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Ketamine Assisted Psychotherapy (KAP) is a deep psychotherapeutic process that can lead to improvement for a number of conditions, including depression and anxiety. KAP can produce rapid results; KAP may also require a longer collaboration with your team to reach your therapeutic goals. Everyone metabolizes the medicine slightly differently, so no one on your team is able to make any promises about how this medicine will work for you.

Unlike the IV medical model, KAP sessions are conducted with the support of a therapist, as well as a physician who oversees your medical care. There is not enough conclusive research to recommend one specific course of treatment. Your KAP plan will be customized for you based on your particular needs and response to the treatment. I will be collaborating with Dr. Babbitt, but also with your personal psychiatrists and therapists, if requested or necessary.

Sessions that include Ketamine last approximately three hours, which includes time we will use to emotionally prepare, as well as time after ingesting the medicine to reflect on the experience. After the Ketamine treatment, we will continue to work together in additional talk sessions to integrate whatever thoughts and feelings arose for you. If you cancel the appointment within 24 hours, unless you test positive for COVID, we will charge the full fee. If you are 30 mins late, we will consider the session cancelled and charge the full amount.

The cost of treatment relates to the thoroughness of our work and the long duration of the sessions. I will bill you \$800 for the in-office treatment. Dr. Babbitt's office will bill you separately for the medical monitoring. I recommend that you discuss the cost of the medical portion of the KAP session with Dr. Babbitt prior to starting treatment.

Upon request, I will provide an invoice, so that you are able to receive potential reimbursement from your insurance company for psychotherapy. Ketamine is considered "off-label" for use in treating mental health conditions and is not explicitly covered by insurance. However, some patients are able to obtain partial reimbursement for psychotherapy sessions. I am not contracted with any insurance companies and am considered an "out-of-network" provider.

Ketamine is a medication prescribed and administered by a physician. Dr. Babbitt will be overseeing your ketamine treatment before, during, and after your KAP session. In order to receive the most benefits from this treatment, it is important to communicate with her about any changes in medications as well as any side-effects you experience during or after the session. Please read any paperwork and consents that she provides to you very carefully.

It is a vital part of this process that Dr. Babbitt and I work closely with one another and with you, so this consent recognizes the necessity for our open communication. If I share information with any other practitioners involved in your treatment, I will request you to sign a separate Release of Information. Please note that I cannot keep confidential from any physician with whom you are working medical information that you disclose to me (for example that you have stopped

taking your medication or that you are abusing other drugs) as it may be relevant to your medical care throughout this process.

Dr. Babbitt will monitor you via video camera for the duration of your in-office sessions. I will be in the same room with you throughout your experience, but I am not a medical professional. The video monitors are for your safety; no audio or visual recordings are taken.

You may revoke your consent and stop treatment at any time. If you decide to stop treatment, I will offer you referrals to other outside resources and/or providers. You are invited and welcomed to ask any questions you may have about any of the above.

Your signature below indicates that you understand and agree with all points above.

\_\_\_\_\_

Name

\_\_\_\_\_

Date