



PSYCHEDELIC ASSISTED THERAPY CARLSBAD CALIFORNIA

Where Healing *Begins.*

A new kind of therapy. Clinically grounded. Deeply transformative.

Ketamine-Assisted Psychotherapy (KAP) is the only legal psychedelic-assisted therapy available in the United States — and it is producing results that traditional therapy and medication alone often cannot.

At Heart Alchemy Institute, we combine the neurobiological power of ketamine with skilled therapeutic support **before, during, and after** each session. The result is lasting change, not just temporary relief.

70%+
of PTSD clients show
significant improvement

3×
faster results vs.
traditional therapy alone

100%
legal in all 50 states
under medical supervision

WHAT IS KAP?

The Science Behind the Shift

Ketamine temporarily quiets the **default mode network** — the part of the brain responsible for rumination, self-criticism, and rigid thought patterns.

This creates a **neuroplastic window**: a brief period where deeply held patterns become accessible and changeable. With skilled therapeutic support, this window becomes an opportunity for profound healing.

Unlike a ketamine infusion clinic, we surround every medicine session with preparation and integration therapy. That is what converts a temporary experience into lasting transformation.



WHO IS IT FOR?

KAP may be right for you if you are navigating:

PTSD & Trauma

When talk therapy alone hasn't been enough to process what happened.

Burnout & Exhaustion

When you've lost connection to meaning, purpose, or yourself.

Depression & Anxiety

Treatment-resistant cases where conventional approaches have stalled.

Grief & Loss

Prolonged grief that has become stuck and needs a new pathway.

Existential Questions

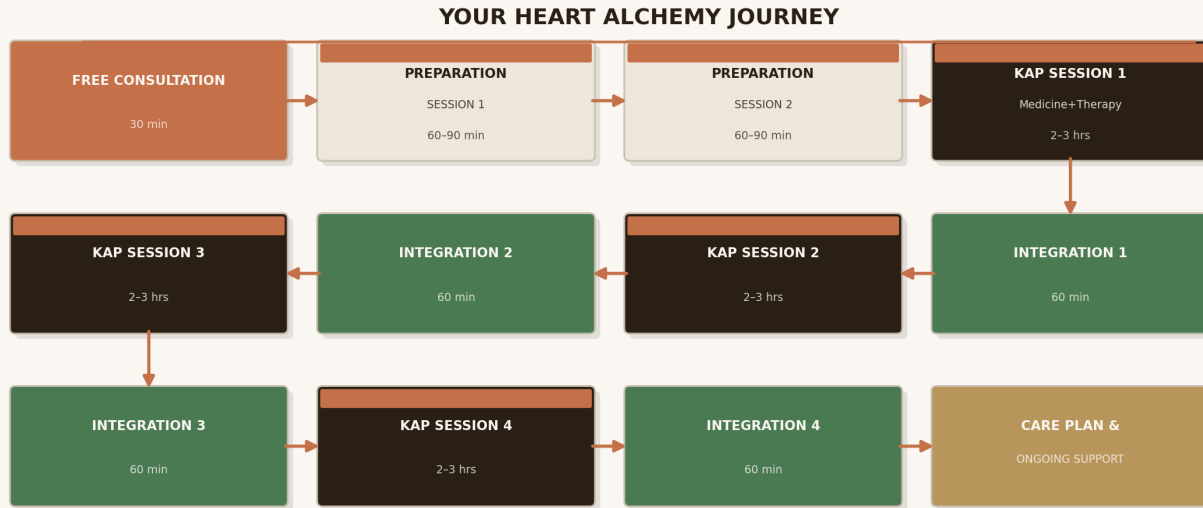
Life transitions, end-of-life concerns, or a search for deeper meaning.

Post-TBI Recovery

Emerging research supports KAP for cognitive and emotional recovery.

Your Complete Path to Transformation

Every session is intentional. Every step builds on the one before it.



Free Consultation Preparation KAP Session Integration Care Plan

Free Consultation → 2 Preparation Sessions → 4 KAP Sessions (each followed by Integration) → Care Plan

<p>PREPARE</p> <p>2 Sessions</p> <p>We build your inner container. Set intentions. Address fears. Create your personalized plan so you feel safe and ready.</p>	<p>MEDICINE</p> <p>4 KAP Sessions</p> <p>Eye mask on. Music playing. Your therapist present throughout. Ketamine opens a window. You do the inner work.</p>	<p>INTEGRATE</p> <p>4 Sessions</p> <p>After each medicine session, we process what arose. Insights become embodied. Change becomes lasting.</p>
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"The deepest healing doesn't come from trying harder. It comes from finding a door you didn't know was there."

SAVANNAH MILLER, LCSW · FOUNDER, HEART ALCHEMY INSTITUTE

INVESTMENT

Clear, Transparent Pricing

PROGRAM	INCLUDES	INVESTMENT
Discovery Session	1 prep + 1 KAP + 1 integration	\$1,800 – \$2,200

PROGRAM	INCLUDES	INVESTMENT
Heart Alchemy Journey	2 prep + 4 KAP + 4 integration	\$7,500
Endurance Athletes Three Pack	3 coaching sessions (not KAP)	\$600

The Discovery Session fee is credited toward the Heart Alchemy Journey if you enroll within 30 days. Community-rate spaces are available. Contact us to discuss.

WHAT TO EXPECT

A Session, Step by Step

01

Arrive & Settle

You arrive at our private Carlsbad office. Your therapist greets you, checks in on how you're feeling, and helps you settle into the space.

02

Set Your Intention

Together you revisit the intention you set during preparation. This becomes your inner compass for the session.

03

The Medicine Experience

Eye mask on, curated music playing. Ketamine is administered. Your therapist remains present throughout. Sessions last 2 to 3 hours.

04

Gentle Return

As the medicine fades, your therapist guides you back. You share what arose. Nothing is analyzed — just witnessed and held.

05

Integration Session

Within days, you meet again to process what emerged. Insights are anchored. Patterns are examined. Change begins to take root.



IS IT SAFE?

Yes. Ketamine is FDA-approved and has been used clinically since 1970. At subanesthetic doses, it does not suppress breathing, making it significantly safer than many other agents. All clients undergo thorough medical screening before treatment begins.

IS IT LEGAL?

Yes. Ketamine is the only legally available psychedelic-assisted therapy in the United States. All KAP at Heart Alchemy Institute is conducted under appropriate medical supervision with licensed clinicians.

Ready to Begin?

Book a free 30-minute consultation. No pressure. No commitment.
Just an honest conversation about whether this work is right for you.

heartalchemyinstitute.org

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