

## APPOINTMENTS

Ketamine-Assisted Psychotherapy (KAP) requires a medical & psychiatric evaluation, and therapy sessions to support preparation and integration of your Ketamine experience.

Inner Intelligence Counseling will help you connect with a trained compassionate medical provider for a medical & psychiatric evaluation to begin your Ketamine experience.

Preparatory and Integration sessions are available in person or virtual. Call for a free consultation to learn more about KAP treatment through Inner Intelligence Counseling & Consulting Services.



## INNER INTELLIGENCE COUNSELING & CONSULTING SERVICES

Contact us to learn more and begin your ketamine experience.

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*We recognize and acknowledge the sacrifice forced upon the Rhesus Monkeys and other animals that have advance our understanding of Ketamine.*



## KETAMINE-ASSISTED PSYCHOTHERAPY

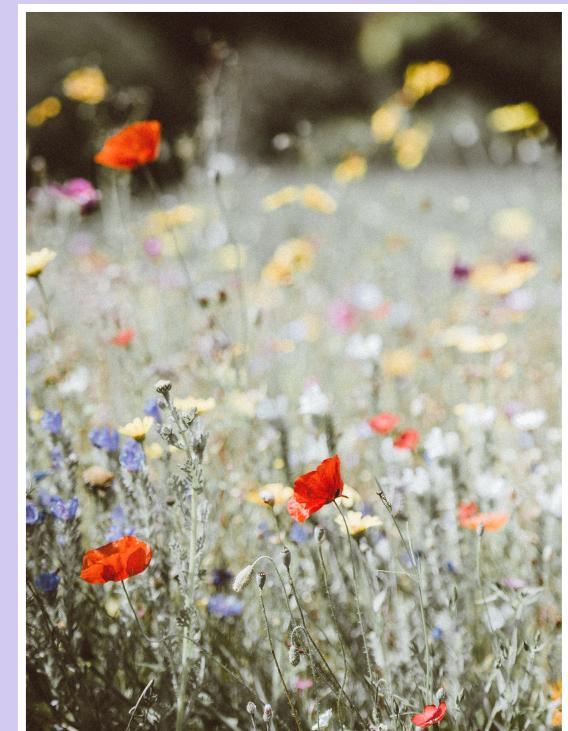


Photo credit: Annie Spratt

*Shift Your Perception*

Ketamine-Assisted Psychotherapy (KAP) at Inner Intelligence Counseling & Consulting Services.



## What is Ketamine?

Ketamine is a dissociative anesthetic that can have hallucinogenic effects.

Perceptions of sight and sound may be distorted and an experience of disconnection from the body is common.

Ketamine is generally considered to be safe and well tolerated. Effects of Oral

Ketamine are relatively short in duration, lasting 60-120 minutes.

## What conditions are helped by Ketamine?

Research has found Ketamine to be helpful at easing the symptoms of depression, alcohol use disorder, and more recently PTSD. Ketamine has been shown to initiate new neural patterns and has the potential to shift perceptions.

**How is it administered here?** Ketamine is self administered through a rapidly dissolving lozenge.

**Can I afford KAP?** Affordability can be a barrier to KAP treatment. We do our best to find creative solutions to make KAP treatment affordable for those who are likely to benefit.

# KETAMINE-ASSISTED PSYCHOTHERAPY (KAP)

Inner Intelligence Counseling & Consulting Services

KAP services in collaboration with compassionate medical professionals

Care coordination, collaboration and community centered healing



## Recommended Treatment Course

We recommend and encourage a treatment course that consists of multiple therapeutic sessions. An initial consultation, preparatory sessions, three medicine sessions, and integration sessions.

Estimated cost: \$1,200\* (13-15 hours of therapy)

\*Does not include ketamine prescription or medical evaluation

## Preparatory Sessions: 1-2 hours

Preparatory sessions for Ketamine-Assisted Psychotherapy are focused on preparing our mental, emotional, and physical body for the Ketamine experience.

## Additional Treatment Sessions

People may choose to engage in additional medicine and integration sessions to deepen their healing experience.

Single Medicine Session: \$225

Single integration Session: regular therapy rate

## Medicine Sessions: 2-3 hours

Sessions when Ketamine is self-administered are medicine sessions. Your KAP therapist will be present with you during these 2-3 hour sessions and assist with maintaining a therapeutic experience.

## Integration Sessions: 1-2 hours

Integration sessions are helpful to integrate, deepen and broaden the wisdom you gained through your Ketamine session. A time to tap into your inner healing intelligence and learn ways to apply your insights.

## Medical Evaluation and Prescription

Inner Intelligence Counseling will refer you to a trusted medical clinician for a medical and psychiatric evaluation to determine eligibility for Ketamine therapy. This is a separate cost of \$300 for the evaluation and generally around \$75 for your Ketamine prescription.