



Dear Clients, friends, and Colleagues,

I hope this letter finds you well! I wanted to provide some helpful information below surrounding an emerging approach in mental health that is now available to you through my consulting and psychology practice: Ketamine-Assisted Psychotherapy (KAP) and Ketamine-Assisted Peer Support Sessions (KAPSS), the latter for peers and professionals seeking help with emotional, social, psychological, and spiritual growth and healing.

There is expanding research in the mental health community around the impacts of Ketamine-Assisted Psychotherapy (KAP) to help eligible patients get unstuck and experience long-lasting improvement in symptoms, particularly those struggling with depression, anxiety, PTSD, other mental illnesses or those facing a roadblock in their current therapy. Some of the latest studies have shown truly life-changing results for some patients, and I felt compelled to offer KAP to my clients should they want to pursue this avenue of care.

For clients who wish to experience KAP, I am offering an introductory package of an intake virtual therapy or coaching session, a 2-3 hour KAP dosing session, with a follow up integration session, for a total of \$700 (this does not include the medication or associated costs for medical evaluation, which are around \$300 through Journey clinical). This package is an introductory rate, and has a \$1500 value. I offer a sliding scale for individuals with demonstrated need. Please ask if you would like financial assistance.

If you are curious to learn about KAP and investigate if it might be a fit for you, I encourage you to spend some time researching on your own, or simply ask me and we can explore it together! Below are some brief, helpful places to get started:


- [What is ketamine-assisted psychotherapy?](#)
- [Science behind ketamine and the brain](#)
- [The impact KAP has had in real people's lives](#)

KAP won't be right for everyone, and it is a personal choice whether you want to consider it. But in my steadfast dedication to serving you, I wanted to let you know that this is now an option available to you through my practice. If you're interested in how KAP could lead to breakthroughs in our work together, please let me know, and we can explore the next steps.

With 27 years of experience in psychotherapy, I bring a wealth of knowledge and expertise to guide you through life's challenges. As a licensed doctoral-level psychologist, my commitment to providing compassionate and effective therapy is unwavering.

What sets me apart is not just my extensive experience, but also my dedication to serving the LGBTQ+ community. As a proud member of the LGBTQ+ community myself, I understand the unique struggles and triumphs that come with navigating life within this vibrant community. Your identity will be respected, celebrated, and integrated into our therapeutic journey.





Furthermore, my background in harm reduction and emergency mental health equips me to address a wide range of issues with care and urgency. I also have extensive experience in eco-psychology, nature and wilderness therapy, and outdoor behavioral health care. Whether you're seeking support for anxiety, depression, trauma, or any other challenge, rest assured that you'll receive comprehensive and timely assistance.

My academic achievements include a Ph.D. in Counseling Psychology with a concentration in Behavioral Medicine, as well as a Masters degree in Mental Health Counseling, ensuring that our sessions are rooted in evidence-based practices tailored to your specific needs. By blending clinical expertise with a deep understanding of behavioral science, I empower my clients to make meaningful and lasting changes in their lives.

Above all, my goal is to create a safe and affirming space where you can explore your thoughts, feelings, and experiences without judgment. Together, we will work towards unlocking your inner strength and resilience, allowing you to live a more fulfilling and authentic life.

If you're ready to take the first step towards positive change, I invite you to schedule a consultation with me. Let's embark on this transformative journey together.

Further Reading/Listening about Ketamine-Assisted Psychotherapy:

- [Andrew Huberman's](#) 90 minute podcast into how KAP works
- Interview with [Lauren Taus](#) on how psychedelics are changing therapy
- Further [personal experiences](#) of some who tried ketamine

Respectfully,



Fred Peipman, Ph.D.
Licensed Psychologist (CA#26578; CO#3004; UT#7594724-2501)
415-841-3646
fred@drfred.net

