

Home Base Ketamine-Assisted Group Psychotherapy

Pilot Program for Spouses and Partners of Veterans and Military Members

Ketamine-assisted psychotherapy (KAP) can be helpful for people who have not experienced symptom relief from other treatments for depression, anxiety, and trauma, and are searching for a new sense of meaning, purpose, and/or reconnection to themselves and others. This service—offered by a trusted and known partner, Joy In Health—will be free of cost for active-duty and veteran military spouses and partners.

ABOUT THE PROGRAM

Home Base and Joy In Health are offering a collaborative pilot program using KAP in a group setting tailored for spouses and partners of veterans and military members. Designed to address depression, anxiety, and trauma, this group-based model offers a path toward deep healing, self-compassion, and reconnection alongside peers who understand the unique realities of military life.

HOW CAN THIS HELP MILITARY SPOUSES AND PARTNERS?

Military families navigate distinct, ongoing pressures—from repeated relocations and extended deployments to the complex dynamics of reintegration and service-related trauma. Spouses often carry the emotional weight of holding household and family life together, leading to caregiver fatigue and self-neglect. By targeting both individual symptoms and relational stressors, this program gives partners space to process their own healing, which in turn restores balance, open communication, and emotional resilience within the entire family unit.

WHY KAP AND GROUP THERAPY?

Fast-Acting Relief: Ketamine creates a temporary period of heightened neuroplasticity with potential for rapid relief from symptoms when traditional treatments have failed.

Lasting Integration: The integration of psychotherapy before, during, and after ketamine administration can help turn insights gained from shared experience into enduring emotional, personal, and relational growth.

Shared Community: Group sessions reduce isolation, dismantle stigma, and foster connection through shared experiences of transition, grief, relocation, and caregiver stress.

PROGRAM OVERVIEW

Led by Dr. Marni Chanoff and the compassionate clinical team at Joy In Health, this program is open to all active-duty and veteran spouses and partners across every service branch, rank, and era. Treatment combines intramuscular ketamine administration with clinician-guided psychotherapy for integration in a safe, supportive setting. Multiple cohorts are scheduled to launch beginning in Fall 2026.

CONTACT INFORMATION

Connect with Joy In Health at hello@joyinhealth.com or fill out the Consultation Request Form at joyinhealth.com/kap to see if the program is a good fit for you. You can also learn more about Joy In Health at youtu.be/kQypADIXf5g.

Connect with Home Base at mghhomebasepat@mgb.org or visit homebase.org/pat for more information.