

Bali Session Title: Ketamine-Assisted Psychotherapy: Clinical Foundations and Therapeutic Applications for Mental Health Professionals

Instructor: Beth Brown, LICSW

Session Content Description

Ketamine-Assisted Psychotherapy (KAP) is an emerging, evidence-based modality that integrates the pharmacological effects of ketamine with structured psychotherapeutic processes to address various mental health conditions. This training provides licensed therapists with a comprehensive overview of KAP, encompassing its medical and therapeutic applications, the neurobiological mechanisms of ketamine, and the latest research on its efficacy. Participants will learn about current best practices, ethical considerations, ketamine's psychological effects, contraindications, and risk management. By the end of this training, therapists will understand what KAP is, how it is used, and who might best benefit from it.

Session Measurable Learning Objectives

1. Summarize current research findings on the efficacy of KAP for treating depression, anxiety, PTSD, and substance use disorders.
2. Identify key contraindications and ethical considerations relevant to providing KAP.
3. Assess client suitability for KAP and determine whether individual or group therapy.

Session Presenter & Qualifications

Beth Brown, LICSW, is certified in psychedelic-assisted therapy through the Integrative Psychiatry Institute (IPI). She completed 240 hours of continued education in psychedelic-assisted therapy through IPI. She has been providing both group and individual ketamine-assisted treatment since 2023.

Presentation/Credit Hours: 1.5