

THIS IS THE PROCESS TO START

THE PROCESS

A structured, collaborative pathway into Ketamine-Assisted Psychotherapy

1. Begin with Intake

You may schedule a consultation or book directly through the client portal. Once scheduled, you will:

- Complete intake paperwork through our secure electronic medical record system
- Review policies, informed consent, and treatment information
- Begin clarifying goals before our first session

The first session includes:

- Biopsychosocial assessment
- Diagnostic clarification (provisional diagnosis if appropriate)
- Review of treatment history
- Exploration of goals, intentions, and readiness
- Discussion of treatment options (individual therapy, KAP, cohort, etc.)

This session allows us to conceptualize a treatment plan together — collaborative, intentional, and paced appropriately.

Insurance may be used for intake.

2. Medical Consultation

If you elect to move forward with Ketamine-Assisted Psychotherapy, you will be referred to our medical partner for formal evaluation.

The medical provider will:

- Review your medical and psychiatric history
- Determine eligibility
- Prescribe ketamine if appropriate
- Provide ongoing medication management

Medical consults are typically scheduled within 1–2 weeks.

Ketamine-assisted sessions and integration continue until the chosen protocol or treatment cycle is complete.

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Some plans (Aetna, Cigna, UnitedHealthcare) may cover consults. You are responsible for any copay or balance due.

3. Preparation Sessions

Preparation sessions are essential.

These sessions focus on:

- Education about ketamine and its effects
- Set and setting planning
- Nervous system regulation skills
- Intention setting
- Clarifying expectations
- Identifying support person (if dosing virtually)
- Reviewing safety protocols

Preparation strengthens outcomes. It is not optional filler — it is foundational.

Insurance may be used for these sessions when applicable.

4. Dosing / Ketamine Experience Session

Dosing sessions are conducted in a structured, supported environment.

Options include:

- In-studio (Lakewood / Rocky River curated space)
- Telehealth via secure VSee platform
- Hybrid model
- In-home (within approved radius and clinically appropriate)

Safety Requirements:

- Blood pressure within appropriate range
- Driver required for in-studio sessions
- Approved support person/chaperone present for virtual sessions
- Support person attends one preparation session for education

Dosing sessions may be:

- Psychedelic (lower dose, more interactive)

continue until the chosen protocol or treatment cycle is complete.

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- Inward / Psychedelic (higher dose, internally focused)

Dosing sessions include clinical support, monitoring, and therapeutic containment.

Insurance cannot fully cover extended dosing sessions. A clinical fee applies when insurance is used for surrounding therapy sessions.

5. Integration

Integration is where the change becomes embodied.

These sessions focus on:

- Meaning-making
- Emotional processing
- Behavioral shifts
- Trauma resolution
- Insight stabilization
- Nervous system recalibration

Integration sessions continue between and after dosing sessions.

Treatment Cycles

Most protocols include approximately 6–8 dosing sessions over 2+ months, though pacing varies based on:

- Medical recommendations
- Personal readiness
- Financial considerations
- Clinical presentation

Ongoing therapy may continue with or without ketamine.

Models Available

- Individual KAP
- KAP Cohort (3–4 participants, in-studio only)
- Ongoing psychotherapy without ketamine
- Medication management collaboration

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