



THE PEARL PSYCHEDELIC INSTITUTE

KETAMINE-ASSISTED PSYCHOTHERAPY (KAP) TRAINING

**DESCRIPTION, LEARNING OBJECTIVES, SCHEDULE,
MODULES, CONTENT, and PRESENTER BIOS**

www.pearlpsychedelicinstitute.org



Introduction to Ketamine-Assisted Psychotherapy (KAP)

Presented by Raymond Turpin, PsyD; Kim Skelton, LCMHCS, LCAS; Aimee Spencer, PA-C

Description: Ketamine-Assisted Psychotherapy (KAP) is a unique therapeutic approach used to address a variety of mental health conditions, including treatment-refractory depression, post-traumatic stress, obsessive-compulsive disorder and addictions. It involves the use of the psychoactive substance ketamine combined with psychotherapy to enhance and deepen the therapeutic process. Patients are carefully screened, prepared for medicine sessions, and supported with a variety of psychotherapy and other integrative forms of treatment to amplify and prolong the curative effects of ketamine.

This training offers an overview of ketamine use in psychiatry, a review of current research, discussion of appropriate indications and uses in treatment, and education on the differences in varying models of ketamine treatment. This training also provides discussion of unique ethical considerations, boundaries and abuse of power in the rapidly evolving field of psychedelic medicine. At the conclusion of this training, participants will possess a basic understanding of this innovative model of treatment.

Didactic Learning Objectives

- Learn about the history of ketamine as medicine + how it is used in psychiatry
- Review current research on the use of ketamine in MH + SUD treatment
- Discuss common clinical skills required for providing ketamine treatment
- Describe appropriate indications + uses for IV/IM/SL ketamine
- Articulate differences in varying models of ketamine treatment
- Explore unique ethical and legal considerations when working with psychedelic medicine
- Recognize current issues of diversity, equity and inclusion in psychedelic medicine
- Understand the growing field of psychedelic medicine
- Feel confident in explaining the basics of KAP to clients and colleagues



DIDACTIC SCHEDULE

(7 Continuing Education Hours)

Time	Topic	Lead Pearl Staff
8:30 am - 9:00 am	Arrival, Registration, Receive Training Materials	Admin Staff
9:00 am - 9:30 am	Welcome, Overview and orientation to space Invocation/Introductions (Share 1-2 sentences about your intentions/interest in this training)	All Presenters
9:30 am - 10:45 am (1.25 CE Hour)	History + Research Foundations	Raymond
10:45 am - 11:00 am	Break	
11:00 am - 12:30 pm (1.5 CE Hours)	Clinical Skills + Competencies	Kim/Raymond
12:30 pm - 1:30 pm	Lunch	
1:30 pm - 2:15 pm (0.75 CE Hours)	Ketamine Prescribing Primer	Aimee
2:15 pm- 2:45 pm (0.5 CE Hours)	Evolving Models of Care	Kim
2:45 pm - 3:00 pm	Break	
3:00 pm- 4:00 pm (1 CE Hour)	Therapist Self-Awareness + Ethical Integrity	Kim
4:00 pm - 4:30 pm (0.5 CE Hours)	Diversity, Equity and Inclusion	Kim
4:30 pm - 4:45 pm	Break	
4:45 pm - 5:15 pm (0.5 CE Hours)	Role of Music in Psychedelic Medicine	Raymond
5:15 pm - 6:15 pm (1 CE Hour)	Future of Psychedelic Medicine	Raymond



MODULES & CONTENT

Modules	Time	Topics + Content
History + Research Foundations	1.25 hr	<ul style="list-style-type: none"> ● Introduction to Psychedelic Medicine paradigm vs western medical model; each substance has a unique signature and this training is focusing on ketamine ● Philosophy of Psychedelic Medicine ● How did this move from being used in anesthesia to psychiatry? ● Ketamine as a Catalyst for Change; is a potent medicine in its own right
Clinical Skills + Competencies	1.5 hr	<ul style="list-style-type: none"> ● Screening, Medical and Biopsychosocial Assessments, Preparation, Medicine Sessions, Integration ● Set + Setting: mindset, ideas for creating settings, ceremony and ritual; spiritual intelligence ● State of the Union: Talk about Board of Psychedelic Medicine and Therapies; American Psychedelics Practitioners Association ● From BPMT: The knowledge base required will include the history, cultural origins, clinical characteristics, applications, risk factors, time course, and other common features of each medicine. Beyond this, the certified practitioner will be required to possess sound clinical skills to appropriately screen in and out candidates based on mental health background and characteristics. Each certified practitioner must understand, embrace, and adhere to the code of ethics for psychedelic medicine. They will also need to possess the expertise needed to sit for and facilitate a range of journey styles and complications. This includes comfort in managing extreme states, ability to respond effectively to adverse events, and the facilitation of a therapeutic set and setting. ● Competencies from Beckley Foundation: <ul style="list-style-type: none"> ○ Empathic Abiding Presence ○ Trust Enhancement ○ Spiritual Intelligence ○ Knowledge of Physical and Psychological Effects of Psychedelics ○ Therapist Self-Awareness & Ethical Integrity ○ Proficiency in Complementary Techniques
Ketamine Prescribing Primer	45 min	<ul style="list-style-type: none"> ● Psychopharmacology ● Rule ins/outs <ul style="list-style-type: none"> ○ What it treats: TRD, PTSD, OCD, SUD, spiritual seeking ● How it is administered (ROAs)



		<ul style="list-style-type: none"> ● Dosage determination - one vs two separate IM administrations; weight; psychedelic experience ● Off label use other than Spravato ● Who can administer? Self-administration of troches vs in-office IM - what training is necessary to administer? ● Rescue meds (anti nausea pre and blood pressure meds) ● Common Challenges + Concerns ● Resources for learning more about prescribing
Evolving Models of Care	30 min	<ul style="list-style-type: none"> ● Models of ketamine treatment - IV Clinic, Integrative Care Model, Spravato, Insurance, Group Dynamics ● Multidisciplinary, integrative model of care ● Office requirements and set up; photo examples of Pearl/WC setups
Therapist Self-Awareness + Ethical Integrity	1 hr	<ul style="list-style-type: none"> ● How is KAP different from typical psychotherapy? ● Are we therapists, guides, midwives? ● WAIT (Why Am I Talking?) ● Know Thyself; Ethics, Boundaries + Abuse of Power in Psychedelic Medicine <ul style="list-style-type: none"> ○ Cover Story Power Trip podcast, ○ The Ethics of Caring, Therapy pairs, Ethical Codes and Guidelines, Raquel Bennet, Vignettes with partner
Diversity, Equity and Inclusion	30 min	<ul style="list-style-type: none"> ● Appropriation ● How to address the lack of diversity in the psychedelic medicine space ● Accessibility
Role of Music in KAP	30 min	<ul style="list-style-type: none"> ● Playlists, how to set up bluetooth splitter, theory behind why it is important ● How to choose ● Examples of playlists (like PRATI Music or KRIYA on Spotify) ● Music as a carrier wave ● Wavepaths ● No words in first language, stay away from familiar music due to associations ● Can invite clients to listen to playlist later for integration



Future of Psychedelic Medicine	1 hr	<ul style="list-style-type: none"> • Updates on current scientific research taking place in the world; discuss history and uses of other researched psychedelics including psilocybin, LSD, ibogaine and DMT;; speculations about future sociocultural implications and therapeutic uses of psychedelics.

PRESENTER BIOS

Raymond Turpin, PsyD, is a licensed therapist in private practice and the Founder/CEO/Clinical Director of the nonprofit, The Pearl Psychedelic Institute. He has studied psychedelic-assisted psychotherapy for decades and is a graduate of the California Institute of Integral Studies (CIIS.) Raymond is a co-principal investigator in the MAPS MDMA therapy for PTSD Expanded Access program through The Pearl in Western North Carolina.

Kim Skelton, LCMHCS, LCAS is a licensed therapist who co-owns Widening Circles, an integrative mental health and substance use disorder practice in Asheville, North Carolina. She offers ketamine assisted psychotherapy and works with clients to prepare for and integrate after psychedelic experiences. In addition, she is the training director of the Pearl Psychedelic Institute. She has trained with the Psychedelic Research and Training Institute (PRATI) in Ketamine-Assisted Psychotherapy. She is trained and is serving as a co-therapist in a MAPS-sponsored Expanded Access Program offering MDMA-Assisted Psychotherapy for PTSD.

Aimee Spencer is a board certified Physician Assistant, functional medicine specialist and ketamine assisted psychotherapy practitioner. Aimee has worked in different arenas of medicine including integrative family practice, emergency medicine, urgent care, pediatrics as well as subspecialty in gynecologic oncology but found her passion and home in functional medicine. She is passionate about the transformative power of psychedelic therapies to treat mental health disorders. She has completed Ketamine Assisted Psychotherapy training through The Pearl Psychedelic Institute as well as Polaris Insight Center Medical Module for Ketamine Therapy and has been a board member for The Pearl Psychedelic Institute.