

Basic Principles for Ketamine Enhanced Therapy (KET)

Clinical Training for
Health Care Providers



Your Instructor



Dr. Dawn DeCunha, C. Psych.

Dr. Dawn DeCunha is a clinical psychologist with more than two decades of experience in trauma informed assessment and treatment. She is evolving her work from trauma informed to psychedelically informed and brings cutting edge, novel and disruptive assessment and treatment paradigms to the traditional sphere of evidence based psychological assessment and treatment of vulnerable populations. She is a fully qualified trainer and mentor of therapists practicing psychedelic assisted therapy.

Program Details

Dates: Friday, November 19th 3 PM - 7:30 PM
Saturday, November 20th 9:30 AM - 4:30 PM
Sunday, November 21st 9:30 AM - 1:00 PM

Format: Online via Zoom

Registration: \$995 + HST

Early Bird Registration: \$895+ HST (Before November 14, 2021)

More Information

Please visit our website breakthroughtherapy.net or contact us at info@breakthroughtherapy.net

Ketamine Enhanced Therapy (KET)

Ketamine is a dissociative anesthetic with psychedelic properties. Ketamine is primarily used in surgery and in the treatment of medical disorders such as pain syndromes. More recently, off label use of low dose, oral Ketamine is being used in combination with specialized psychotherapy to treat a number of psychological problems such as mood disorders, anxiety and trauma.

Providing therapy for patients in expanded or non-ordinary states of consciousness requires specialized training that is based on principles of psychedelic assisted psychotherapy. The psychedelic model varies significantly from familiar cognitive and behavioural interventions. This training is specifically designed for Regulated Healthcare Providers.

Program Description

This curriculum provides opportunity to develop a strong base of essential skills needed to safely support patients in and through low dose ketamine enhanced journeys using a psychedelic psychotherapy framework.

Our treatment model allows existing clinics/practitioners to provide this therapeutic model online or in-person.

Support can be provided anywhere a practitioner is licensed to practice.

Eligibility for Training

This training is appropriate for psychologists, clinical therapists such as RP's, SW's, and other Regulated Healthcare Professionals who want to understand and apply the basic principles of KET.

By the end of the training, participants will be able to apply these novel concepts to existing or new patients in your own practice. Or you can join us for further mentorship and experiential training. All applicants must be currently licensed and in good standing with their respective colleges.

This curriculum is a good start to learning the basics of psychedelic psychotherapy. Additional training would be needed for working with patients undergoing IV or IM Ketamine treatments in a medical clinic. Treatment procedures vary from research protocols and across populations. An online interview is needed for mentorship options. Research partnerships are also emerging for those interested in contributing to open science.

Learning Objectives

Our Ketamine Enhanced Therapy training will teach medical and mental health care providers how to:

- Safely screen patients;
- Explain the process;
- Provide basic education about how ketamine works on the brain;
- Learn how to develop a 'set' or intention for the journey;
- Teach and practice several 'expanded state' skills to manage potential distress;
- Establish a self-care routine;
- Prepare the patient for their ketamine journey;
- How to safely conduct a journey online;
- Assist patients through distress moments during the dose session;
- Manage disappointments ;
- Help integrate the experience;
- Help establish a sustainable after-care routine;
- Learn how to facilitate an integration circle;
- Specify your own therapist's self-care routine

Course Format

This course will be online and information will be presented in multiple formats including didactic teaching, observational and experiential learning (role play) and group discussions. Teaching videos of actual dose sessions are shown as learning tools for specific situations. New ways of interviewing and working with expanded state of consciousness will be taught and practiced.

Post Training Mentoring: This optional opportunity will help expand and deepen the training. Case studies will be presented by the learner, along with ample opportunity for discussion, asking questions, clarifying, and digging deep into working with expanded states, and integration skills.