



Group Ketamine Therapy

Therapy Transformed & The Be.Ing Human Community

We are delighted to announce the launch of a significant new ketamine offering, a unique collaboration between **Therapy Transformed** and **The Be.Ing Human Community**. This powerful ketamine work is designed to provide a vital, supportive space for individuals seeking to navigate life's complexities with greater ease, connection, and purpose.

We offer group ketamine-assisted psychotherapy (KAP). Group therapy provides powerful and deeply impactful spaces for participants to connect, fostering a sense of community and shared experience. These collective sessions offer a safe and supportive container to engage in profound healing work. For many, the group setting itself can be an opportunity to create new, positive lived experiences, particularly if past group or community interactions have been challenging or negative. Within this communal context, participants often find increased validation, diverse perspectives, and a sense of belonging that amplifies the therapeutic benefits of the ketamine experience.

Group Ketamine Therapy: A Model of Integrated Care and Community

We are proud to have cultivated and maintained highly successful group therapy programs over the past five years. Our approach is unique and effective, blending the ancient wisdom of Eastern traditions with Western psychiatric and medical science in the context of psychedelic medicine. This integration ensures a deeply holistic, safe, and transformative healing experience for all participants.

The Group Experience: Cultivating a Sanctuary for Healing

Each participant is carefully guided to their designated, safe "nest," which is thoughtfully equipped to maximize comfort and inward focus. This personal space includes a comfortable floor pad, noise-canceling headphones for an optimal sonic journey, a light-blocking eye mask to

facilitate deep introspection, and soft blankets and pillows to promote physical security and relaxation.

The first 15 minutes of the session is dedicated to intention-setting and grounding. This phase is designed to shift participants from their daily routine into a state of mindful readiness for the medicine journey. Our dedicated medical team moves through the space to ensure the highest standards of physical and medical safety. The team checks each participant's vital signs—to establish a baseline and confirm stability. They then engage in a personalized, one-on-one consultation with each individual regarding their dosage. This is a critical component of our patient-centered care: It creates a powerful opportunity for participants to feel fully seen, heard, and empowered to engage actively with their healing journey and to confidently identify and communicate and comfort level with the identified dose.

Once the medicine has been administered—the participants will enter a dedicated **50-minute period of internal processing and work**. During this time, the focus shifts entirely to the individual's subjective experience. The therapist maintains a supportive, non-directive presence, often using a carefully curated musical playlist to facilitate the deepening of the experience. Participants are encouraged to turn their attention inward, allowing whatever emotions, memories, or insights arise to surface and be processed. This 50-minute window is the core of the therapeutic action, where the neuroplastic and consciousness-altering effects of the ketamine are harnessed for profound personal and psychological exploration. The internal processing that occurs during this time sets the stage for the crucial integration phase that follows the medicine session.

Upon being guided out of the deep "medicine space" induced by the ketamine, each participant is strongly encouraged to immediately engage in reflective processing. This integral step involves journaling, writing down, or otherwise recording any thoughts, feelings, bodily sensations, images, memories, or novel insights that emerged during the empowered state of consciousness.

Participants are invited to transition back into the shared group space. We offer a strong, yet always optional, invitation to share individual experiences with the rest of the group. This element of sharing is considered a deeply therapeutic component of healing. The act of verbally processing the experience, witnessing others' journeys, and feeling validated in one's own process can significantly deepen the therapeutic effect of the medicine.

What's included:

- Medical and Psychological Evaluation
- Virtual Preparation and Therapeutic Process

The therapeutic process commences with a critical **preparation stage**. This preparatory phase

is a fundamental element designed to maximize the therapeutic benefit of the subsequent experience. The preparation is conducted entirely virtually to ensure accessibility and convenience for participants. It is delivered via a structured therapeutic outline, which encompasses a clear educational component, intention setting, and guided psychological work. The preparation stage ensures that participants approach the treatment informed, grounded, and prepared to engage deeply with the therapeutic process.

- Four in-person ketamine IM group sessions at the Salt Lake Office
- One virtual integration session, with the option to incorporate additional integration sessions with a trained therapist or sitter.