3

KAP dosing session: Self-administer your ketamine lozenge with your therapist in-person or remote.

4

Integration session: Review memories, thoughts & insights that arose during your dosing session.

5

Follow-up consultations with Journey Clinical prescriber with refills if eligible

## What is The Cost?

### Journey Clinical Insurance Covered Costs

Ketamine-Assisted Psychotherapy is an affordable, accessible modality. Depending on your insurance plan and therapist, the medical intake, follow ups, medication management and psychotherapy sessions are covered by insurance, or eligible for out-of-network reimbursement.

### Journey Clinical Out of Pocket Medical Costs

First Time Patients:

- Initial Medical Consultation: \$250
- Medication: \$97 (2 sessions)

Ongoing Treatment:

- Follow-up Medical Consultation: \$150 (at least 1x per quarter)
- Medication: \$163 (6 sessions)

Ongoing Psychiatric Medication Management Sessions: \$150

## What is Journey Clinical?

Journey Clinical is a platform for licensed psychotherapists to incorporate science-based psychedelic therapies in their practice safely and effectively, starting with Ketamine-Assisted Psychotherapy (KAP). Journey Clinical's in-house medical team takes on patient eligibility, prescriptions and outcome monitoring, while a licensed KAP provider takes on the therapy. This collaborative care model is designed to deliver personalized treatment plans to meet your individual needs and improve long-term outcomes.

## How Do I Sign Up?

If you would like to explore the possibility of working with your therapist on KAP, please e-mail them directly to discuss eligibility and the next steps, or visit: <https://my.journeyclinical.com/get-started>



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