

*Ketamine Assisted Psychotherapy (KAP)-Experiential Training for Providers*

Compelling evidence has been published across the country from leading universities such as Johns Hopkins on the use of psychedelic medicines such as psilocybin, MDMA, and ketamine to treat mental health conditions that do not respond to traditional pharmaceuticals. Ketamine is the first legal psychedelic medicine that is available to the U.S. public. Last year the FDA approved an intranasal formulation of ketamine, Spravato, which received breakthrough designation from the FDA. Ketamine is being hailed as the most significant development in psychiatry since the advent of SSRIs and has been shown consistently in the research to rapidly reverse suicidality. Ketamine is an effective treatment for various mental health conditions including: major depression, anxiety, PTSD, OCD, and bipolar disorder.

The efficacy of ketamine is significantly enhanced when combined with psychotherapy. Ketamine Assisted Psychotherapy or (KAP) utilizes the key principles of proper screening, preparation, set, setting, preparation, dosage, and integration to optimize safety/efficacy.

Dr. Schmidt has been providing KAP for the past 3 years after training with leading ketamine expert Dr. Raquel Bennet, and believes the best way to learn and properly facilitate this modality to patients is to first experience it yourself; there is no replacement for direct experience.

To meet the demand in the Seattle area for training on this effective modality, AIMS institute is offering an experiential training group specifically tailored for licensed providers led by--- Dr. Schmidt.

*Training Outline:*

- 1) Intro/Fundamentals of KAP (Online Materials, 3+ hours)
- 2) Screening/Preparation (1-hour)
- 3) Group Experiential Session (4-hour session, group of 4 people)
- 4) Group Didactic After Group (2-hour session, after experiential session)
- 5) Group Consultation/Integration (1-hour)

*Cost of Training:*

If you are on one of our accepted insurance plans (listed on our website [aimsinstitute.net](http://aimsinstitute.net)), your insurance plan is utilized for screening, preparation, and integration. The experiential ketamine and didactic training/recorded online materials are not covered by insurance and is an out of pocket fee of \$1,350. If you are not on one of our accepted insurance plans, then out of pocket prices for screening, preparation, and integration would be applied. There are 4 spaces available. To apply email [info@aimsinstitute.net](mailto:info@aimsinstitute.net) or call (206) 420-1321.

*About Dr. Schmidt*

Nathaniel Schmidt DNP, ARNP, PMHNP-BC is a psychiatric nurse practitioner who has worked in critical care, inpatient psychiatry, community mental health, and addiction. He completed his undergraduate degree at the University of Oklahoma and doctorate at the University of Washington. He is a graduate of the MAPS MDMA provider training program and has been a speaker with KRIYA Institute and the UW School of Nursing. He has been a featured speaker on Tangentially Speaking hosted by NY Times best-selling author Christopher Ryan and The Myths That Make Us hosted by Erick Godsey. He is currently a provider with AIMS Institute providing ketamine-assisted psychotherapy.