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A HEALING JOURNEY

Contact Blossom today!

Our friendly and professional team is ready to begin your journey towards feeling better with this innovative treatment process.

14001 Bee Cave Pkwy, Unit 400
Bee Cave, TX 78738

Ketamine Assisted Psychotherapy

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www.blossomketamine.com

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WHAT IS KETAMINE ASSISTED PSYCHOTHERAPY?

Ketamine has a growing body of research supporting its use in several mental health conditions. Ketamine-assisted psychotherapy (KAP) combines the biological effects of ketamine with the relational and psychological aspects of psychotherapy. At Blossom, ketamine is used within a therapeutic framework designed to support deeper psychological exploration and transformation.

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Who might benefit from Ketamine-assisted psychotherapy(KAP)?

Ketamine has been studied in conditions including:

- Depression
- Post-traumatic stress disorder
- Substance use disorders
- Obsessive-compulsive disorder
- Eating disorders
- Suicidality
- Post partum depression
- Perimenstrual disorder (PMDD)

Psychotherapy may also address:

- Existential concerns and meaning
- Goal setting
- Self-compassion and shame
- Coping with difficult experiences
- Relationship and couples concerns

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How much can it cost and what determines the cost?

The cost of treatment varies depending on the number and type of sessions, the clinician involved, and the individual treatment plan.

Will my insurance reimburse me for KAP?

Ketamine treatment is generally not covered by insurance. Some insurance plans may reimburse a portion of psychotherapy through out-of-network benefits. Blossom does not accept insurance directly.

How many sessions will I need?

When ketamine is used in the context of psychotherapy, the number and frequency of sessions are determined collaboratively based on your individual needs and treatment plan.

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Who may not be a good candidate for ketamine?

Ketamine may not be appropriate for everyone. Certain medical or psychiatric conditions require additional evaluation, including:

- Uncontrolled high blood pressure
- Significant cardiovascular disease
- Certain thyroid conditions

What are the side effects of Ketamine?

Most of the side effects are usually temporary and self limiting. Some common ones are:

- Nausea
- Increased heart rate or blood pressure
- Blurred vision
- Altered perception or dissociation
- Urinary symptoms