

KETAMINE-ASSISTED PSYCHOTHERAPY

Integrative mental health

Mystic Health's comprehensive pathway for integrative mental health treatments

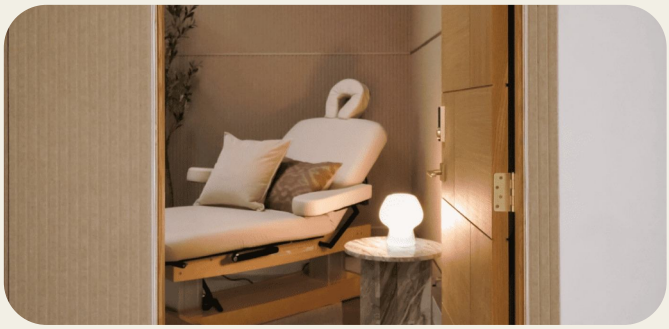
01 OUR APPROACH

Innovative care for mental health patients

At Mystic Health, we collaborate with providers to tackle the complex challenges of treatment-resistant mental health conditions such as depression, anxiety and PTSD. Many patients find it difficult to achieve significant relief despite medications, psychotherapy or other standard interventions.

Through ketamine-assisted psychotherapy (KAP), we offer an evidence-based approach that complements traditional psychiatric treatments, giving patients a renewed sense of well-being and emotional resilience.





What we offer

Ketamine therapy services

Rapid-acting relief from pain and depression through a comprehensive protocol that includes preparatory sessions, a guided ketamine experience and follow-up integration therapy.

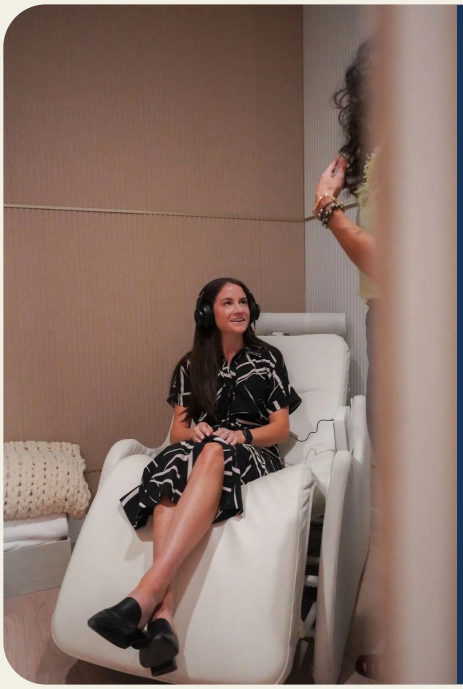
Integrative medicine services

A holistic approach to care that starts with a thorough assessment by an expert physician, offering evidence-based East-West medicine: nutrition and lifestyle coaching; acupuncture, acupressure and trigger point injections; and mindfulness and meaning-centered therapy.

Psychiatry and psychotherapy services

Expert psychiatric and psychotherapeutic services using advanced, evidence-based modalities focused on mindfulness, mind-body medicine and somatic therapies.

These treatments work in harmony with existing psychiatric care plans, giving patients new avenues for healing and personal growth.



COMPREHENSIVE SUPPORT FOR YOUR PATIENTS

A collaborative approach for patients who have not found relief through traditional methods. Our approach includes:

- **A multidisciplinary team of experts:** offering rapid-acting relief through a comprehensive protocol tailored to each patient's needs
- **Collaborative care:** transparent communication and regular progress updates
- **Patient-centered focus:** emphasis on safety, long-term outcomes and personalized healing

We aim to complement your practice by addressing persistent mental health challenges with a distinctive, whole-person approach.

03 KAP

Ketamine-Assisted Psychotherapy (KAP)

KAP combines the biological benefits of ketamine with guided therapeutic support, targeting root causes of emotional distress while fostering neuroplasticity and emotional breakthroughs. Specifically, KAP:

- Reduces symptoms of depression, anxiety and PTSD
- Helps patients process unresolved trauma and gain emotional clarity
- Enhances neuroplasticity, promoting lasting emotional resilience and well-being

Unlike IV ketamine alone, KAP includes preparation, guided ketamine sessions and follow-up integration therapy to support outcomes. Patients often report rapid relief and meaningful breakthroughs.

WHO IT'S FOR

Is KAP right for your patients?

Patients who may benefit from KAP include those experiencing:

- Treatment-resistant depression, PTSD or anxiety
- Emotional or psychological challenges that persist despite conventional treatment
- Difficulty achieving therapeutic breakthroughs with standard approaches alone

04 THE PROCESS

What does KAP involve?

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Preparation sessions

Patients meet with a therapist to set intentions, address concerns and learn about the treatment process.

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Ketamine sessions

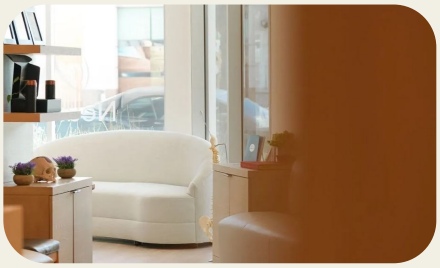
A minimum of two sessions is suggested. Administered in a safe, supportive setting with a therapist present, these sessions help patients process emotions and gain insight.

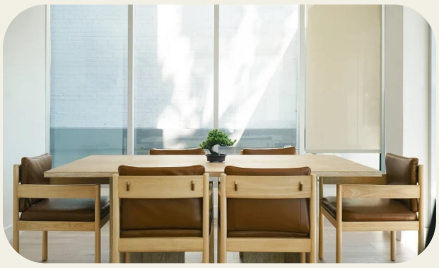
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Integration therapy

Follow-up sessions help patients make sense of their experiences, enhancing therapeutic outcomes and fostering long-term benefits.

We evaluate each patient carefully to determine whether KAP is appropriate and to ensure seamless integration with their psychiatric care plan.







Meet our multidisciplinary team

At Mystic Health, our team of integrative physicians, mental health professionals and holistic practitioners is dedicated to supporting patients in achieving emotional and psychological well-being. Led by Dr. Houman Farzin, Chief Medical Officer, we offer a collaborative, whole-person approach to mental health care.



Houman Farzin, MD

Founder
& Chief Medical Officer



Amir Vokshoor, MD

Founder
& Neurosurgeon, NeuroVella



Thaís S. Araujo, MD

Integrative Medicine
& Palliative Care Physician



Dustin Z. DeYoung, MD

Psychiatrist & Addiction
Medicine Physician



Victoria Bielma

PMHNP-BC, Psychiatric Mental
Health Nurse Practitioner



Lisa Kring, LCSW

Integrative Therapist
& Mindfulness Teacher



Dina Karvounides, PsyD

Licensed Clinical Psychologist
& EMDR Trained



Stephanie Karzon Abrams, Clin. Pharm.

Clinical Neuropharmacologist
& Clinical Director

We take a collaborative, whole-person approach to mental health care. With expertise in mind-body medicine, integrative therapy and psychiatry, our multidisciplinary team works together to address the biological, emotional and energetic roots of mental health challenges.

This partnership ensures that each patient receives thoughtful, individualized care that integrates traditional and holistic modalities. By combining clinical insight with compassionate, integrative support, we empower patients on their path to healing and resilience.

Empower your patients with personalized, integrative care

If you have patients ready to take a more proactive, whole-person approach to their health, refer them to Mystic Health to begin their healing journey.

Refer a patient

Mystic Health

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