

Ketamine-Assisted Psychotherapy (KAP): NY Process & Fees

This document contains important information about my professional services regarding the Ketamine-assisted Psychotherapy (KAP) process with Journey Clinical in the state of New York.

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 Journey Clinical 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 Journey Clinical

- You schedule an initial evaluation with a clinician from the Journey Clinical medical team via zoom. They will go over your medical and psychiatric history with you, provide education on the treatment and determine if you are eligible for KAP.

- If Journey Clinical's medical team determines that you are eligible for KAP, they will develop a personalized Ketamine prescription and outcome monitoring plan for you.
- Journey Clinical's medical staff will write a ketamine prescription for you, and a small amount of oral ketamine will be sent to your home, enough for the first 2 KAP sessions. You will be taught to take your vitals and self-administer the ketamine lozenges by Journey Clinical's medical team in advance of our KAP sessions.

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 1.5-3 hours and can take place either in-person at my office, or remotely via telehealth.
- 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 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 Journey Clinical:

- After our first KAP session, Journey Clinical's medical team schedules regular follow ups with you to monitor outcomes and prescribe ketamine lozenge refills, as appropriate. The frequency of follow ups depends on your unique treatment plan, at a minimum of once per quarter.

Nikki Fall, LCSW

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 \$250/hr. and I apply a sliding scale if needed. KAP dosing sessions are pro-rated by length:
 - 1.5 hr. session: \$375
 - 2 hr. session: \$450
 - 3 hr. KAP \$675.
 - Prep & Integration session: \$250 (sliding scale)
 - Remote sessions are charged at \$200/hr.
 - Journey Clinical Medical Costs
 - Medical Intake: \$250 (One-time fee, reimbursable through out-of-network)
 - Follow-up Sessions: \$150/Session (minimum of 1/quarter, reimbursable through out-of-network)
 - Cost of Ketamine Lozenges: \$75 for approximately 4-6 lozenges (not covered by insurance)

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 to discuss eligibility and next steps.

What is Journey Clinical.

Journey Clinical is a platform for licensed psychotherapists to incorporate science-based psychedelic therapies in their practice safely and effectively, starting with Ketamine-Assisted Psychotherapy (KAP). Journey Clinical's in-house medical team takes on patient eligibility, prescriptions and outcome monitoring, while I take on the therapy. Their collaborative care model is designed to deliver personalized treatment plans to meet your individual needs and improve long-term outcomes.