

KETAMINE-ASSISTED THERAPY TREATMENT PLAN RATES

TREATMENT STEPS	INDIVIDUAL RATE	GROUP RATE
INTAKE PREPARATION SESSION (Intakes are individual only)	\$225	\$225
JOURNEY PREPARATION SESSION*	\$150	\$75
KETAMINE JOURNEY (Three-session minimum)	\$835 x 3 = \$2505	\$450 x 3 = \$1326
INTEGRATION SESSION* (Required after each journey - 3 total)	\$150 x 3 = \$450	\$150 x 3 = \$450
TREATMENT PLAN TOTAL PRICE:	\$3330	\$2076

Last updated 5-9-23

*Prices may vary when external therapists participate in the integration process.

At Harvest, our focus is client-centered care which uses ketamine as a catalyst for transformation through therapy. We take great care to ensure your safety and find the dosage and therapy plan that best supports your transformation through KAT. We offer both individual treatment plans and group treatment plans.

Group vs. Individual Sessions

The choice between the Individual or Group pathway will be discussed in detail during your Intake Preparation Session. The Individual pathway is best for clients who desire one-on-one therapy support. The group pathway is a powerful way to experience the benefits of ketamine at nearly half the individual rate. Group sessions are led by Wholeness Guides trained in therapeutic group models and cohort members are intentionally selected based on treatment goals.

Participants often experience more growth more quickly by leveraging the power of the shared group experience. Meaningful connections between cohort members can encourage a deeper level of growth through accountability, bearing witness to others' experiences, and helping reflect inner wisdom and self-healing.

TREATMENT PATHWAY EXPLAINED

Preparation Phase - Steps 1-2

Journey & Integration Phase - Steps 3-8

Follow-Up Phase - As Needed

- Intake Preparation Session
- Preparatory Session

- Ketamine Journey 1
- Integration Session 1

- Ketamine Journey 2
- Integration Session 2

- Ketamine Journey 3
- Integration Session 3

- Follow-Up Treatment Options
- See Section Below

Sample 8-Step Treatment Plan (About 4-6 weeks)

Step 1: Intake Preparation Session (Individual)

The first step is to complete a comprehensive medical history which will be carefully reviewed by Harvest's clinical and therapeutic team members. With your wholeness team, you'll review your medical history, treatment goals, and learn more about how ketamine works.

Step 2: Preparatory Session (Individual or Group)

Preparation sessions are important for addressing concerns, clarifying the process, intention setting, and therapeutic prep prior to a psychedelic experience. This can include traditional talk therapy, group therapy or Harvest's holistic offerings of mind-body energy healing (Massage, Reiki, Craniosacral Therapy, Therapeutic Yoga) and art and creativity healing workshops.

Step 3: Ketamine Journey 1 (Individual or Group)

Your first journey will be an oral lozenge session which allows your team to determine dosing for future intramuscular injection sessions (IM). The goal of the initial journey is to introduce a more gentle sense of the ketamine experience, explore ways of navigating the space, experience a sense of ego loosening, learn how to transition after the journey, and bring awareness to whatever arose during the journey experience.

Step 4: Integration Session 1 (Individual or Group)

Integration sessions are an integral part of the process and take place either with a Harvest Wholeness Guide, your own therapist, or ideally both. If you're meeting regularly with a therapist we can collaborate with them on your integration process and help creatively explore insights and actualize a new way of being in the world.

Step 5: Ketamine Journey 2 (Individual or Group)

Your second journey will most likely be an intramuscular injection session (IM) which tends to be a more immersive experience moving from ego loosening to ego dissolution. This expanded state of consciousness is the space beyond our carefully constructed and often protected personalities – who we are beneath the stories that we or others tell ourselves. In this state we have more capacity to explore disconcerting or challenging areas, gain awareness, access new insights, and shift our perspectives, which can then translate to behavior changes and transformational growth and healing.

Step 6: Integration Session 2 (Individual or Group)

This is the space where you can explore your journey experience with your Wholeness Guide as well as what you're noticing in your daily life. You may experience an increased sense of movement, ease, and well-being and less of a reactive state in typically challenging experiences. You can also set intentions for your upcoming journey.

Step 7: Ketamine Journey 3 (Individual or Group)

Your third journey is also likely to be an IM session. During this journey, you may deepen your journey experience with an increasing sense of familiarity with the ketamine space along with a growing sense of trust in yourself to navigate this space and your wholeness team to safely hold you in this space and beyond.

Step 8: Integration Session 3 (Individual or Group)

As one of ketamine's unique benefits is a stacking effect, journey and integration sessions tend to build upon one another and provide a cumulative therapeutic benefit. During this session, you'll continue to strengthen new and more adaptive ways of thinking and being in the world. You'll also work with your team to customize a treatment plan moving forward which may include additional sessions, a prescription for at-home lozenges, and/or booster sessions as needed.



KETAMINE-ASSISTED THERAPY

FOLLOW UP TREATMENT OPTIONS

After meeting with your team, recommendations for follow-up treatment may include IM booster sessions where the frequency is customized to individual needs. Additionally, at-home lozenges may be prescribed along with integration sessions to continue disrupting old patterns, developing new neural pathways, and translating these changes to everyday life.

INDIVIDUAL BOOSTER SESSIONS (After 6th session)	\$706
AT-HOME LOZENGES (After 6th session)	\$70/prescription*
GROUP INTENSIVES (Multi-day retreats designed for group-specific experiences)	Contact for details

*Price will vary for at-home sessions depending on what your provider deems appropriate and in conjunction with ongoing KAT treatment. This price may be subject to additional pharmacy fees

Follow-Up Treatment Options

At-Home Lozenge Sessions

After a minimum of six ketamine sessions, clients may potentially be prescribed oral lozenges for at-home sessions. These sessions allow clients to continue to experience the benefits of ketamine at a more affordable price point. Integration sessions can be scheduled after at-home session to continue to bring the felt sense of spaciousness and movement experienced during sessions into daily life.

Booster Sessions

Some clients find three sessions sufficient, while others find six or more sessions beneficial during active treatment. Following active treatment is the maintenance phase and an occasional booster session may be a helpful reminder, reset, or check-in experience. The frequency of booster sessions varies significantly between clients and may range from once a month to once every six months.

Group Intensives

A group intensive is an immersive experience in a peaceful retreat setting where life logistics such as meals and lodging are included. Being held in this way allows participants much-needed time and space to explore their inner lives, connect more deeply with participants, and then bring insights back into everyday life.

Group intensives are designed for those who already share an important connection which may include a diagnosis, personal relationship, or an experience such as a life transition, grief, or end-of-life concerns. With a strong connection already in place, these groups can move more deeply more quickly through journey and integration work that is customized to their shared experience.