Journey Clinical

Improve Mental Health with Psychedelic-Assisted Psychotherapy and Medication Management

Journey Clinical's mission is to resolve the mental health crisis by providing the highest quality of comprehensive mental health care across the country. We offer collaborative, insurance-covered mental health care offering Psychedelic Assisted Psychotherapy and Medication Management to support lasting mental health outcomes—delivered in partnership with independent therapists. Whether you're a licensed psychotherapist looking to expand your practice, or a patient seeking transformative, science-backed mental health care, we're here to support you.

Our medical team takes on all medical aspects of patients' treatment plan including screening, prescriptions, outcome monitoring and psychiatric medication management. We closely partner with the therapists in our network through collaborative care, becoming their in-house doctor and providing a dedicated care team for their clients.

For Therapists

Expand your services to include Ketamine-Assisted Psychotherapy (KAP) and psychiatric medication management safely and effectively with our clinical support platform.



Journey Clinical Membership Includes:

KAP Medical Services	KAP Training & Education	Community of Peers	Professional Support
Patient eligibility, prescriptions, outcome monitoring	Training, CE credits, webinars, peer-consultation groups	Online forum, virtual and in-person meetups, networking	Consent forms, ongoing education, business/ marketing support



For Patients

Access a dedicated care team, including an experienced medical provider and licensed psychotherapist to support you every step of the way. Your dedicated care team supports you for both KAP and psychiatric medication management.

Ketamine-Assisted Psychotherapy (KAP)

Ketamine-Assisted Psychotherapy, or KAP, is a form of Psychedelic-Assisted Psychotherapy that combines safe, legal ketamine treatment and dedicated psychotherapy sessions with a licensed mental health professional.

Psychiatric Medication Management

Journey Clinical offers comprehensive psychiatric medication management as a stand-alone mental health treatment, or in addition to Ketamine-Assisted Psychotherapy (KAP). Our team will work with you to create a personalized treatment plan tailored to your mental health needs.

Learn more at **journeyclinical.com**
Refer a patient at **journeyclinical.com/refer-a-patient**

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How does Ketamine-Assisted Psychotherapy (KAP) Work?

Ketamine-Assisted Psychotherapy (KAP) is a holistic modality which combines talk therapy with prescription ketamine to help eligible patients experience profound breakthroughs and lasting improvement.

A licensed KAP provider therapist guides patients through the psychotherapy portion of the experience, while Journey Clinical's medical team supports the patient and therapist on all medical aspects. This includes determining eligibility, developing a custom treatment plan, prescribing the medicine and monitoring outcomes. KAP consists of a sequence of preparation, dosing, and integration sessions. On average, 6-8 dosing sessions are prescribed.

Who is KAP for?

KAP has shown positive outcomes in treating:

- PTSD / C-PTSD
- Depression
- Anxiety
- Burnout
- Eating Disorders
- Chronic Pain
- Migraines

To learn more about Ketamine-Assisted Psychotherapy (KAP), visit **journeyclinical.com/kap-101**

What Medications Can be Prescribed?

- Antidepressants
- Anxiolytics
- Mood stabilizers
- Antipsychotics
- Stimulants
- Benzodiazepines
- Hypnotics

Psychiatric Medication Management

In this holistic program, our expert medical team collaborates directly with psychotherapists to design a personalized treatment plan with frequent check-ins to comprehensively support a client's mental health journey.

While working with a Journey Clinical therapist isn't required for Medication Management, we're happy to connect patients with one of our expert therapists.

Insurance-Covered Care

Medical consultations for both KAP and Medication Management may be eligble for insurance coverage. If you plan to use insurance, these costs may be partially or fully covered, depending on your in-network or out-of-network benefits.

Accepting major insurance providers, including:

- Anthem
- Aetna
- BCBS
- Cigna
- Optum
- UHC

87%

of Journey Clinical patients see improvement after just 2 clinical visits

Ready to get started?

Scan the QR code or visit **journeyclinical.com/get-started** to begin as a patient or therapist.