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
$90

Traditional/Transpersonal Psychotherapy
A full-length individual session for deeper clinical work and ongoing support.

60 min
$175

Traditional/Transpersonal Psychotherapy — Senior Rate
A focused individual session, offered at a reduced rate for senior clients.

30 min
$75

Traditional/Transpersonal Psychotherapy — Senior Rate
The same full-length individual session, offered at a reduced rate for senior clients.

60 min
$150

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
$175 ($150 Senior)

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

4 hrs
$650

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

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

8 hrs
$1,350

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
$475

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
$895

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
$575/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
$950

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
$495

Professional Training

Guiding the Journey — Professional Training with CE

A hands-on weekend led by the author: journey in one supervised ketamine session and guide a partner in another. Includes lodging, meals, a signed book, the workbook, a certificate and up to 15 CE hours (pending).

Weekend
$2,450

Guiding the Journey — Guide & Facilitator Certificate Track

The same all-inclusive weekend for guides and future facilitators, with a certificate (no CE). Limited to 20; a $500 deposit holds your place.

Weekend
$2,195

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 $75).

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 effective January 1, 2027. Rates are subject to change.