

Treatment Process for Ketamine-Assisted Therapy (KAP)

- Complete and send attached referral form. We ask that you honestly report any diagnoses or conditions that may prevent you from being a candidate for KAP.
- We will refer and connect you to a prescribing provider for an Initial Psychiatric Assessment to determine if you are eligible for KAP. We recommend you talk with this provider about obtaining nausea medication if you have concerns. Ketamine can cause nausea for some participants, and since we are unable to provide any medications on site, this ensures you will have what you will need to feel as comfortable as possible.
- Next, we will complete a Prep Session(s). Prep Sessions discuss in detail, the process, your needs, limits, and safety. It is imperative to us that you feel you have time to talk about whatever you will need to feel safe and comfortable for your KAP experience. You may require more than one session if you have heightened feelings of anxiety or require more time to discuss all of your questions. We will also discuss any revisions to your treatment plan.
- You will receive a prescription for oral Ketamine and once your assessments are complete and the medicine is in your possession; we can schedule your Ketamine Assisted Psychotherapy Session. These sessions will take place in the office. KAP sessions are 2 hours in length. The total number of sessions can vary, but research supported protocol is 4-6 total sessions. Scheduling can also vary, but we begin with 1 KAP session a week, followed by 1 integration therapy session.
- If an individual is unwell, not ready for another session, or feels they need more integration time in between, we will follow the guide of the client and adjust as needed.
- Psychiatric Follow up Assessments are required every 30 days while you are receiving KAP. You may schedule a follow up session with the prescribing provider to receive additional medication if needed. Once you have obtained the medicine, we will continue to schedule KAP sessions following the recommendation of the prescribing provider and your psychotherapist.

**Not all services KAP services are covered by insurance, so this requires a financial investment. If you are interested in exploring your options for Ketamine Assisted Psychotherapy, we can provide more details about cost and discuss financing options.