### Our SERVICES



## **Ketamine Infusions**

Ketamine infusions offer rapid relief of depressive symptoms and suicidal thoughts after as little as one infusion. For ongoing maintenance of mental health disorders or for treatment of more complex issues, the recommended regimen is 6 infusions over the course of 2-3 weeks with maintenance boosters once every 1-2 months after.



### **Psychotherapy**

Now offering individual psychotherapy telehealth services to patients located in the state of Idaho!

"I utilize a range of skills and interventions in my practice from evidence-based treatment modalities to support each person on their individual journey. My therapeutic approach is strengths-based and patient-centered. I strive to create a safe, non-judgmental, supportive and peaceful therapeutic space for people to be themselves and develop the courage, confidence, and motivation to learn, grow, change, and work through life's emotions and challenges."

-Suzy Albert-Fowler, LCSW



# **Ketamine Assisted Psychotherapy (KAP)**

Ketamine offers an improvement of depressive, anxiety, PTSD, and OCD symptoms by repairing and increasing neuronal connections that had been previously broken. Research has been shown that KAP and post infusion integration sessions have helped carry the therapeutic response for longer periods of time, thus decreasing the need for more frequent booster infusions. These sessions are an integral part of recovery and we are excited to offer these from the comfort of your own home via our telehealth platform.



#### **Contact Us**

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