



Polaris Insight Center

4257 18th Street
San Francisco, California 94114
415-800-7083
info@polarisinsight.com

Course Title

Introduction to Ketamine-Assisted Psychotherapy: Principles and Practices Live/Online

Course Description

Ketamine-assisted psychotherapy (KAP) has recently emerged as one of the most innovative treatments for depression, particularly treatment resistant depression (TRD), and shows promise as well in treating anxiety, posttraumatic stress disorder and other psychological conditions. Integrating pharmacological, psychological, and archetypal/transpersonal elements, KAP represents a new synthesis (or hybrid model) of psychotherapy. Empirical results, particularly during the past decade, demonstrate that ketamine and KAP may be able to assist clinical populations whose symptoms and psychological issues have not been responsive to treatment by other means. At the same time, KAP holds promise for effective treatment of individuals with end of life anxiety, existential distress and less severe diagnoses.

The practice of KAP, including diverse dosing strategies, allows clinicians to craft intervention strategies at both the psycholytic (trance, self-reflective) and psychedelic (transformational/transpersonal) levels of experience. This short introductory course will cover a wide range of topics to help clinicians understand the potential use and efficacy of KAP as well as other psychedelic medicines and will present the current state of the art clinical models for these treatments. Recent promising lines of research in the field will also be briefly covered. Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

THE DETAILS

When: 9 AM – 5 PM PST on January 11th, 2021 or January 23rd, 2021 or March 15th, 2021

Where: Online via Zoom

Faculty: Harvey Schwartz, PhD (Psychologist), Veronika Gold, LMFT (Psychotherapist), Eric Sienknecht, PsyD (Psychologist), and Sylvre Quevedo, MD (Physician, Medical Director)

Cost: \$ 350 and \$79 for 8 CEs

Participants need to cancel up to 2 weeks in advance to receive 100% refund. If cancelled after the 2-weeks-in-advance period they can use the credit for a future training or receive 50% refund.

Learning Objectives

1. Describe the various dosing strategies and routes of administration



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2. Explain the difference between infusion treatment and KAP and the pros and cons of each modality
3. Describe three side effects of ketamine and how they are managed
4. Describe and summarize the three main elements of the KAP protocol and their place and value in the treatment process: preparation, experiential, and integration
5. Explain and describe the difference between psycholytic and psychedelic treatment processes
6. Describe three of the significant controversies in the field of KAP and psychedelic assisted psychotherapy

Target Audience

This course is designed for mental health professionals – MDs, DOs, NDs, NPs, RNs, PsyDs, PhDs, LMFTs, LCSWs, LPCs, LEPs

Accommodations

To request accommodations for special needs, please email the program administrator at training@polarisinsight.com

Grievances

To obtain the grievance policy or report a grievance please email training@polarisinsight.com or call 415-800-7083

Information on Continuing Education Credit for Health Professionals

- Polaris Insight Center is approved by the American Psychological Association to sponsor continuing education for psychologists and other mental health professionals. Polaris Insight Center maintains responsibility for this program and its content
- The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.



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- LCSWs, MFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association
- For questions about receiving your Certificate of Attendance, contact our training coordinator, Jana Adamova, at training@polarisinsight.com

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