



Preparation:

Preparation for the psychedelic experience is one of the most vital parts of the process. You will prepare with your clinician before partaking the medicine. The prep process has a couple of components: what to expect during your journeys, psychoeducation on the effects and best practices of the medicine, and individualized processes tailored to your therapeutic needs.

Assessment:

In order to get a prescription for the Ketamine you must complete a medical assessment with our Nurse Practitioner. These are a one-time requirement and it costs \$150.

Journey Day:

We schedule 2 hours for all administrations. Your practitioner will help you ground into the space and get present. You will take the medicine and wait for it to take effect. There will be comfortable place for you to sit or lay down, and you will be provided eye shades to use if you wish. During the session you and your practitioner will work together to facilitate the journey that best aligns with your treatment goals.

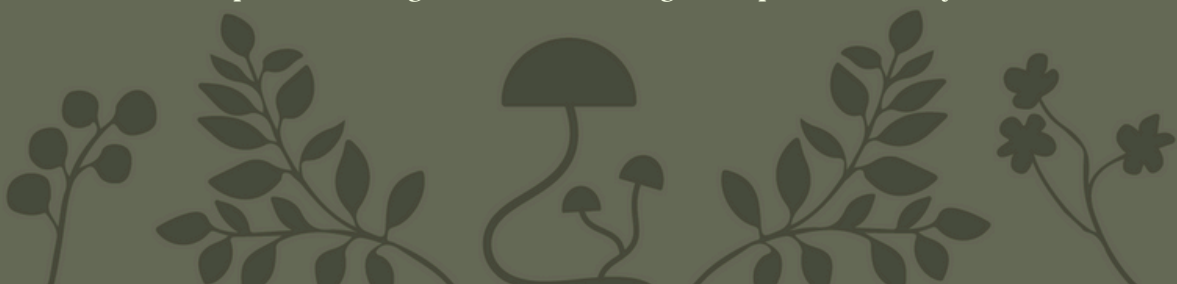
Integration

We will schedule regular sessions between administrations as needed. For some people, it is necessary to meet between each administration, and others are just fine meeting biweekly, or they get enough out of post-administration processing. We will hold this lightly and let your needs dictate our process.

Cost:

All available research and data indicates that efficacy goes up after three or more sessions. We don't require you to commit to these up front as some people prefer to take it session by session. However, our recommendation is to commit to at least three medicine sessions. If you commit to a number of sessions up front we discount the cost.

- One-time Assessment - \$150
- Two Hour Medicine Session - \$270
- Three Guided Sessions - \$750
- Six Guided Sessions - \$1500
- Add-on Administrations - \$270
- Additional Preparation/Integration Sessions - Agreed upon Rate with your Practitioner





Next Steps

If this is the experience you would like to commit to, you can let your practitioner know or if you are a new client you can reach out and schedule an introductory call. That call will help us further assess to ensure you are a good candidate with no medical contraindications. If it is determined that you can move forward, we will send you the assessment form and schedule you with the NP or MD. Once you are assessed, we can put the appointments on the calendar and begin preparing for the experience.

Concluding Thoughts

This is a big commitment to yourself and your personal development. We encourage you to take this seriously and be intentional with your wants and needs. It is not for everyone, and it is very easy to get caught up in the current trends regarding psychedelic medicine. If you decide to undertake this journey, we will support you at every turn, AND it is your responsibility to continue your work. Psychedelic healing is a profound and sacred experience and really works if you put yourself into it. We encourage you to step into this process with humility, compassion, and openness. We know that we can heal together, we have experienced it and seen it happen.

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