

# CARDEA

## Individual Offerings



### MEDICAL ASSESSMENT \$100

After your scheduled intake call, we will connect you with a doctor who will conduct a medical and mental health assessment, determine eligibility, and prescribe the medication. Follow up medical consultations are \$25.

### MEDICATION \$90-\$120

You will be prescribed a ketamine nasal spray which will be made by a compounding pharmacy and sent directly to your home. Price varies depending on package purchased.

### Standard Package \$3,700

Research shows that people suffering from difficult experiences of mind and mood get the most benefit from 6 consecutive ketamine sessions in a supportive therapeutic environment. We recommend a pace of 1 session per week.

This package includes:

- 6 ketamine sessions with optional live sound for 3
- 2 dialogic preparation sessions
- 6 virtual integration groups

### Ketamine-Assisted Psychotherapy \$4,600

For people who are not already currently working with a psychotherapist, this package allows you access to weekly talk therapy sessions in conjunction with weekly ketamine sessions.

This package includes:

- 6 ketamine sessions with optional live sound for 3
- 6 psychotherapy sessions
- 2 dialogic preparation sessions
- 6 virtual integration groups

### Short Term Package \$2,000

If you are returning to ketamine after having completed a series of 6 sessions, don't feel ready to commit to our standard package, or just need some short-term support, the short term package might suit you best. We think that this is a decision best made with your current therapist, and we are happy to collaborate in that process.

This package includes:

- 3 ketamine sessions with optional live sound for 1
- 2 dialogic preparation sessions
- 3 virtual integration groups

### Session Add Ons

**Holistic Sessions** - \$200: we partner with outside experts in their respective fields to offer you the option of exploring your creativity through art, bodywork, breath work, acupuncture, or meditation practices before or after your ketamine sessions.

**Live Sound** - \$200: Each package includes the option of experiencing live sound during at least one of the sessions. If you are interested in doing more live sound sessions, you have the option to do that for an additional \$200 per session.

**Single Sessions:** We strongly believe that you will see the most benefit from your experience with us by engaging in a series of ketamine sessions in regular intervals. However, if you don't feel ready to commit to a package and want to come in once, you may do so for **\$850 for a single ketamine session with recorded sound** or **\$1000 for a single ketamine session with live sound**. You have the option of rolling the cost of a single session into a package.

**\*Payment plans available for packages. Ask us for more details**

# CARDEA

## Group Ketamine Offerings



We believe there is immense value in building community when pursuing individual growth & healing. All group experiences begin with a collaborative creative process that involves art-making, imagination, and play, to bring you to a state of openness and curiosity prior to the ketamine journey. Immediately following, you'll be led to our Gathering Grotto for an hour-long ketamine journey accompanied by live vibrational sound from our experienced facilitators, and supported by a licensed therapist and space holder. The ketamine is self-administered through a nasal spray over two dosing opportunities. After the journey, guests are welcomed to relax and come together over fruit and tea, or remain in their solo process, with optional acupuncture offered at select sessions.



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**\$100**

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**MEDICATION**  
**\$90-\$120**

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**1-Single Session**  
**\$350**

This is an open group that can take up to 7 participants. It will include:

**3-Session Package**  
**\$800**

**6-Session Package**  
**\$1500**

- Introductions, Creative/Dialogic Process (1.25 hours)
- Ketamine Journey (1 hour)
- Recovery & lite refreshments (1.25 hours) \*Acupuncture during this hour during designated groups
- Virtual integration groups held weekly for any Cardea guests. For each group you attend, you may attend an integration group at no charge. You are welcome to join additional integration meetings for a \$25 fee.

If you are purchasing a multi-session package, our pacing recommendation is at least one week apart between sessions. All upcoming dates are available on our [website](#).

**Private Group Experience**  
**\$350**

If you are interested in a closed private group for you and your family, friends, or network, we can help you curate the right experience to meet the group's needs. Please reach out to us directly with your request at [ketamine@cardea.net](mailto:ketamine@cardea.net).

**\*Payment plans available for packages. Ask us for more details**