

HIGH VIBRATIONS

Daytryp Health opens in Arcadia, bringing innovative doctor-led ketamine-assisted psychotherapy to the Phoenix area.

BY LAURA ECKSTEIN JONES



Alternative healthcare has evolved significantly over the past few decades, with a variety of new types of therapies and treatments available. One of those, ketamine-assisted psychotherapy, or KAP, has gained traction over the years due to its effectiveness treating a number of mental health conditions—depression, PTSD, addiction, chronic pain and more.

notice an organic and natural flow as they walk through the inviting and airy rooms,” says VP of operations Esther Mathers, who also points to the many live plants and water features throughout the space. “The sound of water is tranquil and soothing,” she says. “It sets the mood for a state of calm and relaxation.”



Luckily, Scottsdale-area residents can now explore FDA-approved KAP at Daytryp Health (daytryp.com), a brand-new psychedelic-assisted wellness center backed by medical professionals that just opened its first location in Arcadia. Founded by nurse practitioner Ajona Olsen and Chris Cohen, who spent 15 years as the CEO of Scottsdale Recovery Center, Daytryp Health provides a peaceful environment—and a safe experience supported by medical professionals—for digging deeper into mental health issues.

“Daytryp Health was birthed from my ongoing passion and commitment to help people recover, thrive and live their best lives,” says Cohen. “Psychedelic-assisted psychotherapy, ketamine in particular, opens up new pathways of thought, cognition and brain activity. When used in a therapeutic capacity with an intentional setting, like Daytryp Health, the psychedelic medicine experience is profound and life changing.”

Speaking of the setting, Daytryp’s design is a big part of its success. “Environmental ecology is very important to healing, and one will

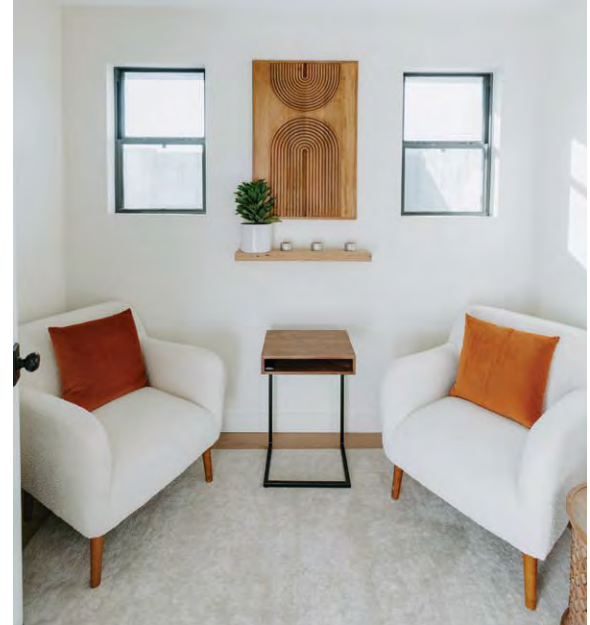
So, what is a Daytryp Health experience like? After filling out paperwork online and determining whether the treatment is medically safe, clients come into the office for medical intake and prep. Then, once it’s determined that KAP is appropriate, the first session—a guided, private experience complete with music, opening and closing ceremonies, and more—will be scheduled. One thing to keep in mind is that KAP is not a quick fix. “The [client’s conditions] did not occur overnight, and it’s not realistic to think those conditions will disappear after a single KAP treatment,” says co-founder Olsen, who serves as Daytryp Health’s medical director and journey guide. “This is a process and requires a commitment to doing the work to change.”

While this is the first Daytryp location and the flagship, it most certainly isn’t the last. “We have plans to open other locations in Tucson, Scottsdale, Sedona and Bend, Ore., within the next year,” says Cohen. While more clinics open and KAP becomes more widely available, it’s important to note that not every journey



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—CHRIS COHEN,
FOUNDER & CEO, DAYTRYP HEALTH



is the same. “Everyone’s story will be unique regarding the efficacy of this medicine and how profound or subtle the changes will be in their lives,” says Olsen. “Ketamine is a tool—using it in a safe place and with the intention of healing will give the best results.” ◊