



## BASIC PRINCIPLES FOR KETAMINE ASSISTED PSYCHOTHERAPY (KAP)

Clinical Training for Health Care Providers

Treating patients in non-ordinary mental states requires specialized training rooted in psychedelic-assisted therapy principles.

This approach differs notably from conventional cognitive and behavioral methods, tailored specifically for Regulated Healthcare Providers.

Oral Ketamine (in low dose) in combination with specialized (psychedelic) psychotherapy is being seen as an opportunity to treat some of the most difficult treatment resistant psychological problems such as mood disorders, PTSD, anxiety and trauma.



WE CAN'T STOP THE TRAUMA FROM EXISTING WITHIN ONE'S BODY, BUT WE CAN HELP WORK ON CHANGING THE RELATIONSHIP WITH IT.



## COURSE FORMAT

This course is offered online and in-person. 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.

📍 47 Aspenwood Drive, Toronto, ON

🌐 [www.breakthrough-therapies.com](http://www.breakthrough-therapies.com)

✉ [administrator@breakthrough-therapies.com](mailto:administrator@breakthrough-therapies.com)

## ABOUT US

We are highly trained, multi-faceted psychedelic therapists, passionate about our work. We are dedicated to the utmost quality of care for our patients, with our core values of safety, trust, and integrity at the centre of everything we do. We strive to embody our values in all aspects of our work.



## WHY CHOOSE BTT?

At Breakthrough Therapies, our dedicated mission is to alleviate patient suffering through trust-building, community and a groundbreaking therapeutic approach that empowers patients as experts in their well-being. We support the journey of mind-expanding compounds with a focus on Integration & Aftercare, all driven by our team's expertise, professionalism, and commitment to making a positive impact in our patients' lives.



# PROGRAM DESCRIPTION

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

Our model allows existing practitioners to integrate this therapeutic model into their current practice.

Focus will be on developing expanded state skills, which vary from traditional models of psychological support.

# ELIGIBILITY FOR TRAINING

This training is appropriate for MD Psychotherapists, Psychologists, clinical therapists such as RP's, SW's, and other Regulated Healthcare Professionals who want to understand and apply the basic principles of KAP in treatment.

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

# OUR PROGRAMS



## LEVEL 1 Understanding Ketamine Assisted Psychotherapy (KAP)

This course delves deep into applications of Ketamine Assisted Psychotherapy (KAP) over two intensive days. With an emphasis on the significance of Set and Setting in patient preparation for KAP, participants will explore comprehensive guidance on the practice and principles of Psychedelic Psychotherapy.

\$1800+HST  
*\*This course is accredited for 11CE OPA Credits*



## LEVEL 2 Diving into Journey, Integration & Aftercare of KAP

This comprehensive course spans two days and continues on from Level 1 training, offering an n-depth exploration of the principles and practices of KAP. Exercises, role-plays, and discussions will cover various aspects of journey preparation, self-regulation, therapeutic techniques, and most essentially aftercare.

\$2500 + HST  
*\*This course is accredited for 11CE OPA Credits*



## LEVEL 3 Putting into practice: Mentorship Training

Unlock the next level of expertise with our exclusive Mentoring Practicum tailored for graduates of our esteemed Breakthrough (KAP) Training. Building upon the strong foundation of our KAP program, this advanced practicum helps expand and deepen training. Graduates are co-therapists and assist in clinical treatment. Case studies will be presented by the learner, along with opportunity for discussion, clarifying, and digging deep into working with expanded states and integration skills development.

\$3600 + HST

# LEARNING OBJECTIVES

Our Ketamine Assisted Psychotherapy training will teach mental health care providers how to:

- Safely screen patients;
- Explain the KAP process;
- Provide basic education about how ketamine works on the brain;
- Take a brief clinical history;
- Teach and practice several 'expanded state' skills to manage potential distress;
- Learn how to develop a 'set' or intention for the journey;
- Manage expectations & disappointments ;
- Prepare the patient for their ketamine journey;
- Learn how to safely conduct a journey;
- Assist patients through distressing moments during the dose session;
- Help integrate the experience;
- Role play specific scenarios;
- Specify therapist's own self-care routine
- The Applications of KAP as a Practitioner

[APPLY NOW](#)

## Training dates & structure

Friday 1-5pm, Sat 9:30-4:30pm

Level 1 Course Dates	Level 2 Course Dates
Apr 12-13	May 10-11
July 12-13	Aug 9-10
Oct 11-12	Nov 8-9

Training is held on-site @Breakthrough Therapies  
47 Aspenwood Drive, Toronto

