

## KETAMINE ASSISTED PSYCHOTHERAPY – PROGRAM OVERVIEW

### PHASE 1

#### 1. Referral

- All clients must be referred to Wayfound by a doctor or psychologist who has a Practice ID - this referral **must specify it is for the ketamine program**

#### 2. Forms

- Upon receipt of an eligible referral, clients will be emailed the following forms:
  - i. Client Intake Form
  - ii. Physician Assessment Form
- Both forms must be completed in full and returned to [reception@wayfound.ca](mailto:reception@wayfound.ca) before progressing to phase 2.

### PHASE 2

#### 3. Assessments

- Upon receipt of completed forms, clients will be contacted to book the following:
  - i. Initial intake assessment (1hr) [no cost]
  - ii. Initial psychiatric assessment (2hrs) [billed to AHS]
- After completing both assessments (if deemed eligible for treatment), the treating practitioners will create a treatment plan customized to the client's needs (please note this will not be ready until after the following Monday)

#### 4. Prep Therapy

- Clients will be contacted to book a minimum of 2 preparatory psychological sessions to be completed before progressing to phase 3.
- Clients are required to provide their credit card when booking
  - i. Each Psychological Prep Session (1hr) [\$250 – billed to client]
  - ii. Some clients may require additional prep sessions – this is due only to the fact that every person's treatment needs are unique and does not bear any indication of their eligibility for the program

### PHASE 3

#### 5. Micro Dose

- Clients who complete all required prep sessions and are deemed eligible for ketamine treatment will be contacted to book a one-off micro dosing appointment with a licensed Advanced Care Paramedic, followed by an integrative therapy session with a registered psychologist
  - i. Micro Dose (1.5hrs) [\$120 – billed to client] **\*\*ketamine not included\*\***
  - ii. Integration Therapy (1hr) [\$250 – billed to client]

#### 6. Macro Dose

- Clients who have no adverse reactions to their micro dose will be emailed a dosing schedule according to their treatment plan (this may consist of 6-8 dosing sessions, each followed by an integrative therapy session)
  - i. Macro Dose (2.5hrs) [\$200 – billed to client] **\*\*ketamine not included\*\***
  - ii. Integration Therapy (1.5hrs) [\$375 – billed to client]

#### Cost Summary:

Phase 1 – no cost

Phase 2 – \$500 minimum

Phase 3 - \$3,820 - \$4,970 (not including cost of medication)

**Program Total: \$4,320 - \$5,470**