

Ketamine Menu

Psychedelic Ketamine Assisted Psychotherapy (KAP)

High-Dose Ketamine (200+ mg) supported by therapy. Driving after sessions prohibited.

2 set and setting sessions (One Hour each)

Dosing Session (2 hours)

Options for Frequency

- | | |
|---|------------|
| 1 | 1x Weekly |
| 2 | 1x 2 weeks |
| 3 | 2x Weekly |

Options for sessions

- | | |
|---|------------------|
| A | In office |
| B | Virtual |
| C | Hybrid |
| D | Self-Guided 100% |

Integration Session (1 hour)

Low-Dose Ketamine Assisted EMDR, ERP, ACT

Low-Dose Ketamine (100 mg) that assists therapy. Driving after sessions prohibited.

Options

Hourly Sessions

Intake without ketamine

Sessions with 100mg, frequency determined by treatment plan

Sessions can be done virtually, or you must have a ride from the office

Intensive Sessions

2 hour Intake with 100 mg ketamine

2 - 5 hour intensive sessions with 100mg, determined by treatment plan

Our Pricing

KAP Protocol

2 set and settings @ \$175.00 each*
8 Dosing sessions @ \$350.00 each / \$25 Self-Guided (SG)
8 Integration sessions @ \$175.00 each*

*Can use insurance for set and setting, integration sessions.
Cost determined by insurance benefits

Cost without insurance = \$4,450.00 / \$1,950.00 SG

KA EMDR/ERP/ACT

Hourly sessions* \$200.00 each
(Insurance codes: \$175.00 for 90837 + \$25.00 for 90785)

*Can use insurance, cost determined by insurance benefits

Intensive sessions \$250.00 / hour

Ketamine Terms

KAP	Ketamine Assisted Psychotherapy
KA-EMDR	Psycholytic Dose of Ketamine and EMDR during the same session
SS	Set and Setting - Exploring and designing the ketamine dosing session, Making a therapeutic contract for how the DS will run, setting intentions and unpacking possible journey experience.
DS	Ketamine Dosing Session - When client takes the ketamine (In-office, virtual, self-guided)
In-Office DS	Client brings ketamine and Blood Pressure cuff to the therapist's office and takes in their space, therapist takes observation notes. Client CANNOT drive home and needs a ride (from family, friend, uber or lyft.)
Virtual DS	Client is in a safe environment, has blood pressure cuff, and takes ketamine while therapist is on virtually
BP	Blood Pressure
HR	Heart Rate
Self-Guided (SG)	Client is in a safe environment, has blood pressure cuff, with Approved Chaperone
Approved Chaperone	Someone who is over 18 years old who can witness the ketamine process and report back to the therapist. Responsible for calling 911 if needed. Phone number must be on file.

Journey Clinical Setup

We recommend working with Journey Clinical directly if you have questions about their ketamine dosages, consultations, and pricing. Journey Clinical offers a free consultation if you have questions, and has answers to common questions on their website.

During your first session at our office, your therapist will help establish your account through Journey Clinical. They will have some clinical questions and will help you decide what dosage you'd like to work with.

Once you're set up in Journey Clinical, you'll need to schedule an appointment with them to receive your medication. Journey Clinical will send a link for payment. **This MUST be paid at least 72 hours before your appointment.** Journey Clinical may reschedule your appointment if they do not receive your payment.

Once you hold the appointment, they will mail 2 doses of ketamine - you must sign for this mail! Journey Clinical will follow the same process for their second session, where you'll receive more doses of ketamine by mail.

Journey Clinical Pricing

First-Time Patients

\$347.00 Includes Initial Medical Consultation (\$250.00) and cost of medication for 2 doses of ketamine (\$97.00)

Ongoing Treatment

\$313 Includes Second Medical Consultation (\$150.00) and cost of medication for 6 doses of ketamine (\$163.00)

Journey Clinical Recommends 6 - 8 doses of ketamine to achieve the greatest results.