

Ketamine-Assisted Psychotherapy

A clinical guide to what this treatment is, how it works, and what to expect working with me through this process.

OVERVIEW

What is Ketamine-Assisted Psychotherapy?

Ketamine-Assisted Psychotherapy (KAP) pairs a controlled medicine with structured therapeutic work. The ketamine itself is not the treatment. The psychotherapy is. What ketamine does is create a window of neurobiological flexibility that can make the therapeutic work more accessible and more lasting.

In our work together, I provide all of the psychotherapy: preparation sessions before dosing, presence during the experience, and integration afterward. The medical side – eligibility screening, prescription, and ongoing monitoring – is managed by Better U's clinical team, working in a coordinated care model alongside me.

THE SCIENCE

What Ketamine Actually Does in the Brain

Ketamine is a dissociative anesthetic that, at sub-anesthetic doses, creates a temporary state of altered perception while triggering neurological changes that persist well beyond the session itself. The mechanism involves the glutamate system: ketamine blocks NMDA receptors while activating AMPA receptors, reducing rigid activation of threat-response circuits and prompting rapid release of BDNF – a protein that supports the growth of new synaptic connections.

It is one of the only compounds known to produce measurable neuroplastic change this quickly. This same mechanism is showing early promise in addiction treatment, where disrupting entrenched reward and craving circuitry – the same glutamate-driven

rigidity seen in depression and trauma – appears to create an opening for lasting change. In plainer terms: the brain becomes briefly more pliable, and this is where the therapy comes in.

<p>NMDA BLOCKADE</p> <p>Quiets overactive threat and rumination circuits, reducing the rigid quality of depression, anxiety, trauma responses, and addictive craving cycles.</p>	<p>AMPA ACTIVATION</p> <p>Stimulates formation of new synaptic pathways, allowing the brain to reorganize around new experiences and perspectives.</p>
<p>BDNF RELEASE</p> <p>Triggers rapid production of a protein that supports neural growth – the same protein long-term therapy and antidepressants increase, but much faster.</p>	<p>CUMULATIVE EFFECT</p> <p>Each dosing session builds on the last. The recommended 9 sessions are designed to compound these changes and extend their duration.</p>

WHY TIMING MATTERS

The Neuroplasticity Window

24 hrs

WINDOW OPENS

Neuroplastic changes begin around 24 hours after dosing. This is when the brain's capacity for adaptive learning and neural rewiring is elevated.

72 hrs

PEAK OPENNESS

Neuroplasticity and emotional openness peak at 72 hours post-dose. Integration sessions in this window tend to produce the most durable gains.

3 wks

WINDOW CLOSES

The elevated neuroplasticity window can last up to three weeks. This is why dosing followed closely by integration is not arbitrary.

What the Dosing Session Feels Like

Ketamine in sublingual lozenge or rapid dissolving tablet form produces effects that begin within 20 to 45 minutes and last approximately 45 to 60 minutes. Most people experience perceptual shifts – a sense of distance from the usual self-narrative, a loosening of ordinary time and space orientation, sometimes vivid imagery or an expanded emotional range. Motor and verbal coordination are reduced, so you will be resting comfortably.

What people often notice is that even when an experience is difficult to describe afterward, the insights feel clear – a quality of seeing something familiar from a completely different angle. I am present with you throughout. The session is not unsupervised or passive. Sessions can take place in person or remotely, depending on your circumstances and preference.

Outcomes Across Better U's Patient Population

Drawn from Better U's outcomes data across more than 200,000 sessions. These reflect symptom reduction rates – not cure rates – and individual results vary.

DEPRESSION

85% symptom reduction immediately after treatment

92% symptom reduction at one month post-treatment

ANXIETY

81% symptom reduction immediately after treatment

89% symptom reduction at one month post-treatment

The Structure of Treatment

- 1

MEDICAL INTAKE · BETTER U

You will complete an intake with Better U's clinical team. They assess medical eligibility and handle the prescription. Most people can begin within four days of enrolling. Billed separately from my fees.
- 2

PSYCHOLOGICAL EVALUATION · 90 MIN

We do a thorough intake together – your history, what has brought you here, what you are hoping to shift, and whether KAP is the right fit. We build a treatment plan that guides the work ahead.
- 3

PREPARATION SESSIONS · 50 MIN · X2

We set intentions, explore what you are hoping to open up, and address any anxiety about the experience. Preparation meaningfully shapes what emerges during dosing.
- 4

DOSING SESSIONS · 2 TO 3 HRS EACH

You self-administer the lozenge or tablet and move through the experience with me present. Sessions can be in person or remote. The number of sessions depends on which treatment track we determine is the right fit.
- 5

INTEGRATION SESSIONS · 50 MIN EACH

We meet after each dosing session – ideally within the 24 to 72-hour neuroplasticity window – to work with what came up. This is where insight becomes usable. This is where we write the new story.
- 6

ONGOING MEDICAL FOLLOW-UPS · BETTER U

Better U conducts check-ins throughout your treatment to monitor outcomes and manage prescription refills. Coordinated separately from our sessions.

BETWEEN SESSIONS

Better U provides a companion app to support you between and beyond sessions – so the work does not stop when our time together ends.

WHAT THE APP INCLUDES

- Mood and symptom tracker
- Guided programs (Heal, Grow, PTSD, Grief, and more)
- Breathwork and meditation tools
- Expert content from clinicians and coaches
- Customized treatment plan support

INVESTMENT

Pricing and Structure

Both packages below include the combined total of my psychotherapy fees and Better U's medical fees. Better U's portion is billed directly through them and is frequently reimbursable through out-of-network insurance benefits. The discounted Better U rates shown here are available exclusively to clients who enroll through Willow & Teak – please reach out to me before enrolling with Better U directly.

RECOMMENDED COURSE OF TREATMENT · TRANSFORMATION PACKAGE

\$3,572

COMBINED TOTAL

Saves up to \$744 compared to a la carte

- Initial psych evaluation and treatment plan (90 min)
- 9 dosing sessions (2 to 3 hrs each)
- Better U medical care · 9 sessions
- 2 preparation sessions (50 min each)
- 9 integration sessions (50 min each)
- Better U companion app access

Willow & Teak psychotherapy fees * existing clients \$2,700 \$2,980

Better U medical fees (billed separately · partner rate) \$592

COMBINED TOTAL * EXISTING CLIENTS \$3,292 **\$3,572**

INTRODUCTION PACKAGE · FOR THOSE EXPLORING KAP BEFORE COMMITTING TO A FULL COURSE

\$2,250

Includes the same structure of preparation, dosing, and integration across 5 sessions rather than 9. A good starting point for people who want to experience KAP and assess its fit before committing to the full recommended course.

Willow & Teak psychotherapy fees * existing clients \$1,700 \$1,850

Better U medical fees (billed separately · partner rate) \$400

COMBINED TOTAL * EXISTING CLIENTS \$2,100 **\$2,250**

A LA CARTE RATES · PSYCHOTHERAPY FEES ONLY

Initial Evaluation and Treatment Plan \$270

90 minutes · required before beginning

Individual Session \$150

50 minutes · preparation or integration

Dosing Session \$200

2 to 3 hours · in person or remote

A NOTE ON BETTER U PRICING

The Better U medical rates shown here are discounted partner rates available exclusively to clients who come through Willow & Teak – not Better U's standard advertised rates. Please reach out to me before enrolling with Better U directly so I can connect you properly. Better U's fees are eligible for out-of-network reimbursement depending on your insurance plan. If you are not found medically eligible, your evaluation fee is refunded in full.

A NOTE ON FIT

Is KAP Right for You?

KAP tends to be most effective for people with treatment-resistant depression, anxiety, PTSD, and OCD – particularly when other approaches have been only partially helpful, or when someone is looking to accelerate momentum in their therapeutic work. Research is also showing meaningful early promise in the treatment of addiction, where ketamine's disruption of entrenched reward and craving circuits may create a window for lasting change that other interventions have struggled to reach.

It is not for everyone, and eligibility involves both medical and clinical factors. If you are curious, the best place to start is a conversation. Reach out directly and we will talk through whether this feels like the right direction, and what that process would look like for you specifically.
