Helping the Helpers

Ketamine-Assisted Psychotherapy, Group-based Healing and Support for Health Professionals

Evolve Mind Wellness in Sebastopol is offering a five-week ketamine-assisted psychotherapy (KAP) group for medical and mental health care providers in the local area. If you are a licensed mental health or medical professional who has found yourself giving to your community without enough time to restore yourself, please consider this workshop.

We will be using KAP to address the compassion fatigue, secondary trauma and depression that so many of us have experienced due to our work, the pandemic and wildfires.

We would like to help you find a sense of deeper peace.

KAP is a breakthrough modality that helps people process trauma, alleviate anxiety and depression, and gain greater motivation to follow through on self-care habits that will foster a better work/life balance.

Our group experience will support you to:

* Process traumatic experiences
* Alleviate feelings of overwhelm and compassion fatigue
* Foster new habits to assist in managing depression and anxiety in daily life
* Create community with like-minded souls to support the important work you do

This group will meet for 5 consecutive Monday afternoons in Sebastopol starting July 3, and will include 3 psychedelic journeys with ketamine and time for integration.  All sessions will be led by licensed therapists. A physician will be present onsite for all ketamine sessions.

Workshop Leaders: Celeste Monnette, LCSW

Shoshana Davis, LMFT

Suegee Tamar-Mattis, DO

Cost:  $2500 (price reduced for existing Evolve patients who have been through the intake process in the last year)

Deadline for application:  June 9

*Spaces are limited.*

To apply for this workshop, or for questions, please contact Evolve Mind Wellness at (707) 861-9208, or at [evolvemindwellness@gmail.com](mailto:evolvemindwellness@gmail.com).

Evolve Mind Wellness is creating a scholarship fund to make treatment more accessible and available to help those in need.  If you are able to contribute to this fund, please contact us!  We need our vital mental and health care provider to stay in our area – please help if you can.