

Field Trip Health Toronto Launches Group Ketamine-Assisted Psychotherapy to Expand Access to Transformative Health Care

Field Trip Health is proud to announce the launch of Group Ketamine-Assisted Psychotherapy (KAP) sessions in Toronto, ON.

TORONTO, ONTARIO, CANADA, August 7, 2025 /EINPresswire.com/ -- Field Trip Health in Toronto,

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We're proud to expand our offerings in Toronto with group ketamine-assisted therapy. It reflects our continued commitment to innovation in mental health care.”

Dr. Mario Nucci

a pioneer in psychedelic-assisted therapy and holistic mental wellness, is proud to announce the launch of Group Ketamine-Assisted Psychotherapy (KAP) sessions. This new offering is designed to make transformative care more accessible, affordable, and community-driven for individuals experiencing depression, anxiety, PTSD, and other mental health challenges.

Located at 30 Duncan Street, Suite 400, in the heart of downtown Toronto, the clinic is led by Dr. Mario Nucci, a leading physician in the field of integrative mental health

and psychedelic medicine. Since its founding, the Toronto clinic has become one of Canada's foremost centers for personalized ketamine therapy. With the addition of group sessions, Field Trip continues to set a national standard in progressive mental healthcare.

A New Era of Healing: The Power of Group Therapy

Group KAP sessions at Field Trip Health are grounded in the understanding that healing doesn't have to happen in isolation. Designed for small, carefully curated groups, each session provides:

Safe, supportive environments guided by licensed psychotherapists and medical staff

Shared preparation and integration to foster connection, empathy, and resilience

Cost-effective access to the same high-quality care offered in individual sessions

Research-backed outcomes that show group therapy can be equally effective in treating depression and anxiety

“We're excited to bring the healing power of community into our treatment model,” says Dr. Nucci. “Psychedelic-assisted group therapy can help individuals not only gain insight into their own challenges, but also feel seen and supported by others on a similar journey.”

Why Ketamine? Why Now?

Ketamine is one of the most promising innovations in modern psychiatry. As a fast-acting dissociative anesthetic, it has demonstrated rapid improvements in treatment-resistant depression, PTSD, and chronic anxiety.

At Field Trip Health Toronto, ketamine is administered in a calm, spa-like environment under clinical supervision. Each session includes preparation, guided therapy during the experience, and post-session integration, ensuring clients receive comprehensive, personalized support.

About [Field Trip Health | Toronto](#)

Field Trip Health Toronto is a leader in psychedelic-assisted therapy, offering a range of services that include:

Individual & group ketamine-assisted psychotherapy

Talk therapy & integration

Medical evaluations for KAP eligibility

Mindfulness-based preparation & aftercare

Website: <https://fieldtriphealth.ca/locations/toronto/>

Ian Ruberry

Field Trip Health Canada

+1 647-933-4770

hello@fieldtriphealth.ca

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