

Services & Investment

Gay Lynn Grigas, LMHC, CAP

Every session is a step toward healing — choose the path that feels right for you.

An individually designed, boutique-style, pay-as-you-go practice with careful attention to your privacy. No insurance accepted.

Getting Started

Initial Phone Consultation

A brief, no-cost call to talk through your needs and see if we're the right fit to work together.

15 min

Free

Individual & Family Therapy

Traditional/Transpersonal Psychotherapy

A focused individual session for ongoing support, check-ins, or shorter-format talk therapy.

30 min

\$85

Traditional/Transpersonal Psychotherapy

A full-length individual session for deeper clinical work and ongoing support.

60 min

\$165

Traditional/Transpersonal Psychotherapy — Senior Rate

A focused individual session, offered at a reduced rate for senior clients.

30 min

\$70

Traditional/Transpersonal Psychotherapy — Senior Rate

The same full-length individual session, offered at a reduced rate for senior clients.

60 min

\$140

Centerstone Military Services Session

A full clinical session tailored for service members, veterans, and military families. *No fee for 12 sessions with pre-approval.

50 min

No fee*

Ketamine-Assisted Psychotherapy (KAP)

KAP Pre- & Post-Integration Session

One-on-one preparation or integration support surrounding a ketamine-assisted medicine session.

60 min

\$165 (\$140 Senior)

KAP Individual Medicine Session

A private, fully supported ketamine-assisted medicine session held in a safe, guided space.

4 hrs

\$600

The 2-1-2 KAP Package — Pre, Post & Medicine Session

The complete ketamine-assisted journey — preparation, medicine session, and post-integration in one package.

10 hrs
\$1,600

KAP Session — Reduced Rate for Veterans & Seniors

A discounted ketamine-assisted medicine session offered in honor of veterans' service and for senior clients.

4 hrs
\$450

Retreats & Healing Weekends

Inner Healing Weekend — Individual Journey

A private weekend journey: acupuncture treatment, a ketamine-assisted medicine ceremony, integration support, a two-night stay at the Inner Transformation Center, and two meals.

Weekend
\$855

Inner Healing Weekend — Buddy Package

The same full-weekend journey — acupuncture, medicine ceremony, integration, a two-night stay at the Inner Transformation Center, and two meals — shared with a friend for mutual support.

Weekend
\$545/person

Coming Home to Yourself — 3-Day Retreat

An immersive three-day retreat with two medicine journeys, a two-night stay at the Inner Transformation Center, and all meals included.

3 days
\$800

Coming Home to Yourself — 1-Day Mini-Retreat

A small-group, one-day retreat for deep inner work, renewal, and reconnection, with lunch and post-retreat support included.

6 hrs
\$450

Please note: Ketamine-assisted sessions require a separate Medical Evaluation fee, paid directly to the provider (usually \$250), and a separate ketamine prescription fee (usually \$60).

Not sure which service is right for you? Reach out for a free consultation — we'll find the best path together.

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Rates are subject to change.