

## **Ketamine-Assisted Psychotherapy (KAP): CT Process & Fees**

This document contains important information about my professional services regarding the Ketamine-assisted Psychotherapy (KAP) process with Skylight Psychedelics in the state of Connecticut.

Please read the information carefully, and feel free to ask any questions about the information in this document. It is very important to feel clear, informed, and respected, and to address any concerns you might have about the process and fees before getting started.

### **Ketamine Administration.**

Ketamine can be administered in a variety of ways, including IV infusion, intramuscular injection, via nasal spray and using sublingual lozenges. In my work with Skylight Psychedelics, we only use the sublingual lozenge form.

### **How Does Ketamine Feel.**

The effects of ketamine, which most patients find pleasant, last for approximately 45-60 minutes. These effects can make you feel “far from” your body and facilitate shifts in perception that can often feel expansive in nature. Your motor and verbal abilities will be reduced, so you’ll be lying down in a comfortable position during the experience. Once these effects subsided, we’ll spend the remainder of our appointment giving you space to process and discuss your experience. While it may feel hard to articulate what happened during the experience, patients feel like the insights gained are none-the-less clear. Studies have shown that the benefits to mood and neurological growth can last up to two weeks after the Ketamine experience.

### **How Does Ketamine-Assisted Psychotherapy Work.**

#### 1. Initial consultation with Skylight Psychedelics

- Please be advised that while the medicine is generally shipped within 5-7 business days after completing all of the steps, if any step has been missed there will be a delay.

- Clients SHOULD NOT book their KAP session until the medicine has been received.
  - Step 1 – Register as a client on the Skylight Psychedelics website ([www.skylightpsychedelics.com](http://www.skylightpsychedelics.com)). You will receive an email from Skylight Psychedelics with three intake forms. Please complete all forms and remember to click “finish”.
  - Step 2 – Once approved, in 1-2 business days human@skylightpsychedelics.com will email next steps/invoice link and a separate email containing four consent forms.  
**Important: Skylight Psychedelics will only charge you for the medical intake once you have been approved for treatment based on the initial intake screener form. Please make sure you fill this form out completely to avoid being charged and denied treatment during the medical evaluation!**
  - Step 3 – Sign and click “finish” on all four consent forms. Use the direct link to your invoice to complete payment. Please make certain to complete these steps, so there is no delay with scheduling your telehealth appointment.
  - Step 4 – A Skylight Psychedelics Client Care Associate will reach out to you in 1-2 business days to schedule your virtual telehealth appointment with our medical team.
  - Step 5 – Once your intake appointment has been scheduled, you will receive a link to your telehealth appointment.
  - Step 6 – After 1-2 days the pharmacy will contact you via text or telephone to confirm your shipping address. You must confirm your address in order for the medicine to be mailed to you. If you have not heard back from the pharmacy, please reach out to them directly. Their telephone number is listed in the client manual.

## 2. Preparation sessions:

- Once you receive your ketamine lozenges, we will schedule time together for our KAP preparation, dosing, and integration sessions. Preparation session(s) will be scheduled just like regular therapy sessions prior to the KAP dosing session. The goal of a preparation session(s) is to align on the process and set intentions for our KAP sessions together.

## 3. KAP Dosing Session:

- A typical ketamine dosing session lasts between 2-3 hours and can take place either in-person at my office, or remotely via telehealth.

Nikki Fall, LCSW

- During a dosing session, you will self-administer your ketamine lozenge either in my office or in your home. You will be in a comfortable, reclining position wearing an eye mask and listening to calming music. Although a KAP dosing session may be largely an internal experience, I will be present with you the entire time to hold space and provide support as needed.

#### 4. Integration Sessions:

- After our KAP dosing session, we will meet for multiple integration therapy sessions (decided in partnership with you) to review the memories, thoughts & insights that arose during your dosing session, and to prepare for the next dosing session.

#### 5. Follow-up consultations with Skylight Psychedelics:

- The Skylight Psychedelics team is always available to be reached if needed throughout the course of your unique treatment plan.

### **Cost of Treatment.**

- Ketamine-Assisted Psychotherapy is an affordable, accessible modality. Although the medical intake and follow ups are not covered by insurance, they are eligible for out-of-network reimbursement.
  - Ketamine-Assisted Psychotherapy
    - My typical hourly rate is \$200/hr. and I apply a sliding scale if needed.
  - Skylight Psychedelics Medical Costs (a portion of the costs is reimbursable through out-of-network. The cost of Ketamine lozenges is not covered by insurance. The medical evaluation is typically covered, please check with your insurance provider on your out-of-network benefits)
    - Medical Intake (follow-up medical sessions/questions included):
      - \$299 for 2 sessions
      - \$699 for 6 sessions
      - \$799 for 10 sessions

### **How Do I Sign Up.**

If you would like to explore the possibility of working with me on KAP, please e-mail me at [nikki.fall@hotmail.com](mailto:nikki.fall@hotmail.com) to discuss eligibility and next steps.