



Ketamine Assisted Psychotherapy

Helping with Treatment Resistance



What is Ketamine Assisted Psychotherapy (KAP)?

- The first federally legal psychedelic approach to the healing and treatment of many mental health disorders.
- Treatment is conducted with a client in a 3 hour block of time with the presence of a therapist and medical doctor.
- Medicine is administered either through an intramuscular injection or through a sublingual lozenge.
- KAP Induces either a semi-hypnotic state that allows for more open non-defensive dialogue, or a fully psychedelic non-ordinary state of consciousness where the client has their own meditative journey around an issue they wish to heal from.



Best Uses Of KAP

- Resistant Depression
- Resistant Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder
- End of life issues
- Spiritual growth and transcendence
- Addiction and Eating Disorders

This therapy is not conducive to disorders such as schizophrenia or more serious psychiatric diagnoses

KAP helps Treatment Resistance



An option for clients who lack positive outcomes from traditional therapies

- Pharmaceuticals like Zoloft, or Prozac
- Cognitive behavioral therapy
- EMDR

This therapy is not conducive to disorders such as schizophrenia or more serious psychiatric diagnoses.

With Coastwise KAP has an emphasis on therapy

In contrast to a Ketamine infusion center we provide very real and tailored psychotherapy with Ketamine as a conduit and powerful tool for client healing.

We can't expect to have depression reduced in one single session. A client typically will see a change within a 4-6 week treatment plan, in conjunction with therapy.

- Ketamine has a cumulative effect, meaning with more sessions the outcomes become more evident and the growth more readily seen and experienced.
- Typically KAP should be 4-6 sessions over 4-6 weeks.
- The referring Doctor or Therapist will communicate with Coastwise and the client during the KAP treatment plan.
- The client will maintain their regular standing appointments with the referring Doctor or Therapist during KAP.

KAP Sessions

- KAP sessions typically last 3 hours.
- The session starts with relationship building, intention setting and ritual to prepare the client.
- The prescribing Doctor administers the medicine and the client has their journey experience with the Ketamine, typically 45-90 mins, depending on the unique interaction of Ketamine with the client.
- Afterward, the client has an integration session with the treating Therapist and prescribing Doctor to make sense of their Ketamine journey and it's benefit to their life, specifically their growth and healing, usually 1 hour.



The Client Experience with KAP



- Ketamine has an incredibly high safety profile and is metabolized out of the body within hours.
- Clients can expect to be met with kindness and made to feel safe.
- Conscious effort is made to have the client enter a safe setting so they can lay back and enjoy the experience.
- Clients will be offered a comfortable couch to lay on, pillows and blankets to get cozy with and be provided a blackout eye mask and peaceful music to listen to while in the journey experience.

Coastwise Partners With Therapists and Doctors to Refer Their More Difficult and Stuck Clients and Patients

- Help patients get 'unstuck' so that they may continue to advance in treatment.
- We return your patients to you 100% of the time - Coastwise is here to empower you and improve your practice as a partner, not a competitor.
- Clients will maintain their regular standing appointments with you during their KAP Treatment,
- You will be asked to speak with Coastwise KAP Therapist throughout your client's treatment to help amplify the therapeutic gains your client is getting



Work With Coastwise

Let's meet to discuss how we can work together in a mutually beneficial partnership to help your clients.

Coastwise Counseling Center, using Ketamine Assisted Psychotherapy to break through barriers and transform your everyday life

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