

# CARDEA

## Ketamine Space

### Group Experiences

At Cardea we are excited to offer group ketamine-assisted sound journeys, as we feel that there is immense value in the community building aspect of engaging with a group. The group process includes a series of 3 ketamine experiences, all of them featuring live sound performed by one of our experienced sound practitioners. These sessions are supported by times to explore, reflect and making meaning of your experience throughout the process.



### Your Hosts

The experience will be hosted by a licensed therapist as well an experienced ceremonialist and sound practitioner.

### Group Size

The group size will be a closed cohort of between 5-7 participants

### The Schedule

The group will be a series of ketamine & dialogic sessions which will take place over the course of 4 weekly gatherings.

### What to Expect

#### *Introductory Call*

You will begin with a 30 minute introductory session with one of the space holders. 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 the group experience and answer any questions you may have. If it feels like a good fit, we will schedule a medical intake session and send you some intake paperwork through our client portal.

#### *Medical Intake Session*

You will then meet virtually with our doctor for a medical intake session where we will explore your medical and mental health history with you to ensure a safe and therapeutic process. At this point, if there aren't any unresolvable contraindications, our doctor will write you a prescription for a ketamine nasal spray which will be delivered to your home prior to the first the session. You will need bring your prescription with you to each group.

## The Group Experience

At Cardea, we believe that human growth and transformation are improvisational events, each person's emergence a unique journey. We use our own unique method for helping people both deeply consider their aims in this journey and then reflect on their experiences throughout. We call these "dialogic" sessions. Dialogic sessions are conducted with two practitioners and use a reflection-based communication style. These times are devoted to curiosity, reflection, and artistic expression.

During the group ketamine sessions, you be invited to get comfortable in your designated space in our group room. You will be provided with an eye mask to wear and will be given instructions by one of our space holders. Our sound practitioners will play live vibrational sound throughout your hour-long experience.

## Recovery Time

At the conclusion of the session, with the medicine wearing off, it's likely that you will continue to feel sedated for around 60 minutes. During this period, you're invited to rest and reintegrate in your space. This will be a quiet time for reflection or casual conversation. Our staff will provide light snacks and beverages. We ask that you spend at least an hour with us after the group session has ended to ensure a safe and comfortable return to your home. For your safety, we request that your transportation home does not include operating a car or bicycle. We will follow up with you a few days after your ketamine session by phone.

## The Group Series

### Group Experience 1 – 3 ½ hours

- 1½ hour Dialogic creative process. This will include a discussion of group expectations and boundaries
- 1 hour Ketamine sound journey
- 1 hour recovery & relaxation period

### Group Experience 2 – 2 ½ hours

- 30 minute creative process
- 1 hour Ketamine sound journey
- 1 hour recovery & relaxation period

### Group Experience 3 – 2 ½ hours

- 30 minutes - preparation
- 1 hour Ketamine sound journey
- 1 hour – recovery & relaxation period

### Group Dialogic session – 1 hour (virtual)

- This will be scheduled for the week following your last group ketamine experience and is a time for the group to come together to explore the meaning of your collective and individual journeys.

### Upcoming Dates

#### April Series:

Day 1: Saturday, April 8th 12-3:30

Day 2: Sunday, April 16th 12:00-2:30

Day 3: Sunday, April 23rd 12:00-2:30

Day 4: Thursday, April 27th 6-7pm (virtual)

#### May Series:

Day 1: Sunday, May 14th 12:00-3:30

Day 2: Sunday, May 21st 12:00-2:30

Day 3: Sunday, May 28th 12:00-2:30

Day 4: Thursday, June 1st 6-7pm (virtual)

### Cost Associated

\$900 - Group Series

\* Additional cost for medical intake session and medication

**To enroll or learn more:**  
email: [ketamine@cardea.net](mailto:ketamine@cardea.net)  
or book a free consultation  
through our [website!](#)