



# KAP for Queer Folx: A Ketamine-Assisted Group Therapy Experience

Alex Belser, PhD & Jacob Perlson, MD

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InnerMost, NoMad, Manhattan

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# Dates

1-on-1 Intake: To be scheduled — 60 minutes (Zoom)

Prep: December 11th, 7:30 to 9:00 pm (In-person)

Ketamine Day: December 13th, 12:00 pm to 5:00 pm (In-person)

Integration: December 15th, 7:30 pm to 9:00 (Zoom)

# Location

InnerMost, 137 East 25th Street (11th floor), New York, NY

# About

Queer and gender-expansive people have always been experts in transformation. We know what it means to question assumptions about who we are, how we show up, and what it means to exist authentically in a world that often rejects us. Yet our communities also endure disproportionate burdens of stress and discrimination. Research shows that sexual and gender minorities experience higher rates of depression, anxiety, panic disorders, and problematic substance use—not because there’s anything inherently “wrong” with us, but because of the chronic social pressures, family rejection, and systemic oppression woven into our everyday lives.

Against this backdrop, psychedelic-assisted therapies offer a unique horizon of hope. Ketamine, approved by the FDA in 1970, has been observed in multiple studies to improve symptoms of depression and other mood disorders. Recent evidence has shown that group ketamine-assisted psychotherapy (KAP) for LGBTQIA+ people can be efficacious and enhanced by bringing together people in affinity groups (HHCM, 2025). By offering group KAP in an affirming environment, we aim to address the extra stress that burdens queer and gender-expansive folx and to create a supportive setting for deep healing and growth.



# Is this experience right for you?

This experience may be right for you if you are:

- Identify as LGBTQIA+ and want care in an affirming, identity-centered space
- Are navigating depression, anxiety, trauma, or related challenges
- Are curious about the healing potential of psychedelic-assisted therapy
- Seek connection and support within a group of peers who share similar lived experiences
- Value a holistic, compassionate approach that addresses the impact of systemic oppression

## What to expect?

KAP for Queer Folx: A Ketamine-Assisted Group Therapy Experience is a comprehensive psychotherapy program offered exclusively for LGBTQIA+ individuals. It provides a safe, affirming space where you can embark on a healing journey with peers who share and respect your identity. Our treatment team specializes in LGBTQIA+-affirming care and provides compassionate support.

The program includes several stages to ensure you feel prepared, supported during the ketamine experience, and guided in integrating insights.

*For key components of the program, continue reading.*

# Key Components

**60-Minute One-on-One Medical & Therapy Intake(s):** A private consultation with a medical professional to review your health history, discuss any concerns, and ensure ketamine therapy is medically safe and appropriate for you. During this initial session, we will also get to know you, clarify your intentions and goals, and establish a trusting therapeutic relationship before the group work begins.

**90-Minute Group Preparation Session (In-person):** A meeting with fellow participants and the treatment team to prepare for the ketamine session. You will learn what to expect, discuss intentions, and build a sense of community and safety with the group before the in-person experience.

**Five-Hour Ketamine Session (In-person):** A supportive, facilitated group ketamine journey held in a comfortable space. You will receive an intramuscular (IM) injection of ketamine under medical supervision. The treatment team (a psychiatrist, psychologist, and therapist) will be present throughout to ensure safety and offer guidance or support as needed. The active effects typically last about 60 minutes, followed by an extended “afterglow” period to reflect and gently reorient. During the session, you may relax with your eyes closed (eye masks and music are provided), while the team monitors you and helps you navigate any emotions or insights that arise. Being in a group of LGBTQIA+ peers adds a shared sense of understanding and support during this profound, introspective experience.

**90-Minute Group Integration Session (Zoom):** A few days after the ketamine session, the group reconvenes virtually with the therapists to integrate the experience. You will share reflections, explore new insights or emotions that surfaced, and learn ways to apply this healing into your daily life. Integration is a crucial part of the process to ensure the benefits of the ketamine journey are understood and incorporated moving forward.





# Meet Your Facilitators

## **Alex Belser, PhD (he/they)**

Dr. Alex Belser is a clinical psychologist and leading psychedelic researcher with over 20 years of experience in the field of psychedelic medicine. He has served as an investigator on numerous psilocybin and MDMA therapy trials at NYU and Yale University, and has been a pioneer in developing compassionate treatment models.

Dr. Belser is also an advocate for queer mental health in psychedelic medicine. His last book was *Queering Psychedelics: From Oppression to Liberation in Psychedelic Medicine*. He brings warmth, scientific rigor, and deep expertise to ensure our program is safe, evidence-based, and inclusive.

## **Jacob Perlson, MD (he/him)**

Dr. Jacob Perlson is a psychiatrist and psychotherapist providing inpatient and outpatient care in New York City. He has been trained in ketamine therapy, psychedelic therapy and integration, and general psychiatry. Dr. Perlson has spoken nationally on psychedelic psychiatry and has written extensively on mental health in LGBTQ+ communities. He is currently researching the psychedelic workforce with colleagues at Columbia University.

Dr. Perlson is dedicated to advancing safe, effective psychedelic treatments and approaches therapy with compassion and medical excellence.

# Pricing Information

We are committed to making this program accessible. The base cost of the program is \$750, which covers the entire package of intake sessions, the ketamine day, and the integration follow-up.

We offer a **sliding scale fee structure** based on household income:

- Household Income under \$50,000: Program fee \$450
- Income \$50,000 – \$75,000: Program fee \$600
- Income \$75,000 – \$100,000: Program fee \$750 (Standard Rate)
- Income \$100,000 – \$150,000: Program fee \$900
- Income over \$150,000: Program fee \$1,125

If your sliding scale fee is lower than the standard rate, a scholarship is automatically applied to cover the difference. In other words, no one eligible for this program will pay more than they can afford – we will ensure you receive the financial support you need.

Our goal is to not let cost be a barrier to healing. We will provide a medical superbill you may provide to your health insurer for out-of-network reimbursement, or to work toward a deductible.

If you have questions about the fee or need additional assistance, please reach out to discuss options: [miles@innermost.one](mailto:miles@innermost.one)