

# Ketamine-Assisted Psychotherapy 101



## I offer a therapeutic modality called Ketamine-Assisted Psychotherapy (KAP) in partnership with an organization called Journey Clinical.

Ketamine-Assisted Psychotherapy (KAP) is a holistic modality in which ketamine is used as a complement to psychotherapy to help eligible patients experience more frequent breakthroughs and sustained improvement in symptoms. I take 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.

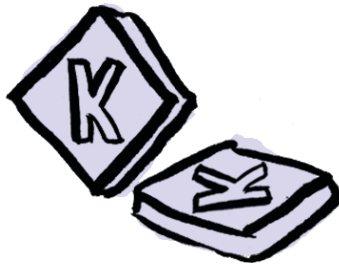
Below is more information about KAP to help you navigate if it may be a good fit for you.



## What is Ketamine?

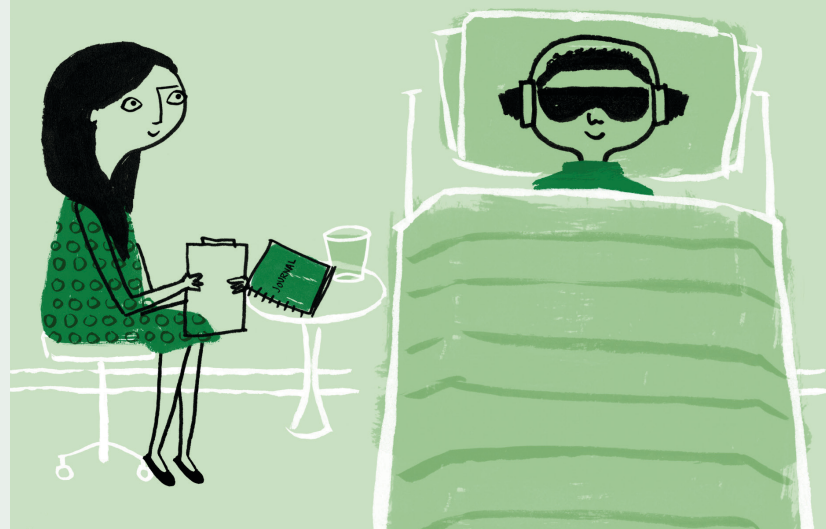
Ketamine is a legal, safe and effective medicine used to treat a variety of mental health conditions, including depression, anxiety and PTSD. Ketamine has rapidly-acting antidepressant and mood-enhancing effects, which can begin to take effect within 1-2 hrs. after treatment. It works by blocking the brain's NMDA receptors as well as by stimulating AMPA receptors, which are thought to help form new synaptic connections and boost neural circuits that regulate stress and mood. Ketamine has also been shown to enhance overall neuroplasticity for lasting symptom improvement.

Ketamine can be administered in a variety of ways, including IV infusion, intramuscular injection, via nasal spray and using sublingual lozenges. In my work with Journey Clinical we only use the sublingual lozenge form.

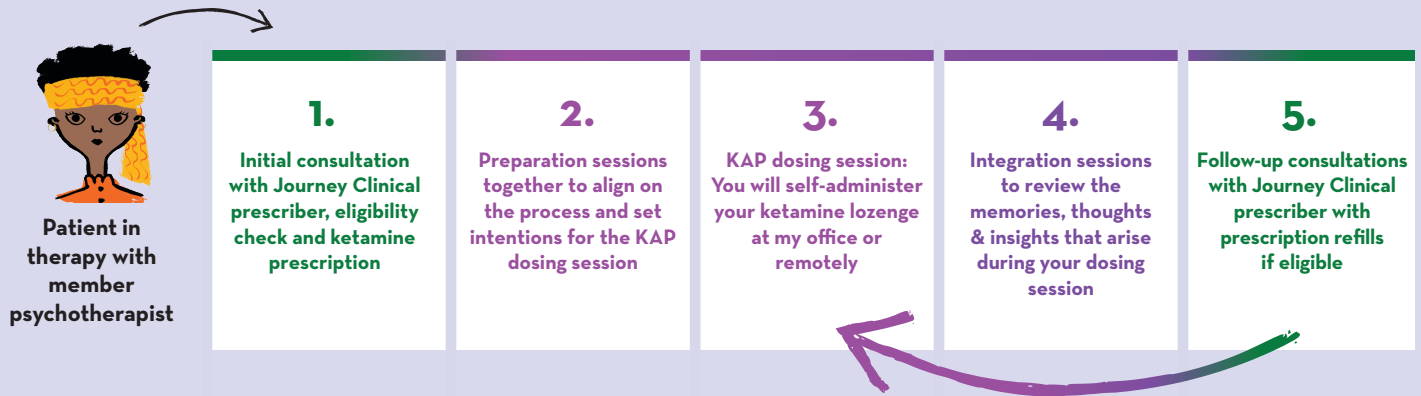


## How Does Ketamine Feel?

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. 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, we'll spend the remainder of our 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?



## What is the Cost of Treatment?

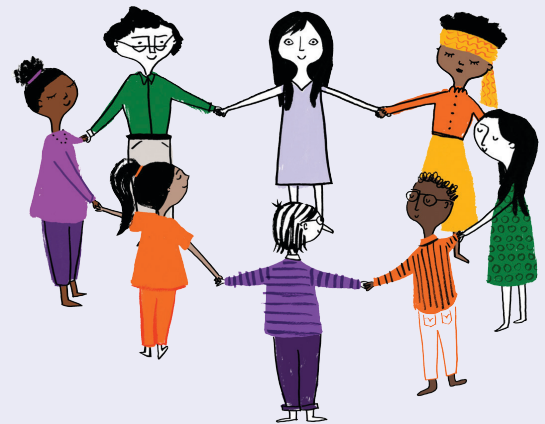
Ketamine-Assisted Psychotherapy is an affordable, accessible modality. Although the medical intake and follow ups are not covered by insurance, they are eligible for out-of-network reimbursement.

### Ketamine-Assisted Psychotherapy

- Please reach out to me directly to discuss hourly rates for KAP

### Journey Clinical Medical Costs

- Medical Intake: \$250 (One time fee, reimbursable through out-of-network)
- Follow-up Sessions: \$150/Session (minimum of 1/quarter, reimbursable through out-of-network)
- Cost of Ketamine Lozenges: approximately \$75 for 4-6 doses



## 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 I take on the therapy. Their 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 me on KAP, please e-mail me directly to discuss eligibility and next steps.

Learn more:

[www.JourneyClinical.com](http://www.JourneyClinical.com)

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