

 Hollowell Counseling**Ketamine-Assisted Psychotherapy (KAP)**

Grounded. Intentional. Transformative.

At Hollowell Counseling, most clients choose to self-pay for services. This allows for more flexibility, privacy, and intentional care—without the limitations of insurance-based therapy.

Self-Pay for Counseling & Dosing Sessions

Initial Intake (60 min): \$320

Preparation & Integration Therapy (60 min): \$200–\$250

Psycholytic Dosing Session (120 min): \$350

Psychedelic Dosing Session (180 min): \$550

Medical Consult & Ketamine Medication

Provided through our partner, Journey Clinical

Initial Medical Consultation: \$250

Ketamine Medication (2 doses): \$97 (includes shipping)

Follow-Up Consultations (every 3 months): \$150

Refill Medication (up to 6 doses): \$163 (includes shipping)

Out-of-Network Reimbursement

Out-of-network? We partner with [Thrizer](https://www.thrizer.com) to simplify reimbursement. If you have a PPO or commercial insurance plan with out-of-network mental health coverage, you may be eligible for partial reimbursement of your sessions. Thrizer verifies your benefits and handles the claims process—so you can focus on healing, not paperwork.

<https://www.thrizer.com/for-clients>

Prefer to handle claims yourself? We're happy to provide a **superbill or receipt** for your insurance.

Want to Use Your Insurance? If you're in-network with Hollowell Counseling, **preparation and integration sessions may be covered** under your plan. However, **dosing sessions are typically not covered** due to their length and specialization.

Accepted Insurance Plans (for therapy services only):

Aetna & Aetna Better Health of Ohio
Anthem Blue Cross and Blue Shield
CareSource (Commercial and Medicaid)
Cigna / Evernorth
UnitedHealthcare / Optum
Medical Mutual
Molina, Paramount, UMR

Ohio Medicaid
Select Medicare Advantage and Dual Advantage plans



Hollowell Counseling Secure Line: spruce.care/hollowellco

Schedule Intake: <https://www.therapyportal.com/p/hollowell/hollowellcounseling.com>