



## Discover Resiliency!

### Join us - Women's Therapeutic Retreat in Palm Springs

Retreat Format - Heal anxiety, depression and PTSD resulting from trauma

**We personalize your medicine and therapeutic experience.**

**When:** February 1<sup>st</sup> - February 5<sup>th</sup>, 2024

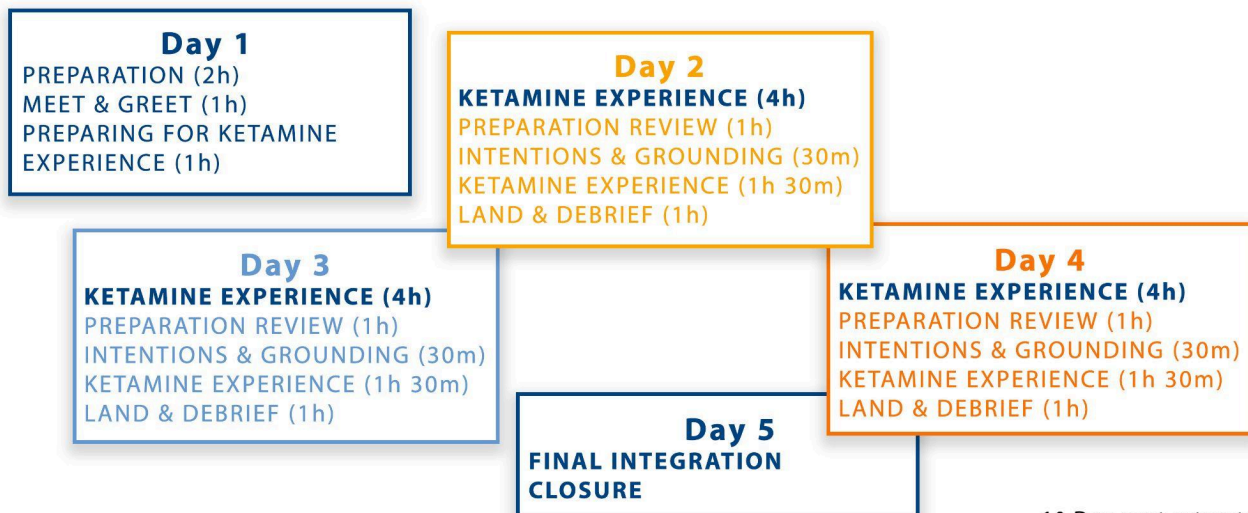
**What:** Retreat Therapy augmented with Group Ketamine Assisted Therapy (KAT), to heal wounds, cultivate resilience, and find innate inner strength - KAT in a group setting has been found to intensify the process of healing wounds and can result in rapid and profound change.

**Where:** The Jack Estate, Thousand Palms, CA

**Why:** This retreat is appropriate for women eager to emancipate themselves from the anxiety and/or depression resulting from trauma, sexual violence, or domestic violence. **Ketamine is safe and legal, with 80% efficacy proven by evidence-based medical research.** Taking advantage of the effects of Ketamine on **neuroplasticity** can allow for a **reconciliation of past negative experiences with one's current condition.** With guided group experiences and the psycholytic effects of ketamine, women heal themselves.

**Who:** Founder of Be the Change in Mental Health (BTC) **Dr. Marisha Chilcott MD** and **Julane Andries** Transformational PsychoTherapy

#### **Itinerary:**



10 Day post retreat:  
GROUP FOLLOW UP (1-2h) (Google Meet)

4-5 weeks post Retreat:  
PROGRESS CHECK IN (Google Meet)



Be the  
**CHANGE**  
IN MENTAL HEALTH

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**Details:** Double or single occupancy available, at this beautiful private estate. **All meals are included.** Three KAT Group therapy sessions will be conducted by trained, licensed staff. MD and RN will administer and monitor medicine sessions. Sacred space will be confidential and safe.

**Cost:** \$5,000 Single Occupancy / \$4,000 Double Occupancy, pricing includes \$450 (non-refundable) fee for Medical and Psychological Evaluation to be performed before the retreat, all meals and yoga

The reservation is only confirmed upon full payment. Full payment is due by January 18, 2024. The cancellation fee is \$1000 after January 18, 2024.

**10% discount offered to First Responders and Veterans!**

Space is limited! Please contact BTC at: **(707) 800-7568**

