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## **Nurture Balance & Self-Understanding in Tune with Your Menstrual Cycle: A Transformative, Ketamine-Assisted Group Therapy**

*Are you ready to explore how your menstrual and hormonal cycles shape your inner world?*

**Join a safe, supportive space where anyone with a menstrual cycle can deepen their relationship with their inner rhythms, gain self-knowledge, and address mental and physical changes experienced in the month through innovative, holistic care.**

Inspired by a 2023 study revealing structural, brain-wide changes during menstruation, this group aims to address the crucial, often overlooked link between cycles and mental well-being. The medical and psychological fields have often treated menstruation as secondary, dismissing a core lens that impacts how we experience ourselves and the world. In this group we will take the time to tune into this powerful psycho-physiological process and begin to work with it, not despite it.

### **This Group Offers:**

**Small Group Therapy Over a Full Cycle** - Experience a five-week group therapy journey designed to support your mental health during the natural changes of a cycle in a space that centers your natural rhythm. This process will include safe cycle tracking, cooperative ritual building, and Elder wisdom sharing to connect with the Earth, nature and the moon cycles.

**Group Ketamine Session** - After several weeks of building attunement, trust, and awareness to inner rhythms you will be invited to engage in a group IM ketamine session. This session will offer an opening to self-relationship to have a direct encounter with your inner-world.

**Integrative Support & Skill-Building** - Build tools and skills for understanding your mental health and well-being through whole-self-care. What are the ways you'll carry the fruits of this group process forward into daily practice? We will discuss and experiment with the behavioral and psychological shifts you want to incorporate into your life to solidify your new relationship with your cycle.



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## Meet Your Facilitator




*Hi, I'm Taylor Simon*

***It would not be dramatic to say that before I began tracking my cycle, I often felt great unpredictability with my inner world.*** During this time, I believed only the pre-menstrual phase was worth paying attention to, but as I learned to follow my full cycle it completely transformed my understanding of myself. This awareness revolutionized my self-care and self-compassion and put me into allyship rather than conflict with myself. From this orientation I've gained a deeper understanding of my own needs and can work with my mental health in a totally new way - why aren't we talking about this more? I'm passionate about helping others find this kind of relief, understanding and self-connectedness too!

I attended CIIS and graduated with a master's degree in Integral Counseling Psychology. Since graduating I've worked as a psychedelic assisted therapist at Polaris and in research with UCSF. AMFT (Lic. #143736) Supervised by Frank Ehrenfried LMFT (Lic. # 123891)

### **Details:**

 Location: Via Zoom for regular sessions, in-person on May 8th at Polaris Insight Center for ketamine experience (4255 18th St. San Francisco, CA 94114)

 Dates: 4pm-6pm on April 24st, May 1st, May 8th, May 15th, May 22nd

 Contact: Taylor@PolarisInsight.com

Cost: \$1250 for the group including ketamine session/sliding scale available (\*\*additional \$275 fee for medical evaluation will be applied if you haven't been assessed at Polaris within the last 6 months\*\*)