



DISCOVERY GUIDE

oodyyssey

THERAPEUTIC PROCESS



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INTRODUCING ODYSSEY

You may recognize your patterns, or know what should help. And still, you find yourself in the same place. It's not always due to a lack of effort, rather how deeply these patterns can be wired.

Most mental health approaches focus on one method — whether that's medication, counselling, or lifestyle changes. What's often missing is a structured way to connect them, so that change can actually take hold.

Odyssey is a therapeutic process designed to do that, with:

- preparation counselling and education to orient intention
- a guided, medically supported therapeutic ketamine experience
- and integration counselling and guidance on supportive practices to help translate insights into real change

Each part is vital. It's not a quick fix, nor is it passive.

You are your own healer. We're here to guide the process.

This guide will help you understand how it works, what to expect, and whether it's right for you. If this is already resonating, you can [book a 15-minute conversation](#) here.

Welcome to your **Odyssey**.

YOUR ODYSSEY ROADMAP



STEP 1

Discovery

Start with a 15-minute Discovery Call. Our care team will answer your questions and explain the next steps, including intake, screening, and next steps.



STEP 2

Orientation

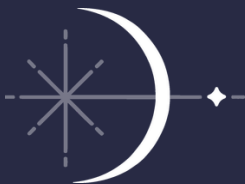
Through preparation counselling and intention setting, become equipped to fully engage with the experience.



STEP 3

Experience

A medically supervised and administered therapeutic ketamine experience. Open neurological windows for more helpful insights and patterns to emerge.



STEP 4

Integration

Through counselling and practices, be supported in incorporating insights and changes into your daily life.

WHAT IS A THERAPEUTIC KETAMINE EXPERIENCE?

Imagine a moment of clarity — a shift in how you relate to thoughts and emotions that usually feel fixed. In that space, new perspectives can emerge. Some people find it easier to see how past experiences connect to present patterns, process emotions, or access self-compassion.

This shift can be supported by ketamine, which may temporarily induce a non-ordinary state of consciousness — creating some distance from familiar thought patterns and making new perspectives easier to access. **Within Odyssey, the therapeutic ketamine experience is a catalyst within a therapeutic process.**

Ketamine has been shown to support neuroplasticity, meaning the brain may become more open to forming new patterns. It is also a medication that has been used safely in medical settings for decades.

At the same time, responses vary. The experience alone rarely creates lasting change — what matters is how you engage with the process before and after.

As Dr. Craig Heacock puts it, “A ketamine treatment is a compost dump into the garden of you. You still have to get out and work the garden.”

Within Odyssey, this is supported by preparation, integration, and ongoing practices — so insights can be sustained, rather than lost.

CAN ODYSSEY HELP ME?

You may see yourself in some of the following:

- Exhausted from **chronic stress and burnout**
- **Excessive worrying** that gets in the way of life
- **Mood fluctuations** that hurt relationships
- **Constant negative self-speak** and self-sabotage
- **Loss of interest** in things normally passionate about
- Wanting to understand and **move forward** from trauma
- Managing eating and sleeping disorders
- Desire for **personal transformation**
- Longing for **deeper self-understanding** and growth
- **Searching for meaning** and purpose in life
- Wanting to **break free from unhelpful patterns**
- Looking to **become the most fulfilled** version of yourself

If you see yourself here, the next step is a short conversation to explore whether this approach makes sense for you.

IS ODYSSEY SUITABLE FOR ME?

Odyssey is not a one-size-fits-all approach.

You may be eligible if you:

- are seeking support for mental or emotional health challenges such as **anxiety, depression, burnout, or trauma**
- are 19+ and able to commit time and energy to the process
- have stable life circumstances and access to a phone or computer for virtual support
- are able to attend in-clinic sessions with a designated driver
- are open being an active participant, engaging fully in preparation and integration

A small number of medical or psychiatric conditions may make this approach unsuitable. Your care team will review your history to ensure this is a safe and appropriate option for you.

For full eligibility details, you can review our [criteria](#) here.

WHAT ODYSSEY ASKS OF ME:

Odyssey is a catalyst. It works best with active participation.

- I recognize that the therapeutic ketamine experience is only an accelerator, not a standalone solution.
- I am open to exploring the patterns shaping my thoughts, emotions, and behaviours
- I am willing to engage in preparation — understanding my patterns, setting intentions, and preparing mentally and emotionally for the experience
- I am willing to engage in integration — making sense of the experience, applying insights in my daily life, and supporting this process through ongoing practices (such as reflection, movement, or mindfulness)
- I am willing to stay present with uncomfortable or unfamiliar experiences, with support
- I understand that change happens over time

WHAT WE'VE OBSERVED SO FAR FROM PARTICIPANT COHORTS

70%

showed improvement in
depression scores

60%

showed improvement in
anxiety scores

1 in 2

no longer met criteria for
moderate-to-severe
depression at 3 months

91%

In some cases, depression
scores dropped by as
much as 91%.

Based on aggregated data from over 300 participants across 3.5 years.
Individual outcomes vary.

YOUR ODYSSEY CARE TEAM



Dr. Anita Sanan

Medical Director

Board-certified anesthesiologist specializing in ketamine-based treatments, overseeing clinical safety, protocols, and patient care.



Dr. Francois Louw

Research & Innovation

Pain medicine specialist and clinical researcher, with experience at one of Canada's largest pain centres. Oversees treatment delivery and leads ongoing research and development.



Dr. Michelle St. Pierre

Clinical Psychologist

Clinical psychologist and postdoctoral researcher at UBC Okanagan, specializing in the therapeutic use of psychedelics. Supports preparation and integration through evidence-based care.



Juliet Aujla-Fieldt

Psychedelic Counsellor

MSW-trained counsellor with psychedelic-assisted therapy training and a background in paramedicine. Supports individuals in navigating challenging emotional experiences through preparation and integration.

INTAKE PROCESS AND INVESTMENT

Getting started begins with an initial intake (\$400), which includes a medical and therapeutic consultation to review your history, clarify your goals, and ensure this is a safe and appropriate path for you.

From there, the therapeutic process is \$1400 and includes preparation counselling, a guided therapeutic ketamine experience, integration counselling, and ongoing support for integration practices.

Your care team will guide the format of the experience based on what's most appropriate for you.

Ketamine treatments are not currently covered by MSP or directly billed to insurance. You may be able to submit invoices for reimbursement depending on your plan. Flexible payment options (CoCoPay and Medicaid) are available to help make this process more accessible. We can walk you through these options if needed.

Let's chat about your options on a [quick conversation](#).

GETTING STARTED IS SIMPLE.

- 1 Book a 15 minute discovery call.**
A quick conversation to answer your questions and help you decide if this feels like a fit.
- 2 Complete your intake and screening.**
Complete your intake and meet with an Odyssey physician for medical and psychiatric screening.
- 3 Follow your personalized care plan.**
If Odyssey is appropriate for you, your care team will guide you through preparation, your in-clinic experience, and integration support.



odyssey

make new connections

If this feels like a fit,
here are the next steps.

[Book 15 Minute Discovery Call](#)

No referral required.

No commitment required.

Suitability is determined through medical and psychiatric screening with an Odyssey physician.

