



The Center For
Healing Journeys

Ketamine Assisted Psychotherapy and Treatments

Process and Fees

We have two levels of treatment:

1. Basic Ketamine Treatments ('KAP lite')

At the Center for Healing Journeys we recognize this medicine has value, even when used simply for its neuro-physiological benefits. This is why we offer ketamine treatment sessions as a purely pharmacological treatment, usually at personalized 'lower doses' than in the KAP version.

Since the route of delivery for the medicine does not detract from its effectiveness, we use sublingual lozenge (occasionally, intra-muscular) vs. intravenous. At CHJ, this means the sessions will be a bit longer than found at 'IV infusion' clinics. We feel strongly, that some degree of 'integration therapy' should occur in the final part of the session because the ketamine experience can be quite unusual and often profound. (2-3 hours)

2. Ketamine Assisted Psychotherapy (KAP)

Ketamine Assisted Psychotherapy (KAP) or integration therapy, works with your conscious mind in a therapeutic process that augments the possibility for healing, growth and enhanced awareness of self and others, beyond the medication alone.

'KAP' is an essential part of the therapeutic process with us for two important reasons: 1) to make sense of the 'non-ordinary' experience or 'journey' induced by the medicine during treatments, and 2) Since a key aspect of ketamine treatment is that it induces a neuronal based re-optimization in your brain, it becomes possible to shift habits and patterns more readily and re-align your life with your higher intentions and life purpose in the critical period following treatments. KAP engages you as an active participant in your healing process. We work with you to develop an awareness of your higher values and goals and help you align your daily thoughts and behaviors to move toward this 'best self'. KAP is the best treatment available to date, taking full advantage of the neurological optimization value offered by this medication.

What it is, how it works, and cost

- KAP is a deep psychotherapeutic process.
- Ketamine Treatment and KAP often produce rapid improvement.
- Ketamine Treatments are compatible with most other psychiatric medicines.
- Sessions are 2 ½ to 3 hours--when using the medicine.
- We operate in teams. There is always a trained therapist and medical professional on site. We also have trained attendees who may sit with you while you are under the influence of the medicine. You are never without at least one member of our treatment team by your side.
- Research has found that our use of sublingual (under tongue lozenge) and IM (intra-muscular shot) methods for administering the ketamine is just as effective as Intravenous (IV).
- We value a collaborative relationship with your other current treatment providers (i.e. psychiatrists and therapists) and seek to have the unique benefits of KAP become an enhancement of your ongoing therapy.
- While the overall expense for treatment is comparable to programs that offer ketamine alone, KAP offers an unparalleled level of on-site care during treatment sessions and for post session integration work.
- The cost of treatment relates to the thoroughness of our work and the long duration of the sessions -- with at least two practitioners available.
- We will provide our best effort to help you receive insurance reimbursement by providing appropriate receipts/ diagnostic information, and itemization of treatment.
- Discussion of fees is an option.

Typical Course of Treatment - The standard of care for the treatment of depression with ketamine therapy is an initial course of 6 sessions in a 3-6 week period, as responsiveness to treatment is evaluated. In our practice, we'll try to schedule those 6 in-office sessions within the first 6 weeks as fits your schedule, and then one every 2-6 weeks until there is clear improvement in symptoms and consciousness. The pace and progression of changes varies with each person. The frequency of Integration therapy sessions (psychotherapy without the medicine) varies somewhat between individuals and will be scheduled intermittently as needed to support and amplify the therapeutic gains; typically occurring once every 2 to 3 sessions.

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Additional Notes regarding Fees & Insurance

- ❖ Ketamine therapies are not explicitly covered by insurance.
- ❖ We provide billing receipt information to our patients to facilitate your efforts under current insurance policies to recoup the costs of this treatment. It is possible that Integration Therapy (non-medicine therapy sessions) may sometimes be considered reimbursable with some plans thereby reducing overall, the cost to you for this treatment. Coverage by your health insurance for any of the services we provide will depend on your particular insurance policy. You are responsible for negotiating this with your insurance providers.
- ❖ We are open to discussion of financial issues.

The Center for Healing Journeys Ketamine Assisted Psychotherapy Fees

1. **Comprehensive Medical/Psychiatric Assessment and Screening**
- \$500.00/session (1-1.5 hours) – This is an intake/evaluation with Psychotherapist and Psychiatrist and, assuming ketamine treatment is appropriate, the first stage of preparation for the ketamine therapy.
2. **Basic Ketamine Treatment** - \$450.00/session (2-2.5 hours) These tend to be shorter lower dose sessions with lighter recovery period and less intensive integrative therapy required.
3. **Ketamine Assisted Psychotherapy (KAP)** - \$700.00/session. (2-3 hours) concurrent with psychotherapy - both a medical professional (RN, Psychiatrist, PA, or MD) and psychotherapist are present at different points in the session.
4. **Individual Integrative Therapy Sessions** - \$190.00/session. (50 minutes) - with Psychotherapist.

CANCELLATION POLICY: We need a minimum notice of 48 hours for cancellations for all Tuesday-Friday sessions. For Monday Sessions, cancellations need to occur no later than the prior Thursday. Full Fee is expected if cancelled after these limits have occurred. The reason for this: since our sessions are often 3 hours in length and require significant personnel and attention, timely notification is essential to our practice. Thanks for your understanding.

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