

Kaity Horseman, LCSW

Cost for KAP services with Skylight Psychedelics

<https://www.skylightpsychedelics.com/clients>

- **\$499 To Skylight Psychedelics**
 - A virtual psychiatric evaluation with one of their physicians, Dr. Dana Lerman M.D. or Dr. Scott Bienenfeld after they have reviewed the medical intake documents.
 - One telehealth follow-up session after medicine session #1
 - Their carefully curated music playlists
 - Access to their proprietary virtual psychedelic integration yoga framework
 - Integration tools via their extensive client handbook.
 - Access to their pharmacy and medical team.
 - Twice a month group integration zoom calls
 - * Sublingual medication of ketamine prescriptions for 2, 6, or 10 sessions are an additional cost, approx.\$15 per dose
 - * Clients who complete the initial 6-dose course can be re-evaluated for further treatment for \$399
- **\$150 Per Hour Therapeutic Support**
 - 60 minute intake assessment (\$175)
 - 60 minute relationship building sessions- establishing rapport, collaborative treatment goals, psycho-education (\$150)
 - Somatic Therapy, EMDR, and Brainspotting are options to support the process
 - *Therapist and client will determine number of individual sessions to feel good about starting KAP. There is no predetermined number, but at least one session is required for therapist to feel competent to support client if the client is NOT already seeing me for regular therapy. If an established client, this is very flexible.
 - 60 minute KAP preparation session- to review appropriate mindset and logistics for psychedelic therapy (\$150)
 - *required before beginning KAP if first time with me
 - Approx. 6, 3- hour KAP sessions done over the course of 3-6 weeks
 - 60 minute integration sessions 24-72 hours following KAP sessions done by phone or in person
 - * music, pillows, blankets, yoga mats, bolster, and other supplies provided by therapist
- **Estimated total for initial 6 medicine sessions protocol**
 - Initial Psych intake and follow up after session medicine session #1- \$500
 - Therapist intake- \$175
 - Rapport Session- \$150
 - Prep Session- \$150
 - 3 hour KAP sessions- \$450 x 6= \$2700
 - 60 minute integration session- \$150 x 6= \$900
 - Total= **\$4575** / approx. 28 hours, including psych intake/ follow up
 - **\$500** paid to Skylight and **\$4075** paid to Kaity Horseman LCSW PLLC

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Payment Policies

- Half of the payment is due before the first session and second half is due after completing the 2nd session for 4 session protocol or after the 3rd session for 6 session protocol
- There is a \$300 non-refundable deposit included in the first half of the payment to cover fees for therapist reserving office space and scheduling out time for process. If you choose not to proceed with any of the 4 KAP sessions, this fee will be kept by Kaity Horseman.
 - For example- if you cancel before KAP session #1 and do not reschedule, I will keep \$300. If you cancel after KAP session #1 and before KAP session #2, I will keep \$300 and refund you \$300 for the remainder of the first half of the package that you purchased. If you cancel after session #2 and before proceeding with session #3, you would have paid for the first half of the package and then you would just not pay for the second half.
- I require 24 hours advance notice for cancellation or need to reschedule sessions for any reason. Contact me via text, email. If you do not contact me in advance, I charge \$150 for holding the spot and preparing for the session.

Deposit and Cancellation Policies:

Deposit

After we complete intakes and rapport sessions and schedule our first KAP session, I require a non-refundable \$300 deposit that is included in the total cost of services. This covers costs for reserving space and my time. If you decide not to proceed with KAP sessions at any point in the process, I will keep the \$300.

Rescheduling/ Cancellation

I follow the same guidelines as I do in my private practice. I require 24-hours notice of cancellation or need to reschedule sessions for any reason. Contact me via email, text, or phone call will suffice. If you are unable to do that for any reason, I will charge a fee of \$150 unless there is a medical or personal emergency.