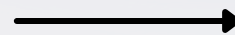


MIND BY DESIGN COUNSELING



ketamine therapy 101



welcome

we like to keep things simple.
read about the process of
receiving ketamine assisted
therapy at mind by design
counseling

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

what is ketamine?

Ketamine is a legal, safe and effective medicine used to treat a variety of mental health conditions, including depression, anxiety and PTSD. Ketamine has rapidly-acting antidepressant and mood-enhancing effects, which can begin to take effect within 1-2 hrs. after treatment.

It works by blocking the brain's NMDA receptors as well as by stimulating AMPA receptors, which are thought to help form new synaptic connections and boost neural circuits that regulate stress and mood. Ketamine has also been shown to enhance overall neuroplasticity for lasting symptom improvement. 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.

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

who is eligible?

Patient eligibility is up to the sole discretion of Journey Clinical's KAP-trained medical team and treating providers. We currently only work with patients over the age of 18 who reside in NY, NJ, MA, CA, CO, OH, FL, TX, & WA (coming soon to GA, MD, TN, VA).

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

ketamine therapy vs mindbloom/joyous etc

Mind by Design Counseling's services, approach and values are very different than those of ketamine prescribers such as *mindbloom* and *joyous*

The Key Difference: Ketamine is seen as a support used in therapy, not the main intervention for treatment of mental health disorders. Your mental health treatment is treated with a collaborative, interdisciplinary model of care.

We emphasize the importance of collaborative treatment for ketamine clients through weekly therapy, supervised & supported dosing sessions and integration sessions post-dosing sessions for optimal application of the uses of ketamine.

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

uses & benefits

The benefits of ketamine expand beyond its use at the dentist's office. Research has shown promise in the treatment of:

- Major Depressive Disorder
- Post-Traumatic Stress Disorder
- Anxiety & Stress
- Chronic Pain

- Ketamine changes the way neurons (brain cells) communicate. Some neurons that are usually active become quiet, while others that are typically silent become active. This is like flipping a switch in the brain. Source: Penn Medicine

- Ketamine affects the balance of brain chemicals. It mainly influences two neurotransmitters: glutamate (which excites neurons) and GABA (which calms neurons). This balance can lead to mood improvement and even help conditions like Obsessive Compulsive Disorder (OCD). Source: Field Trip Health

- Neuroplasticity is the brain's ability to adapt and form new connections. Ketamine enhances this, making it easier for the brain to heal itself and develop new pathways. This is especially beneficial for people with treatment-resistant depression. Source: Field Trip Health

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

cost & duration

Although we offer program packages to best assist clients in budgeting for ketamine therapy, some clients may engage in a pay-per-session treatment option. The cost of these are as follows:

- Therapy Intake Evaluation: \$250 | 90 minutes
- KAP Sessions: \$175 | 60 minutes
- Medical Evaluation \$250 | 30-45 minutes
- Initial Ketamine Prescription (2 doses): \$85
- Dosing Session(s): \$550 | 3 hours
- Integration session: \$175 | 60 minutes
- Follow up therapy sessions: \$150 | 30-45 minutes
- Follow-up medical consultation: \$150 (at least 1X per quarter)
- Ketamine Prescription Refills \$145 (6 doses)

The duration of KAP is based on client needs and goals, however, we do offer various packages to clients who are interested in our Ketamine Assisted Therapy Program.

Visit our website to learn about these offers

WHAT IS KETAMINE

WHO IS ELIGIBLE

KETAMINE THERAPY VS
MINDBLOOM, JOYOUS, ETC

USES & BENEFITS

COST & DURATION

HOW TO GET STARTED

how to get started

Ketamine-Assisted Psychotherapy (KAP) can be a powerful treatment for eligible clients looking to experience more frequent breakthroughs and longer-lasting improvements in symptoms.

YOU CAN REACH OUT TO US DIRECTLY TO GET STARTED:

Email: info@mindbydesignllc.com

Call or Text: 609-300-6481

OR YOU CAN CLICK HERE TO COMPLETE A NEW CLIENT INQUIRY FORM

MIND BY DESIGN COUNSELING



SOMETIMES OUR MENTAL HEALTH SUCKS.
THERAPY SHOULDN'T.

WWW.MINDBYDESIGNLLC.COM

[609-300-6481](tel:609-300-6481)