



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

Therapist Edition

Alex Belser, PhD & Jacob Perlson, MD

Spring 2026

InnerMost, Gramercy, Manhattan

Contact: liana@innermost.one

About KAP for Queer Folx

Queer therapists are cultural translators. We move between worlds, challenge inherited assumptions about identity and embodiment, and are often the ones our communities turn to in crisis. We hold complexity and contradiction, and help hold others together.

And yet, we are not immune to the toll of that holding. Sexual and gender minorities experience **higher rates of depression, anxiety, and stress-related conditions** due to systemic oppression and chronic social pressure. Add the emotional labor of psychotherapy within systems shaped by burnout and moral injury, and the burden compounds. This program is designed to interrupt that pattern by offering affinity-based ketamine-assisted psychotherapy as **a space for restoration, depth work, and solidarity among queer clinicians.** Being in a group of queer therapists brings a shared depth of understanding, not only of identity, but of the healer's burden and the vulnerability required to step into one's own work.

Ketamine, approved by the FDA in 1970, has demonstrated efficacy in improving symptoms of depression and other mood disorders. Emerging evidence suggests that **group ketamine-assisted psychotherapy (KAP) for LGBTQIA+ individuals can be particularly powerful** within affinity-based containers.

By offering KAP specifically for queer therapists in an affirming, collegial setting, we aim to:

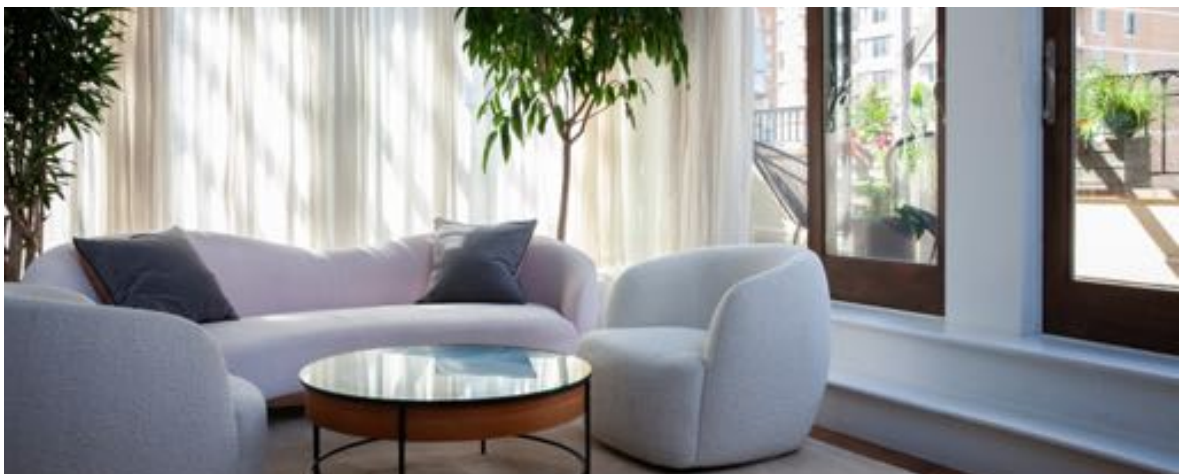
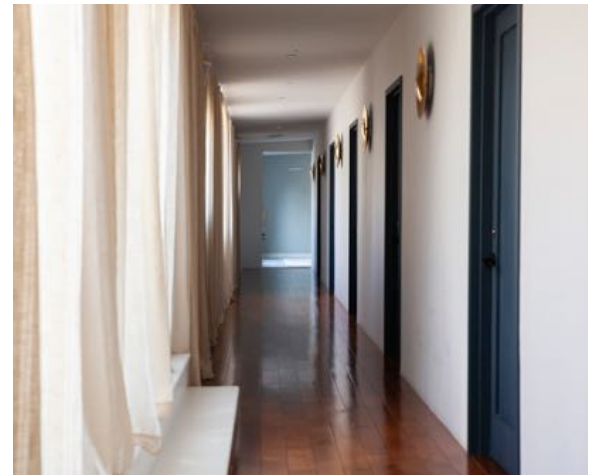
- **Sustain** the healer
- **Deepen** your own psychotherapy
- **Offer** experiential familiarity with ketamine-assisted psychotherapy
- **Foster** solidarity and nourishment among clinicians
- **Create** a supportive setting for meaningful healing and growth

This is psychotherapy, not a training. While participants may gain experiential understanding of KAP, the primary purpose is your own healing and personal work.

Location

InnerMost | Ketamine, Spravato, & Psychotherapy Services

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



InnerMost, Gramercy, NYC

Dates

Join us for one of the following options:

1. **One Journey** (one medicine session / one integration session) *or*
2. **Full Journey Series** (three medicine sessions / two integration sessions), as indicated by the asterisks below.

Both options include a potluck integration and closing gathering at InnerMost.

March 5, 2026 (Thu), 7:30 – 9:00 pm (Zoom)

Free Open House and Information Session

- Open to all without advanced reservation
- **Zoom:** <https://us02web.zoom.us/j/6076806835>

March 26, 2026 (Thu), 7:30 – 9:00 pm (Zoom)

Preparation Session #1

March 28, 2026 (Sat), 12:00 – 5:00 pm (In-person)

Medicine Session #1

March 30, 2026 (Mon), 7:30 – 9:00 pm (Zoom)

Integration Session #1

April 11, 2026 (Sat), 12:00 – 5:00 pm (In-person)

Medicine Session #2*

April 13, 2026 (Mon), 7:30 – 9:00 pm (Zoom)

Integration Session #2*

April 18, 2026 (Sat), 12:00 – 5:00 pm (In-person)

Medicine Session #3*

Full Journey Series
(optional)

April 24, 2026 (Fri), 7:30 – 9:30 pm (In-person)

Potluck Integration & Closing Gathering at InnerMost (Gramercy, NYC)

Is this experience right for you?

This experience may be right for you, if you:

- Identify as LGBTQIA+ and are a practicing therapist or mental health professional
- Want care in an affirming, identity-centered space
- Are engaged in your own psychotherapy and ongoing growth
- Are navigating depression, anxiety, trauma, burnout, or existential strain
- Are curious about the healing potential of psychedelic-assisted therapy
- Seek connection and support within a group of queer clinician peers
- Value a holistic, compassionate approach that addresses the impact of systemic oppression

What to expect

KAP for Queer Folx: Therapist Edition is **a comprehensive group psychotherapy program** offered exclusively for LGBTQIA+ clinicians. It provides a safe, affirming space where you can embark on a healing journey with peers who share and respect your identity, and who understand the unique emotional labor of therapeutic work.

Our treatment team **specializes in LGBTQIA+-affirming care** and provides compassionate, evidence-based support.

The program unfolds across **multiple medicine sessions with preparation and integration** built around each experience.

Key components

60-Minute One-on-One Medical & Therapy Intake(s) (Zoom)

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 session, we will clarify your intentions and establish a trusting therapeutic relationship.

Group Preparation Session (Zoom)

A meeting with fellow participants and the treatment team to prepare for the first medicine session. You will learn what to expect, discuss intentions, and begin cultivating psychological safety and collegial trust.

Three Five-Hour Ketamine Sessions (In-person)

Each session is a supportive, facilitated group ketamine experience held in a comfortable space. You'll receive an intramuscular (IM) injection of ketamine under medical supervision. The treatment team (a psychiatrist and psychologist) will be present throughout to ensure safety and offer support.

- *The active effects typically last ~60 minutes*, followed by an extended “afterglow” period for reflection and gentle reorientation. During the session, you may relax with your eyes closed (eye masks and music are provided), while the team monitors you and supports any emotional or psychological material that arises.

Integration Sessions (Zoom)

Following each medicine session, the group reconvenes virtually to integrate the experience. You will share reflections, explore insights and emotions that surfaced, and identify ways to bring the work into your clinical and personal life. Integration ensures that the benefits of the ketamine experience are metabolized and sustained.

Closing Potluck Integration Gathering (In-person)

Our final gathering is an extended, in-person integration circle and shared meal. This closing ritual honors the relational bonds formed in the group and affirms the importance of community care among healers.

Meet your facilitators

Alex Belser, PhD (he/they)

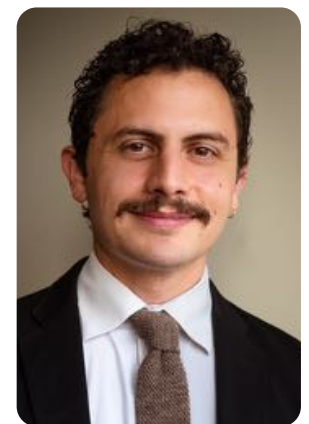
Dr. Alex Belser is a clinical psychologist and leading psychedelic researcher with over 20 years of experience in the field of psychedelic medicine. He has served as an investigator on numerous psilocybin and MDMA therapy trials at NYU and Yale University, frequently teaches and trains clinicians, and has created a psychedelic therapy detailed in his latest book, *EMBARK Psychedelic Therapy for Depression* (Oxford University Press).



Dr. Belser is also an advocate for queer mental health in psychedelic medicine. His book, *Queering Psychedelics: From Oppression to Liberation in Psychedelic Medicine*, explores LGBTQIA+ inclusion in psychedelic care. He brings warmth, scientific rigor, and deep clinical presence to ensure this 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. You have two options: the One Journey option, and the Full Journey Series option, which includes two additional medicine sessions and an integration session.

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; Full Journey Series (FJS) fee \$720
- Income \$50,000 – \$75,000: Program fee \$600; FJS fee \$960
- Income \$75,000 – \$100,000: Program fee \$750 (Standard Rate); FJS fee \$1200
- Income \$100,000 – \$150,000: Program fee \$900; FJS fee \$1440
- Income over \$150,000: Program fee \$1125; FJS fee \$1800

If your sliding scale fee is below 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.

Reach out

If you have questions about the fee or need additional assistance, **please reach out to discuss options or to sign up: liana@innermost.one.**

We encourage you to **attend the free Open House and Information Session** (open to all without advanced reservation) on March 5, 2026 (Thu), 7:30 – 9:00 pm **via Zoom: <https://us02web.zoom.us/j/6076806835>**



InnerMost, Gramercy, NYC