



Reach Out

Embrace a New and Holistic Approach to Healing

Live with renewed purpose and emotional freedom with
Ketamine Assisted Psychotherapy

Reach Out

Patient-Centered Care

Empathetic Guidance

Respectful Engagement

Do you feel disconnected by obstacles out of your control?

Ongoing depression and
anxiety

Wishing for an approach that
is both compassionate and
innovative

Feeling lost, uncertain, and
alone

Hopelessness and
disconnection when
traditional treatments
haven't worked

Questioning whether things
will ever get better

Challenged to engage with
life or enjoy moments of joy

You have the right to connect with your true self, find
your path to healing, and experience joy and purpose.

Reach Out

Your healing goals are paramount.

I focus on your individual goals and values, ensuring that our work together aligns with what you truly want to achieve.

Patient-Centered Care

Your treatment plan will be specifically designed for your needs and aspirations. We will partner together, ensuring that your voice is heard and your preferences are incorporated into treatment.

Holistic Support

I will support your overall wellbeing, addressing not just the symptoms, but also your emotional, mental, and personal growth needs.

Empathetic Guidance

Our interactions are characterized by understanding and empathy, providing a non-judgemental space for you to openly discuss and work through your challenges.

Respectful Engagement

Every session is approached with respect and attentiveness, honoring your unique experience and perspective. I am dedicated to fostering a nurturing and welcoming environment where you feel at ease and valued.

Reach Out



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Reach Out

When traditional treatments don't help, it can be hard to know where to turn.

I understand how tough it can be dealing with long-term depression and anxiety. It's natural to feel frustrated when traditional methods don't work. You don't need to go through this alone. I'm here to support you and together we will work to find the comfort and clarity you seek.

- ❖ Degree in Integrated Care
- ❖ Clinical Supervisor
- ❖ Master of Social Work
- ❖ Licensed Clinical Social Worker

The Ketamine Assisted Psychotherapy Plan

It is ***simple*** to get started.

01

Reach Out

Contact me via phone or email. We'll discuss your needs and explore whether KAP is a suitable option for you.

02

Get Evaluated

If KAP seems like a good fit, we'll arrange an initial evaluation to review your medical history and create a personalized treatment plan.

03

Start Healing

Once your treatment plan is in place, we begin the therapy phase followed by ongoing follow-ups.

Reach Out

Ketamine Assisted Therapy FAQ

Reach Out

What is Ketamine?

How does Ketamine impact the brain?

What research can be found on KAP?

How long will it take for me to feel better?

Do you do anything other than KAP?

What is the process like?

Do you work with other practitioners?

What can I expect during my sessions?

Real Ketamine Assisted Therapy Clients

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Reach Out

Values that shape who I am and how I treat you.

Reach Out

Self-Discovery

The answers lie within you. I am here to help you uncover and understand these answers.

My whole self

I bring my entire self to our therapeutic relationship-my empathy, dedication, and unwavering belief in your potential.

Normalizing Emotions

While pursuing happiness, I encourage you to experience and accept the full range of human emotions, finding comfort in your own humanity.

I Support You

My objective is to support you in living authentically and achieving a deep sense of fulfillment.

Sense of Belonging

Everyone has a purpose and belongs. You don't need to conform or change who you are at your core. You matter.

Togetherness

Together, we will explore your sense of purpose and help you embrace your authentic self, free from the constraints of external expectations.



Who I Am

Talk Therapy

Ketamine
Assisted
Psychotherapy

Contact Me



<- Socials