



# KAP

## Ketamine Assisted Psychotherapy at Gladstone Psychiatry & Wellness

Ketamine—Assisted Psychotherapy, also referred to as KAP, is a safe and often effective treatment for depression, PTSD, and other mental health conditions. KAP, unlike other ketamine based treatments, combines psychotherapy with a series of ketamine sessions to maximize the durability and benefits of ketamine.

### **Cost & Insurance:**

Maryland CareFirst & Cigna insurance plans are accepted. Medical necessity requirements may apply.

**A one-time program fee of \$1,500 is required for essential services not covered by insurance.**

Payment plans may be negotiated.

Self-pay accepted.

For more information or to request a personalized cost estimate for participation in Gladstone's KAP program, please contact us. We're here to help!

**Ages 18 and over**

### **Office Locations:**

Hunt Valley  
Mt. Washington  
Frederick (coming soon)

### **Contact Us:**

Office Phone: 443-708-5856  
ext 409  
FAX: 410-981-3230  
SMS Text: 443-526-0894  
Email: [kap@gladstonepsych.com](mailto:kap@gladstonepsych.com)

**Ketamine is a medicine safely used for decades in emergency and operating rooms for anesthesia, pain management, and sedation. When given in lower doses in a safe and reassuring therapy session, ketamine can lead to feelings, insights, and memories that can contribute to enhanced mental health.**

**A licensed psychotherapist, specifically trained for KAP, accompanies the patient in the treatment room at all times, and a licensed medical psychiatrist or psychiatric nurse practitioner monitors the patient during all sessions when ketamine is given.**

**Gladstone's comprehensive KAP program offers an opportunity for safe, structured mental health treatment using ketamine combined with psychotherapy. Our program includes a careful three-stage evaluation with a psychologist, psychiatrist or psychiatric nurse practitioner, and KAP psychotherapist to determine if KAP is right for you. We always emphasize safety first.**

### **Gladstone's KAP Care Model Includes:**

- A thorough three-stage assessment conducted by a licensed psychologist, medical professional, and KAP therapist—each specially trained in ketamine-assisted psychotherapy.
- At least three preparation therapy sessions.
- Six ketamine dosing sessions with your licensed medical provider monitoring your well-being, and guided by your KAP therapist throughout each experience.
- Eight therapy integration sessions.
- Collaboration with your mental & physical health teams.
- Additional support and coaching when needed.

**Important Note:** Gladstone does not prescribe Ketamine outside of our comprehensive KAP program. Full participation, including preparation and integration therapy, is essential to ensure safety and effectiveness. All dosing is conducted on-site under the careful supervision of our licensed KAP treatment team. A la carte services are not available.

[www.gladstonepsych.com](http://www.gladstonepsych.com)