

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

Alex Belser, PhD ~ June 14, 2025 ~ Midtown East, New York

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D A T E S

Prep: June 12th 6:30 to 8:30 pm (in-person)

Day Of: June 14th 12:00 pm to 5:00 pm (in-person)

Integration: June 16th 7:00 pm to 8:30 (Zoom)

L O C A T I O N

InnerMost headquarters: 222 East 46th Street, New York, NY

For details, continue reading, or for questions or to book your spot reach out to miles@innermost.one



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.



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KEY COMPONENTS OF THE PROGRAM INCLUDE:

- 1. 30-Minute One-on-One Medical Intake:** 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.
- 2. 45-Minute One-on-One Therapy Intake:** An individual therapy session with Alex Belser to get to know you, clarify your intentions and goals, and establish a trusting therapeutic relationship before the group work begins.
- 3. 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.
- 4. 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.
- 5. 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.

ADDITIONAL DETAILS

Location: InnerMost headquarters, 222 East 46th Street, New York, NY

Led By: Alex Belser, PhD, a clinical scientist and psychologist and Miles Bukiet, a meditation teacher and psychotherapist; with Casey Paleos, MD, a psychiatrist and psychedelic therapy researcher offering medical care.

Cost: 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 are committed to making this program accessible and towards that end we'd like to offer a sliding scale from \$450 to \$1,125. 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. We hope to turn no one away.



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MEET YOUR FACILITATORS

Alex Belser, PhD

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.

Casey Paleos, MD

Dr. Casey Paleos is a board-certified psychiatrist specializing in psychedelic-assisted psychotherapy who has been a leader in psychedelic medicine and research. He was a co-investigator in some of the earliest studies using ketamine for depression and has been treating patients with ketamine in his New York practice since 2016. Dr. Paleos has also played a leading role in clinical trials of MDMA-assisted therapy for PTSD and previously served as Medical Director for a major ketamine clinic. He is dedicated to advancing safe, effective psychedelic treatments and approaches therapy with compassion and medical excellence.

Miles Bukiet, LMSW

Miles Bukiet is a therapist and meditation instructor with over a decade of intensive training in mindfulness and mind-body practices. He holds graduate degrees in Applied Positive Psychology and Social Work, and has completed advanced training in psychedelic-assisted therapies – including MDMA therapy with MAPS and ketamine therapy with PRATI. Miles has led meditation retreats and co-founded a nonprofit for young adult meditation. In our program, he focuses on integrating mindfulness and compassion techniques to help participants feel grounded and supported through their ketamine journey and beyond.



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InnerMost is committed to driving innovation and excellence in the psychedelic space by conducting research, training therapists, and providing care to clients.

Whether or not you can join this retreat, sign up to our mailing list to stay updated on upcoming offerings and become a part of this emerging community by visiting: innermost.one to sign up for the email list and following us on social media:

Instagram: @innermost.one — Facebook: InnerMost PBC — X: @innermost_one

CONTACT US

For questions, more information, or to **reserve your spot**, reach out to: miles@innermost.one



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