



# Ketamine Assisted Psychotherapy (KAP) w/ Dr. Dan

Ketamine-Assisted Psychotherapy (KAP) is a holistic modality in which ketamine is used as a complement to psychotherapy to help eligible clients experience more frequent breakthroughs and sustained improvement in symptoms. KAP is a modality that can take you deeper when you've tried everything and are still feeling stuck.



## 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 and last for up to 2 weeks.

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. It helps activate glutamate in the brain, which plays an important role in mood regulation, memory, and learning. Ketamine has also been shown to enhance overall neuroplasticity for lasting symptom improvement. This can impact our ability to learn new things and to grow mentally, emotionally, and spiritually for a considerable amount of time after treatment.

## How Does Ketamine Feel?

The effects of ketamine, which most clients 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 subsided, 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 happened during the experience, clients feel like the insights gained are none-the-less clear. Studies have shown that the benefits to mood and neurological growth can last up to two weeks after the Ketamine experience.



# How Does Ketamine-Assisted Psychotherapy w/ Dr. Dan Work?

## 1 Initial consultation with Journey Clinical

- You schedule an initial evaluation with a clinician from the Journey Clinical medical team via zoom. They will go over your medical and psychiatric history with you, provide education on the treatment and determine if you are eligible for KAP.
- If Journey Clinical's medical team determines that you are eligible for KAP, they will develop a personalized Ketamine prescription and outcome monitoring plan for you.
- Journey Clinical's medical staff will write a ketamine prescription for you, and a small amount of oral ketamine will be sent to your home, enough for the first 2 KAP sessions. You will be taught to take your vitals and self-administer the ketamine lozenges by Journey Clinical's medical team in advance of our KAP sessions.

## 2 Preparation sessions w/ Dr. Dan

- Once you receive your ketamine lozenges, we will schedule time together for our KAP preparation, dosing and integration sessions. Preparation session(s) will be scheduled just like regular therapy sessions prior to the KAP dosing session. The goal of a preparation session(s) is to align on the process and set intentions for our KAP sessions together.

## 3 KAP Dosing Session:

- A typical ketamine dosing session lasts approximately 2 hours and can take place either in-person at my office, or remotely via telehealth. Typically, I prefer the first two dosing sessions be in my office, if at all possible.
- During a dosing session, you will self-administer your ketamine lozenge either in my office or in your home. You will be in a comfortable, reclining position wearing an eye mask and listening to calming music. Although a KAP dosing session may be largely an internal experience, I will be present with you the entire time to hold space and provide support as needed.



## 4 Integration Sessions:

- After our KAP dosing session, we will meet for integration therapy sessions to review the memories, thoughts & insights that arose during your dosing session, and to prepare for the next dosing session. For the first two sessions, we typically conduct this integration session immediately after your dosing session, once you feel ready. For later sessions, integration can be immediately after, or a few days later – typically within 24-72 hours.

## 5 Follow-up consultations with Journey Clinical:

- After our second KAP session, Journey Clinical's medical team schedules regular follow ups with you to monitor outcomes and prescribe ketamine lozenge refills, as appropriate. The frequency of follow ups depends on your unique treatment plan. The frequency of follow ups depends on your unique treatment plan, at a minimum of once per quarter. **Research has found that 6-8 KAP sessions over a 3-4 month period produces the most effective and longest lasting positive results.**



# WHAT IS THE COST OF TREATMENT?

## Journey Clinical Medical Costs

Initial evaluation, treatment plan, and medication for up to 2 dosing sessions: **\$338\***

Follow up assessment, updates to treatment plan, 6 additional doses: **\$299\***

## Total for Journey Clinical: \$636

for 8 doses, medical review, AND ongoing med review

*(Sometimes it can be hard to find a prescribing provider for additional care outside of Ketamine treatment, Journey offers continuing medication management as a bonus to my clients)*

## KAP Sessions w/ Dr. Dan

Integration & Preparation Sessions: **\$245/55** min session

KAP Dosing Session: **\$495**

## Packages:

**TRIAL KAP PACKAGE:** For those interested in exploring Ketamine-Assisted Psychotherapy (KAP) but are unsure about a 6 session commitment, we provide a two-session trial option. Should participants then decide to continue with a full KAP treatment program, any payment made for the trial will be prorated towards the costs of a Standard Protocol Package. Price includes one preparation session, two 2-hour medicine sessions, with an integration session following each one – **\$1450** (save **\$265**).

**STANDARD PROTOCOL PACKAGE:** My standard treatment plan follows the research protocol developed by the Ketamine Research Foundation. Treatment goals are established during the initial Preparation session and medical consultation. The first two KAP sessions are used to determine the optimal lozenge dosage. Six additional KAP sessions are administered over the course of 12 to 16 weeks. Price includes one preparation session, 8 two-hour medicine sessions, and eight 55 minute integration sessions – **that's 25 hours of work together!** – **\$5125** (save **\$1000**)

**COUPLES KAP:** There is an exciting emerging treatment protocol to help couples to heal, reconnect, and grow together! **\$7500** for full 8 sessions or **\$2400** for just initial 2 when dosing simultaneously in-office. *(Additional fees with Journey Clinical are separate and apply to each individual)*

*KAP work can be intensive and expensive – but the research and my professional experience continues to prove it's effectiveness. My goal is to continue to share this amazing treatment with more people in more cost-effective ways. That's why I have partnered with Advanced Care to offer zero interest financing for up to 24 months for KAP treatment. Please contact me if you would prefer to finance your treatment package – payments can be as low as a few hundred dollars per month.*

*In addition, after each session, you will be provided with my notes of your journey, as well as the transcript from our integration session. Following the completion of the full 8 session protocol, you will be provided with a complete summary of all integration discussions, with a synopsis of your full journey, the progress, the themes, and next steps for growth work. This significant document will be a reminder of your experience, as well as a path for future growth.*

## Helpful Resources:

1. Paradigms of Ketamine Treatment by Raquel Bennett, Psy.D. for MAPS.
2. Ketamine Assisted Psychotherapy (KAP): Patient Demographics, Clinical Data and Outcomes in Three Large Practices Administering Ketamine with Psychotherapy – research study by Jennifer Dore et al, 2018
3. Ketamine for Depression and Mood Disorders by Erica Zelfand, ND for Townsend Letter
4. Ketamine-Facilitated Psychotherapy for Trauma, Anxiety, and Depression by goop
5. Ketamine Assisted Psychotherapy with Jonathan Sabbagh of Journey Clinical - Psychology Talk Podcast