

Landing Page Vision

Headline: Begin your Odyssey: Transform Your Life Across 6 Dimensions of Wellness

Subheadline: The World's Most Comprehensive Ketamine Program, Right here in Colorado!

Hero Image/Video or VSL

Discover the Transformative Power of Ketamine Therapy

The Delos Odyssey program offers a unique journey into wellness through ketamine therapy, specifically designed for those grappling with mental health challenges like depression, anxiety, and trauma, and for individuals pursuing profound self-development. This innovative therapy, beyond traditional methods, works by fostering new neural pathways, offering rapid and effective relief.

But that's not all. This program goes much further than just ketamine therapy...

We take you on a completely comprehensive 90-day journey designed to make lasting change in EVERY area of your life. During this personalized experience you will be accompanied by some of the world's best mental health practitioners. It offers not just symptom relief, but a path towards deep, enduring healing and personal transformation.

Infographic on the 6 pillars of wellness: Emotional, Nutrition, Physical, Purpose, Spiritual, Social/Cultural

Infographic showing benefits:

Quick and Effective

Personalized to You

Comprehensive

Exclusive

Complete Transformation

Sign up / contact flow (We are now accepting 3 people for the initial cohort)

- Button <Set up your free consultation now!>
- Button <Join the Waitlist>

Program Offerings

Infographic of program offerings / schedule

▼ 1 Medical Evaluation

Our psychiatrists conduct the medical evaluation to gain a comprehensive understanding of your health. This process ensures potential risks, contraindications, and individualized considerations are carefully evaluated. It allows for a safer and more personalized therapeutic experience.

▼ 1 Preparation Session

After being assigned to a Ketamine Assisted Therapist, you'll complete a preparation session to establish rapport, address any concerns or expectations, and help set a supportive foundation. This ensures a more effective and comfortable therapeutic journey.

▼ 6 Ketamine Assisted Therapy Sessions

Ketamine sessions occur once every 2 weeks and lasts 2 hours. Undergoing ketamine-assisted psychotherapy sessions with the same therapist fosters a sense of security. This safety feeling allows for a deeper therapeutic alliance and continuity in personal transformation. A therapist and a team nurse will support you at each session.

▼ 6 Integration Sessions

Integration sessions with your therapist are one hour long and take place every two weeks, typically 1-3 days after your ketamine session. Engaging in integration sessions after each ketamine-assisted psychotherapy session is crucial for processing and integrating the insights gained. This approach ensures a smooth transition from the psychedelic experience to real-life application, maximizing the therapeutic benefits and promoting lasting positive changes.

▼ Nutrition & Movement Coaching

Our nutrition specialist offers personalized guidance on dietary choices, nutrient intake, and lifestyle adjustments tailored to enhance mental health and overall well-being. Incorporating movement and exercise into one's routine is essential for promoting physical well-being, alleviating stress, and fortifying mental resilience.

▼ Labs and Micronutrient Testing*

*Labs and organic acid testing are helpful for identifying physiological markers, nutritional deficiencies, and metabolic imbalances, providing valuable insights that guide the development of targeted and personalized interventions. *Labs are usually covered by insurance, micronutrient testing may not be and is optional.**

▼ Mindfulness Coaching

In this session, you will meet with a mindfulness expert to explore ways to enhance presence and contentment in your life. Mindfulness training encourages present-moment awareness through meditation and mindful exercises. It fosters a deep connection to your current experiences and choices, contributing to a heightened sense of purpose.

▼ Spiritual Coaching

Spiritual coaching is a transformative journey that will profoundly impact your life. It provides personalized guidance to uncover your deepest spiritual beliefs and values, anchoring a strong sense of purpose in your life. The journey with a spiritual coach is not just about personal growth. It's about creating a deep and meaningful connection with the natural world and the universe. This profound interconnectedness will inspire a new perspective, empowering you to live a life of purpose, balance, and harmony.

▼ Hypnotherapy or EMDR

Choose between an transformative hypnotic session or an EMDR session to process trauma.

Hypnosis therapy offers a transformative experience by inducing a focused state of heightened suggestibility, facilitating therapeutic benefits such as

improved relaxation, heightened self-awareness, and targeted behavior modification.

EMDR therapy, through its structured approach of guided eye movements, enables the reprocessing of distressing memories, fostering emotional healing and relief from symptoms associated with trauma, ultimately promoting psychological well-being.

▼ Holotropic breathwork

▼ Holotropic Breathwork is a transformative process that induces non-ordinary states of consciousness through breathing techniques and evocative music. This approach, inspired by ancient spiritual practices and modern consciousness research, facilitates self-discovery and healing. During a session, you will be gently guided to explore your inner self, revealing insights that can lead to profound personal change. This experience can foster a deeper connection with your spiritual essence, enhance self-awareness, and promote emotional healing.

Our team

→ [Folder with Headshots](#)

- Practitioners/ Credentials

- ▼ Dr. Ari Aal

- Dr. Aal is a Denver native and Psychiatrist with an interest in the novel and Avante Garde treatments. He focuses on difficult to treat cases that have not responded to previous treatment. Each individual has their own unique set of experiences, strengths, and challenges, and he tailors a treatment plan to suit each patient's personal needs. He never gives up on his patients and will always keep working to help them feel better.
 - Offerings: Medical Evaluations, Ketamine Assisted Therapy

- ▼ Aaron Galloway LPC

- Aaron is a Licensed Professional Counselor with certifications in Trauma-focused Psychedelic-assisted Psychotherapy, Somatic and Attachment Focused EMDR, and Gestalt Therapy. He approaches each

session as a collaboration to discover how to safely and compassionately welcome all parts of yourself as you learn to expand flexibility, creativity, trust, and vitality in your relationships with yourself and others.

- Offerings: Ketamine Assisted Therapy, Mindfulness Training, and EMDR

▼ Andie Otto Holloway

- Andie is a Certified Professional Wellness Coach and Lifestyle Medicine Coach with a background as a Nutrition Educator and Consultant. As the owner of Nourished, LLC, and a coach, she specializes in providing tailored, compassionate, and comprehensive wellness solutions to every client she works with.
- Offerings: Nutrition & Movement Coaching, Mindfulness Coaching, Spiritual Coaching, and Relationship Coaching

▼ Angie Joerin LPC, LLP

- Angie specializes in Psychedelic-Assisted Therapy with trauma-focused integration. Her therapeutic approach combines Trauma-Informed, Mindfulness-Based, Transpersonal, and Attachment-Focused psychotherapy to uncover and deepen inner wisdom. Angie guides each client through a journey inward, fostering a meaningful, mindful, and connected existence that allows for more authentic relationships.
- Offerings: Ketamine Assisted Therapy, Mindfulness Coaching, and Group Therapy

▼ Carolyn Cubberly RN

- Carolyn is a Registered Nurse offering 28+ years experience in healthcare. Above and beyond her years of professional experience, she has a deep personal investment in the advancement of psychedelic assisted therapies and shows up to every session with warmth, compassion, and knowledge.
- Offerings: Ketamine Assisted Therapy Facilitation and Infusions

▼ Dan Ronken LPC, LAC, LPCC, LADC

- Dan is the founder of Inclusion Recovery, LLC and he believes we are infinitely complex beings who have a need to feel understood, bond, and experience a sense of meaning in life. Dan's approach is collaborative in nature and feels strongly that we have the inherent dignity, wisdom, and power to heal.
- Offerings: Ketamine Assisted Therapy and Group Work

▼ Ingrid Johnson C Ht

- Ingrid is certified in Transformational Hypnotherapy, Gestalt-Based Hypnotherapy, **HypnoFertility**, and HypnoBirthing. Drawing on over 30 years experience in natural health and wellness fields including homeopathy, aromatherapy, energy healing, and coaching, Ingrid brings a unique synthesis of approaches to her work.
- Offerings: Hypnotherapy and Mindfulness Training

▼ Kris Isaacs LPC, CACII

- Kris is a Licensed Professional Counselor and Certified Addictions Counselor Level II with certifications from the Somatic Training Institute and Soma to Soul Trauma Training. He has been working as a counselor for over 10 years, working with adolescents and adults ranging in issues from anxiety & depression to failure to launch to substance abuse & addiction. It is through these varied experiences that have helped Kris to create a solid foundation based in the therapeutic relationship that allows for a safe, trusting and healing environment.
- Offerings: Ketamine Assisted Therapy

▼ Lisa Shanken

- Lisa is a multifaceted professional, holding certifications as a Health Counselor, Personal Trainer, Yoga Instructor, Executive Functioning Coach, and Corporate Wellness Specialist. Lisa combines her diverse skills to address the intersection of mental wellness and executive functioning deficits, guiding individuals towards better habits and functions.

- Offerings: Nutrition & Movement Coaching

▼ Merryl E. Rothaus LPC, LMHC, ATR-BC, CHT, ACS

- Merryl is a licensed psychotherapist certified in art therapy, Hakomi therapy, Somatic Experiencing, and Brainspotting. She is a dedicated meditation practitioner, ritualist, ceremonialist and shamanic practitioner offering shamanic healings and divinations inspired and taught from her north American and West African teachers.
- Offerings: Ketamine Assisted Therapy, Mindfulness Training, Spiritual Coaching, Relationship Coaching, and Group Therapy

▼ Nancy Wun LMT

- Nancy is a trained Breathwork practitioner. Since 2000 she has been facilitating healing on deep levels. Her powerful technique is based on ancient shamanic journeying. It is a holistic approach for transformational healing without the use of drugs.
- Offerings: Holotropic Breathwork and Spiritual Coaching

▼ Nicole Kemp

- Nicole is a somatic guide, shamanic energy practitioner, and soul-centered coach. She is passionate in the teachings of somatic psychology, ancient healing modalities, plant medicines, and the power of ritual and ceremony. Nicole's helps clients connect with themselves more deeply by providing a space for opening, healing, and transformation on the path to discovering the most authentic version of yourself.
- Offerings: Spiritual Coaching

▼ Shoshana Aal, PsyD

- Shoshana (they/them) is a licensed psychologist that also provides therapy based on non-ordinary states of consciousness. Shoshana has a special interest in working with people who identify as having trauma, having grief and loss, having attachment issues, having relationship issues, being a part of the LGBTQ community, creatives,

and other people who, one way or another, have a tendency to think outside the box.

- Offerings: Ketamine Assisted Therapy and Group Therapy
- Trainers (webinar speakers)

▼ Alan Howard

- Alan has worked with some of the most influential coaches, business minds, and men of impact on the internet today. His practical experience in business, dating, and the depths that he has gone to to understand life allow him the capabilities to coach men at all levels from 60 year old wealth managers to 20 something year old business moguls. Before coaching Alan built and sold two businesses, traveled the world for 6 years, and embarked on many adventures to deepen his self understanding; living with an indigenous tribe, traveling to 20 something countries, and opting to live in a pitch dark room for several days to meet himself.

▼ Dr. Albert Wong

- Dr. Albert Wong is the Former Director of Somatic Psychology at JFK University. A Marshall Scholar, he has longstanding interests in the intersection of somatics, psychotherapy, and scalable technology. He has served as residential staff at the Esalen Institute and Core Faculty at the California Institute of Integral Studies. He has been featured on PBS, in Time Magazine, and in the book The American Soul Rush. He was educated at Princeton, Oxford, and the University of Tennessee and is the recipient of numerous national awards (Westinghouse Science Talent Scholarship, Goldwater Scholarship). He maintains a private counseling and consulting practice centered around somatic psychotherapy and is the founder of the online somatic education platform.

▼ Dr. Ari Aal

- Dr. Aal is a Denver native and Psychiatrist with an interest in the novel and Avante Garde treatments. He focuses on difficult to treat cases that have not responded to previous treatment. Each individual has

their own unique set of experiences, strengths, and challenges, and he tailors a treatment plan to suit each patient's personal needs. He never gives up on his patients and will always keep working to help them feel better.

▼ Dr. Arielle Schwartz

- Dr. Schwartz has a private practice in Boulder, Colorado providing Psychotherapy, Supervision, and Consultation in Resilience Informed Therapy which applies research on trauma recovery, EMDR Therapy, and Somatic Psychology to form a strength-based, trauma treatment model. She has written several award winning, bestselling books on trauma recovery, post-traumatic growth, therapeutic yoga for trauma recovery, EMDR and Somatic Psychology, and Complex PTSD.

▼ Dr. Shoshana Aal, PsyD

- Shoshana (they/them) is a licensed psychologist that also provides therapy based on non-ordinary states of consciousness. Shoshana has a special interest in working with people who identify as having trauma, having grief and loss, having attachment issues, having relationship issues, being a part of the LGBTQ community, creatives, and other people who, one way or another, have a tendency to think outside the box.

▼ Stephanie Miller LPC

- Stephanie Miller works as a mindfulness-based psychotherapist, integration coach, and meditation teacher with a deep commitment for empowering clients to heal themselves. She holds an MA in Transpersonal Counseling Psychology from Naropa University. She has a daily Vipassana meditation practice, is a Wilderness First Responder, and has trained with the Multidisciplinary Association for Psychedelic Studies (MAPS) in the MDMA-Assisted training program.

Our Guarantee

- Today, there is no other program like this in the world!

Bonuses (Added Free)

▼ Masterclass Workshops

An exclusive series of enlightening sessions led by leading experts, designed to deepen your transformation with practical, empowering strategies.

- Mindfulness & Mortality with Stephanie Miller LPC
- Working with Your Inner Shadow with Shoshana Aal Psy D
- Closing Your Eyes to See: Focusing, Active Imagination, and Inner Dialogue with Albert Wong PhD
- Breaking Through Your Inner Limitations with Alan Howard
- Mastering Gut Health with Lisa Shanken
- Overcoming Perfectionism and Learning to Trust Yourself with Dr. Ari Aal, DO

▼ Weekly Quests

Exercises specifically designed to focus your goals, enhance your relationships, and create a crystal clear vision of your life.

▼ Free massage gun in the mail upon signing up!

A perfect tool for relaxation and deep muscle relief. Only for the first 10 participants.

▼ [Yoga Classes or Gym Membership](#)

Our program provides discounted rates for yoga classes or a gym membership, promoting accessibility to physical wellness activities and contributing to the client's overall health.

Testimonials

See what people have said about our ketamine programs.

Fee structure Marked down from 15K:

- \$11,999

Payment Plans and Payment Options

Pay nothing until after your medical and psychiatric evaluation.

FAQ Section

What is Ketamine Therapy, and how does it aid in mental health?

-Ketamine therapy is a new treatment for depression, anxiety, and trauma that involves being administered ketamine in the presence of a trained ketamine therapist. A nurse will administer ketamine based on your weight, and you will spend two hours talking with a therapist about what comes up. It is currently one of the best treatments for severe mental health disorders.

What does Ketamine feel like?

-Ketamine can bring up a variety of emotions including feeling happy, silly, fearful, dissociated, or detached from your body. Colors and sounds may appear different to you. Please note that there is no right way to feel during ketamine assisted therapy and the point is to process all emotions that arise. Each ketamine assisted therapy session is different from one another.

What are the side effects of Ketamine?

Side effects can include cognitive impairment, bladder inflammation, diabetes insipidus, increase blood pressure, hallucinations, dissociation, fall risk, nausea and vomiting, and headache.

Who is not right for Ketamine?

-Patients with previous stroke or hemorrhage, severe cardiac, lung, kidney, or liver disease, glaucoma or recent eye surgery, history of psychotic episode, actively using substances, uncontrolled high blood pressure or patients who are pregnant should not take ketamine.

Can this program be done remotely?

-The administration of ketamine cannot be done remotely, but all other aspects of the program can be done remotely.

What makes Delos Odyssey different from other ketamine therapy programs?

Unlike other programs that focus on one aspect of mental health, Delos Odyssey focuses on all aspects of mental health. This program is made to be the most comprehensive program possible. Delos Odyssey capitalizes on ketamine ability to make the brain more changeable by taking participants through therapy, weekly exercises, webinars, and special trainings to improve all of their habits.

How are the Ketamine Assisted Therapy Sessions conducted?

Ketamine Assisted Therapy sessions take place in the therapist's office. The therapist will greet you in the waiting room and briefly discuss your current feelings. A nurse will then check your vitals and ask a few medical questions. Following this, you will receive an intramuscular ketamine injection, with an option for a ketamine booster after 20 minutes. The remainder of the session will involve a conversation with the therapist. On a different day, you'll have an hour-long integration session with the therapist to discuss the previous session and plan the next steps.

What should I do the day of Ketamine Therapy?

We suggest that you keep your phone off during session. Refrain from making large decisions both right before and immediately after your treatment.

Patients are not allowed to drive on the day of ketamine assisted therapy and this extends until after they have slept and wake up the following day. Please plan to have someone who can drive you home. Do not eat or drink for 4 hours before ketamine assisted

therapy. Please limit heavy conversations with friends or family before or after session. It is important to consider who, and who not, to share your Ketamine experience with while you are still in a vulnerable state.

How can I sign up, and what does the initial consultation involve?

Sign up / contact flow

- Button <Set up your free consultation now!>
- Button <Register for the program waitlist>

Contact us (Email, Text, Phone)

Privacy and Compliance Statement

(Remember to Add SEO Keywords)

Draft/ Brainstorming Section