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Cena Life is where Science meets Nature through innovative mental health service offerings that use psychedelic-assisted psychotherapy to assist individuals in bettering their own mental health and wellness. We are committed to educating our community about the new treatment options that are available and bringing forward safe care that supports better mental wellness.

Service Offerings

Ketamine Assisted Psychotherapy (KAP)

Ketamine-assisted therapy is an intervention designed for patients who may not have responded adequately to traditional treatments for conditions such as severe depression, anxiety disorders, and certain chronic pain syndromes. This therapeutic modality combines the administration of ketamine—a medication with rapid-acting antidepressant properties—with psychotherapy sessions to enhance the psychological healing and insight of the patient. Ketamine-assisted therapy should be considered for patients who have not benefited from standard treatments, demonstrating its potential as an adjunct to traditional approaches. It is important to note that this therapy is part of a comprehensive treatment plan, including ongoing psychological support and lifestyle modifications to ensure the best outcomes for the patient.

Repetitive Transcranial Magnetic Stimulation (rTMS)

TMS (transcranial magnetic stimulation) is a non-invasive neuromodulation technique. It is an electromagnetic device that non-invasively delivers a rapidly pulsed magnetic field to the brain in order to activate neurons without inducing a seizure. The treatment is intended to be used for patients meeting clinical criteria for major depressive disorder and medication resistance. This procedure is done in a clinic setting with support from a trained technician.

Special Access Program (SAP)

The Special Access Program (SAP) is a Health Canada program that allows professionals to request access to drugs not currently authorized for sale in Canada to treat patients with serious or life-threatening conditions.

Psilocybin-Assisted Psychotherapy

Psilocybin is a naturally occurring psychedelic compound, and derived from a variety of mushrooms. Psilocybin-Assisted Therapy is being explored for its potential in treating a range of conditions, including major depressive disorder, anxiety associated with life-threatening illnesses, and substance use disorders. Psilocybin is renowned for inducing altered states of consciousness and profound sensory experiences. In a therapeutic setting, these effects can enable patients to gain new insights into their conditions, foster emotional release, and re-evaluate life experiences from a different perspective, contributing to lasting changes in psychological well-being.

MDMA-Assisted Psychotherapy

MDMA, or 3,4-methylenedioxymethamphetamine, is a synthetic psychoactive substance that alters mood and perception. MDMA-Assisted Therapy is primarily researched for its effectiveness in treating Post-Traumatic Stress Disorder (PTSD). MDMA's unique pharmacological effects, which include reducing fear and increasing trust and empathy, can significantly enhance the therapeutic process. This creates an optimal psychological state for patients to engage in and process trauma-related content during therapy sessions, potentially leading to significant improvements in PTSD symptoms. It primarily affects serotonin levels in the brain, promoting a sense of euphoria and emotional openness.

Our clinical team and Psychiatrist will assess if the service offering(s) are a safe treatment option for your patient. We reserve the right to refuse treatment to anyone we deem not eligible due to medical or mental health reasons, of which we will communicate to you. If you have any further questions or concerns, please don't hesitate to reach out to us!

**Please note that this is a private pay service.*

Please check off all service offerings included in this referral:

☐ KAP ☐ rTMS ☐ Special Access Program ➔ ☐ Psilocybin ☐ MDMA

Please complete all sections of this form and include a list of current medications.

PATIENT'S INFORMATION	
Last Name <i>(Legal)</i>	First Name <i>(Legal)</i>
Health Care Card#	DOB <i>(dd-Mon-yyyy)</i>
Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-binary <input type="checkbox"/> Prefer not to disclose	
Address:	
Primary Phone#	Secondary Phone #
Email:	
CLINICAL INFORMATION	

Please include a list of current medications and consultation reports with this referral. This Information will assist us to appropriately triage your patient. Please fax all documents to 780-669-9216. Once all documentation is received and reviewed, a consultation appointment will be scheduled.

Diagnosis: <input type="checkbox"/> MDD <input type="checkbox"/> PTSD <input type="checkbox"/> cPTSD <input type="checkbox"/> OCD <input type="checkbox"/> Addiction <input type="checkbox"/> Bipolar Affective Disorder
Reason for Referral or Diagnosis:
Past Mental Health History:

Other Specialists Involved in Care:		
Relevant Past (Medical History):		
Height (cm):	Weight (kg):	
Blood Pressure:	HR:	BMI:

Is the client currently participating in any provincial or federal programs: ☐ Yes ☐ N/A

Please check all that apply and include case manager information.

<input type="checkbox"/> Veteran Affairs <input type="checkbox"/> Canadian Armed Forces <input type="checkbox"/> RCMP <input type="checkbox"/> WCB <input type="checkbox"/> STD <input type="checkbox"/> LTD	
Case Manager:	Case Number:
Email:	Phone Number:

REFERRING DOCTOR INFORMATION:	
Clinic:	Date:
First & Last Name:	PRACID #:
Address:	
Phone Number:	Fax Number:
Doctor's Signature:	

Electronic Signature Disclaimer: By signing your name electronically on this referral form, you are agreeing that your electronic signature is the legal equivalent of your manual signature on this form.

Please fax all documents to 780-669-9216.