

CARDEA

Ketamine Space

About Cardea

We like to think of ourselves as your hosts. When you come to CARDEA, you work with a small team of individuals to figure out the next steps in care by contemplating your experience together in the sessions. In the world of psychedelic care, this is known as reintegrating. We've developed a particular method for this process at CARDEA called the Lascaux Method, that synthesizes certain forms of psychotherapy, vibrational sound work, as well as the choice of other creative activities and bodywork. This plan is crafted together as you go, allowing the improvisational evolution of your growth to be honored and as it guides the next step in your journey.

If you're already engaged with your own private therapists, we are prepared to stay in close communication with them throughout our time as your host, and offer them, when it is appropriate, the opportunity to attend a session or two, in order to provide them with our own reflections and learn more about how we may assist the two of you. We believe that the communication between professionals works best when the person of concern is present.

Get in touch

- ketamine@cardea.net
- www.cardea.net
- Phone: 646-842-1261

Location

511 Canal St, Suite 500
New York, NY 10013

What is Ketamine?

Ketamine is a dissociative anesthetic that has been used in the medical community since the 1970s. At Cardea, ketamine is prescribed "off label." We believe that when used in this context, ketamine can induce a state that can be a part of your awakening to a more meaningful experience.

At the dosage you are prescribed, you will most likely experience a sense of relaxing sedation, mild dissociation, and potentially psychedelic effects. After administration, it will take approximately 5-10 minutes to feel the effect and the experience typically lasts an hour.

Is Ketamine Safe?

Ketamine has a long history of safe use in medical settings, at doses much higher than any dose you will receive at Cardea. During your medical intake session, our doctor will screen for any possible contraindications or risk factors.

Ketamine Experiences at Cardea

During these sessions, you will self-administer your ketamine nasal spray in the presence of one of our experienced space holders. You'll be invited to get comfortable in one of our private rooms, put on an eye-mask and listen to music either live, played by one of our resident musicians, or through our carefully curated recordings through headphones.

Recovery

Upon completion of your session, with the medicine wearing off, you'll be invited into our "recovery area," a space that has been crafted for the purpose of restoration and relaxation. We ask that you spend at least an hour with us after your session to ensure a safe and comfortable return to your home. We will follow up with you a few days after your ketamine session by phone.

What to Expect



INITIAL CALL

Introductory call: Your journey with us will begin with a virtual session or phone call with one of our team members. This is a time for us to begin the process of getting to know you and to understand your interest and intentions. We will share more information about our process, services, and answer any questions you may have. If both you and we feel there is a good fit, we will schedule a medical intake session and send you some basic intake paperwork through our client portal.

MEDICAL INTAKE

You will then meet virtually with our doctor for a **medical intake session** where we will explore your medical and mental health history to ensure a safe and therapeutic process. At this point, our doctor will write you a prescription for a ketamine nasal spray which will be delivered to your home prior to your first ketamine session.

PLANNING NEXT STEPS

After your meeting with our doctor, we will assign you a personalizing guide, who will be in touch with you to collaboratively determine your next steps & schedule your initial “Dialogic Session.”

At Cardea, we believe that human growth and transformation are improvisational events, each person’s emergence a unique journey. Our Dialogic Sessions use a particular form of communication to help you help us create a path forward in our work with you that is closely tailored to your individual aspirations and needs.

CARDEA

Offerings

○ **MEDICAL ASSESSMENT**
\$150

This is the first step in engaging in ketamine services at Cardea. We will connect you with a doctor who will conduct a medical and mental health assessment, determine eligibility, and prescribe the medication.

○ **MEDICATION**
\$62-\$82

You will be prescribed a ketamine nasal spray which will be made by a compounding pharmacy and sent directly to your home.

Lascaux Package
\$5,250

Your personalizing guide will work with you on selecting the best way to customize your package as you go. Included in this package is 13 hours of customized services which could look like:

- 6 Ketamine Experience Sessions with options for live sound or curated recorded sound
- 4 hours of dialogic sessions
- 3 "play" sessions - we partner with outside experts in their respective fields to offer you the option of exploring your creativity through art, reiki, bodywork, dance, breath work, music

Multi-Session Package
\$2,000

You will have a guide to assist you in customizing and planning the layout of your experience. This package includes:

- 3 ketamine sessions
- 2 dialogic sessions

Ketamine Assisted Psychotherapy
\$750

Ketamine Assisted Psychotherapy package includes:

- 1 dialogic session (1 hour) - for first time clients
- 1 ketamine experience session with curated recorded music (1 hour)
- 1 psychotherapy session (1 hour)

"Iso Principal" Package
\$850

Our resident sound practitioners curate live sound based on the "Iso Principle", collaborating with you to customize your experience based on your individual preoccupations, intentions, moods, and somatic experiences. This package includes:

- Dialogic Session (1 hour),
- Music consultation with sound practitioner (30 minutes)
- 1 live sound ketamine experience session (1 hour)

Individual Ketamine Session
\$600

- For first time participants, this includes:
 - Dialogic Session (1 hour)
 - 1 ketamine session with curated recorded music (1 hour)
- Subsequent sessions:
 - \$600 - Ketamine session
 - \$300 - Dialogic Session