

# Ketamine Assisted Psychotherapy *Group Experience*

## **Why might I want try Ketamine Assisted Psychotherapy (KAP)?**

There is expanding research in the mental health community around the impacts of Ketamine Assisted Psychotherapy (KAP) to help people get unstuck and experience long-lasting improvement in symptoms, particularly those struggling with depression, anxiety, PTSD, and other mental health diagnoses, or those facing a roadblock in their current therapy.

Ketamine is clinically proven to be a safe and effective medicine to improve neuroplasticity (mental flexibility) and wellbeing.

You may experience relaxation and states of heightened awareness, mindfulness and self-acceptance, antidepressant effects, out-of-body and dissociative experiences, and increased insights about undesired behaviors.

Please contact me if you'd like more resources about KAP.

## **Why might I want try KAP in a group?**

In times when isolation and loneliness is at an all time high, its important to connect with others in a way that feels healthy, intentional, and supportive.

Research shows that group therapy can be equally beneficial when compared to individual therapy. It has positive results for a variety of mental health concerns.

It is also offered at a lower rate than individual sessions.

As the therapist, I dedicate time to build emotional safety in the group. With warm up exercises for the mind and body, group members can become more comfortable with each other. There are opportunities to share out-loud, as well as time for private reflection through journaling, meditation, or art. You are always in control to participate as much or as little as you'd like.

There is something special about being authentic, seen, and accepted in a group of people.

Try it once, and you might really enjoy it.

## 10 Hour Group Experience

### ***Before the group starts:***

15 minute free phone consultation

1:1 therapy intake with Bre, 1 hour

\$120

### **Session 1:**

Group Preparation & Intentions, 1 hour

\$45

### **Session 2:**

Group Ketamine Journey, 3 hours

\$150

### **Session 3:**

Group Integration & Intentions, 1 hour

\$45

### **Session 4:**

Group Ketamine Journey, 3 hours

\$150

### **Session 5:**

Group Integration & closing, 1 hour

\$45

# Ketamine Assisted Psychotherapy *Group Experience*

## Medical Costs

Initial Medical Assessment with  
Journey Clinical - 1 hour

\$250

Initial Ketamine Prescription,  
Enough for 2 dosing sessions

\$85

## Therapy Costs

**1:1 intake with Bre** (1 hour)

\$120

**3 Group Sessions** for preparation  
and integration (no ketamine)  
1 hour each session, \$45.

\$135

**2 Group Ketamine Journeys**  
3 hours each

\$300

**Total Cost**  
(medical + therapy): **\$890**