

Starting a new treatment can feel overwhelming. This guide gives you a clear picture of our services, pricing, and process while also offering key questions to ask when choosing a mental health care partner so you can feel confident in moving forward with the right option for you.

OUR SERVICES

- [Ketamine-Assisted Therapy \(KAT\)](#)
An evidence-based treatment offered in two forms: **psychedelic** (low dose for introspection) and **psycholytic** (lower dose during therapy), always with therapeutic support.
- [Repetitive Transcranial Magnetic Stimulation \(rTMS\)](#)
A non-invasive treatment that uses gentle magnetic pulses to stimulate brain activity and support mood regulation.
- [General Therapy](#)
One-on-one counselling with licensed therapists to support mental health, relationships, and overall well-being.
- [Other Psychedelic-Assisted Therapies](#)
Programs using psychedelic medicines, provided with clinical oversight and integration support. Approval required, contact us for more info.

PRICING SCHEDULE

*KAT Psychedelic	*KAT Psycholytic	*rTMS	General Therapy
<i>Low Dose Introspective Session</i>	<i>Lower Dose During Therapy Session</i>		
\$1,585 Initial Program	\$1,530 Initial Program	10 sessions over 10 days - \$899	Psychologist \$230-235/hr
\$795/ Additional Medicine Session	\$740/ Additional Medicine Session	30 sessions over 30 days - \$2,299	Social Worker \$200/hr
*KAT Treatments are <u>inclusive</u> of clinical assessment & prescription (1.5 hrs), preparation therapy (1 hr), intention-setting therapy (1 hr), medicine session (3 hrs), integration therapy (1 hr), follow-up care (1 hr), integration circles (4+)		Additional treatments at \$75/session	Provisional Psychologist \$175/hr
			Clinical Counsellor \$180/hr

**Custom packages are available*

Why Clients Choose ATMA CENA

- ✓ Licensed & accredited clinics
- ✓ Specially trained therapists with 5+ years experience
- ✓ Prep + integration therapy included with KAT
- ✓ Referral support and guidance
- ✓ Continuous 1:1 support during KAT treatments



KAT Treatment Process

PHASE 1: LAYING THE FOUNDATION



INFO CALL WITH CLIENT
SUPPORT SPECIALIST



REFERRAL: PSYCHOLOGIST,
GP, OR ATMA CENA NP



DISCOVERY CALL WITH
PRESCRIBER



CARE PLAN
REVIEW

\$300 deposit is collected

PHASE 2: PREPARING FOR TREATMENT



PHYSICAL ASSESSMENT
WITH NURSE



TREATMENT PLAN
SELECTION



INTENTION
THERAPY SESSION

Balance of payment is collected

PHASE 3: MEDICINE & INTEGRATION



MEDICINE
SESSION(S)



THERAPY
SESSION(S)



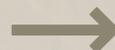
CLINICAL TEAM
MONITORING

Avg. treatments are 4-8; varies per individual.

PHASE 4: FOLLOW UP & SUPPORT



NURSE & PRESCRIBER
FOLLOWUP



INTEGRATION
CIRCLES



ONGOING THERAPY
OR OTHER SUPPORT
AS NEEDED

What to Ask When Choosing a KAT Provider



Are preparation and integration therapy included in the program costs?

Not all clinics include these essential supports — sometimes they're billed separately or not offered at all. At ATMA CENA, your program is comprehensive, all in one place, and includes: assessment and prescription, preparation, intention setting, the medicine session, integration therapy, and follow-up care.



Is the clinic licensed and accredited?

ATMA CENA clinics are licensed by Alberta Health, and accredited through the College of Physicians and Surgeons ensuring safe, effective, and high quality care.



What is the referral process?

Receiving a referral for a novel and specialized treatment through GP can be challenging; ATMA CENA provides referral guidance and support to expedite the process.



Will I have continuous support during medicine sessions?

For your safety and comfort, you are not left alone or monitored remotely, but are accompanied and supported throughout the medicine session.



What qualifications do the therapists have?

The College of Alberta Psychologists and the Alberta College of Social Workers, require that therapists must be licensed for 5+ years to offer KAT. Our therapists are psychologists and clinical social workers who meet this requirement and have also completed specialized training in KAT.



Can they guarantee it is going to work?

KAT has the potential to create meaningful change. The journey and timing looks different for everyone. Our team will monitor your progress and make adjustments to **optimize results**.



Can they work with your therapist?

Yes. Through our CoCare program, we can partner with your therapist if they have the appropriate training and build a service agreement with us.

WHAT TO ASK YOUR INSURANCE PROVIDER



What is my total yearly coverage for mental health therapy? How much remains this year? When do my benefits reset?



Are there any limitations related to my claim that I should be aware of? i.e. session length, hours/week etc.



What provider designations are covered (e.g. registered psychologist, clinical social worker etc.)?



Do I have a flex spending/wellness account benefits that can be used?