

Ketamine Assisted Psychotherapy (KAP)-Experiential Training for Providers

Across the country compelling evidence is being produced 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. In a breakthrough designation by the FDA, Spravato became the first legal psychedelic medicine available to the U.S. public in 2019 using Ketamine in an intranasal formulation. Ketamine is being hailed as the most significant development in psychiatry since the advent of SSRIs. In research it's been shown to consistently and rapidly reverse suicidality, and it is an effective treatment for various mental health conditions including: major depression, anxiety, PTSD, OCD, and bipolar disorder.

Combined with psychotherapy the efficacy of ketamine is significantly enhanced. Ketamine Assisted Psychotherapy (KAP) utilizes key principles of proper screening, preparation, setting, dosage, and integration to optimize safe and efficient results.

We believe 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 a 10-hr certificate in experiential KAP training specifically tailored for licensed providers.

Training Outline:

- Screening/Preparation (1-2 hours)
- Intro/Fundamentals of KAP (Online Materials, Readings, 4.25 hours)
- Guided Experiential Session (3-hours)
- Integration (0.75 hours)

Cost of Training:

If you are on one of our accepted insurance plans, your insurance is utilized for the screening, preparation, and integration visits. If you are not on one of our accepted insurance plans, then out of pocket prices for screening, preparation, and integration would be applied. Please visit our website at www.aimsinstitute.net to see if we accept your insurance plan.

The experiential ketamine session and didactic training/recorded online materials and mindfold are not covered by insurance and are an out of pocket fee of \$1025.60 plus tax for educational materials. To apply email info@aimsinstitute.net or call (206) 420-1321.