

# Attunement Psych Ketamine Assisted Psychotherapy Overview

We are honored that you are considering us to facilitate your Ketamine-Assisted Psychotherapy (KAP) experience. We know there are many options out there, and we deeply value the opportunity to support your personal journey. This type of treatment is a big deal—it's not something to take lightly. At Attunement Psychotherapy, we approach any exploration of your psyche and unconscious as a sacred experience. This document is designed to help you understand how we work with the medicine and what to expect for individual KAP sessions.

**Preparation Session** We start with an individual session with the provider who will facilitate your KAP sessions. This session is an opportunity for you to connect with your provider, discuss your needs, and receive preparatory guidance to help you feel confident and ready for the experience.

**Medical Assessment** After your preparation session, we will schedule an assessment with our Nurse Practitioner. She will conduct a medical evaluation to ensure there are no contraindications or health concerns. If she determines you are a good candidate, she will prescribe oral ketamine lozenges to your nearest compounding pharmacy.

**KAP Sessions** We administer ketamine orally, using lozenges dissolved at the start of each session. Based on our experience, this method, when properly facilitated, provides a deeply transformative experience. **Structure** Each session is two hours long, allowing time to ground, journey with the medicine, and integrate afterward.

**Commitment** We ask all clients to commit to at least three sessions (read more below). Additional integration support can be scheduled if needed.

**Nectara – Your Online Resource** To enhance your experience, we partner with Nectara, a platform that offers resources for preparation and integration, including guided meditations, live classes, educational materials, and access to a community of experts and wisdom keepers.



**Attunement**  
PSYCHOTHERAPY & PSYCHEDELIC HEALING



The Nectara platform is designed to complement your treatment with Attunement Psychotherapy, helping deepen your practice and maximize the benefits of this process. A 3- month membership is included in our services, and you're welcome to renew it after your course of treatment if you wish.

**Your Personal Investment** The recommended course of treatment is six sessions. We find that people who commit to a full course of treatment get more out of it and achieve lasting change. However, we understand that it is a big commitment, which is why we take it session by session with our clients.

**Assessment & Onboarding - \$175**

**Guided Ketamine Session - \$300**

**Additional Preparation/Integration Sessions - Agreed upon rate with your provider.**

**Nectara add-on - \$75**

**Closing Thoughts** This journey is a significant commitment to yourself and your personal growth. We encourage you to approach it with intention, clarity about your needs, and a serious mindset. Psychedelic medicine isn't for everyone, and it's easy to get swept up in current trends. If you choose to embark on this path, we'll support you every step of the way—but the responsibility to continue the work lies with you. Psychedelic healing is a sacred and transformative process that truly works when you fully engage with it. We invite you to step into this experience with humility, compassion, and openness. Healing is possible—we've witnessed it, experienced it, and know it can happen.

**Next Steps** If you have not spoken to us yet and would like to move forward, please give us a call. We are happy to answer any remaining questions and to get the process started at your earliest convenience. Thank you again for considering our services and for taking the time to read this. We hope to be a part of your journey!

**Attunement Psychotherapy & Psychedelic Healing**

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