



THE PEARL PSYCHEDELIC INSTITUTE

KETAMINE-ASSISTED PSYCHOTHERAPY (KAP) TRAINING

**DESCRIPTION, LEARNING OBJECTIVES, SCHEDULE,
MODULES, CONTENT, and PRESENTER BIOS**

www.pearlpsychedelicinstitute.org



Introduction to Ketamine-Assisted Psychotherapy (KAP)

Presented by

Raymond Turpin, PsyD; Megan “Star” Rose Bond, LCSW; Joel Chisholm, MD; Jacquelyn Dobrinka

Description: Ketamine-Assisted Psychotherapy (KAP) is a unique therapeutic approach used to address a variety of mental health conditions, including treatment-refractory depression, post-traumatic stress, obsessive-compulsive disorder and addictions. It involves the use of the psychoactive substance ketamine combined with psychotherapy to enhance and deepen the therapeutic process. Patients are carefully screened, prepared for medicine sessions, and supported with a variety of psychotherapy and other integrative forms of treatment to amplify and prolong the curative effects of ketamine.

This training offers an overview of ketamine use in psychiatry, a review of current research, discussion of appropriate indications and uses in treatment, and education on the differences in varying models of ketamine treatment. This training also provides discussion of unique ethical considerations, boundaries and abuse of power in the rapidly evolving field of psychedelic medicine. At the conclusion of this training, participants will possess a basic understanding of this innovative model of treatment.

Didactic Learning Objectives

- Learn about the history of ketamine as medicine + how it is used in psychiatry
- Review current research on the use of ketamine in MH + SUD treatment
- Discuss clinical skills, training and equipment required for providing ketamine treatment
- Understand the importance of being trauma-informed and trauma-informed care
- Describe appropriate indications + uses for IV/IM/SL ketamine
- Articulate differences in varying models of ketamine treatment
- Explore unique ethical and legal considerations when working with psychedelic medicine
- Recognize current issues of diversity, equity and inclusion in psychedelic medicine
- Understand the critical importance of integration in KAP and psychedelic-assisted therapies
- Feel confident in explaining the basics of KAP to clients and colleagues



DIDACTIC SCHEDULE

(6 Continuing Education Hours)

Time	Topic	Lead Pearl Staff
8:30 am - 9:00 am	Arrival, Registration, Receive Training Materials	Admin Staff
9:00 am - 9:30 am	Welcome, Overview and orientation to space Invocation/Introductions (Share 1-2 sentences about your intentions/interest in this training)	All Presenters
9:30 am - 10:15 am (0.75 CE Hour)	History + Research Foundations	Raymond
10:15 am - 10:30 am	Break	
10:30 am - 12:15 pm (1.75 CE Hours)	Clinical Skills + Competencies	Star/Raymond
12:15 pm - 1:00 pm	Lunch	
1:00 pm - 2:00 pm (1.0 CE Hour)	Ketamine Prescribing Primer	Joel
2:00pm - 2:15pm	Break	
2:15 pm- 3:15 pm (1.0 CE Hour)	Ethics and the Decolonization of Mental Health in Psychedelic Medicine	Star
3:15pm - 3:30pm	Break	
3:30 pm - 4:30 pm (1.0 CE Hours)	Diversity, Equity and Inclusion	Star
4:30 pm - 4:45 pm	Break	
4:45 pm - 5:15 pm (0.5 CE Hours)	Role of Music in Psychedelic Medicine	Raymond
5:15 pm - 6:15 pm	Integration	Jackie



MODULES & CONTENT

Modules	Time	Topics + Content
History + Research Foundations	0.75 hr	<ul style="list-style-type: none"> ● Introduction to Psychedelic Medicine paradigm vs western medical model; each substance has a unique signature and this training is focusing on ketamine ● History of ketamine and its uses in medicine and psychiatry/psychology ● Examination of past and recent research of ketamine-assisted psychotherapy (KAP)
Clinical Skills + Competencies	1.75 hr	<ul style="list-style-type: none"> ● Basic components of psychedelic-assisted therapy ● Critical importance of trauma-informed care (including Set and Setting) ● Screening: Medical and Biopsychosocial Assessments, ● Preparing patients for KAP medicine session (including Set and Setting) ● Conducting KAP sessions nuts and bolts including trauma-informed responses ● Professional touch during KAP sessions ● Potential risks and challenges of using psychedelics in trauma treatment ● Discussion of the ongoing work of the Board of Psychedelic Medicine and Therapies ● Competencies from Beckley Foundation: <ul style="list-style-type: none"> ○ Empathic Abiding Presence ○ Trust Enhancement ○ Spiritual Intelligence ○ Knowledge of Physical and Psychological Effects of Psychedelics ○ Therapist Self-Awareness & Ethical Integrity ○ Proficiency in Complementary Techniques
Ketamine Prescribing Primer	1 hr	<ul style="list-style-type: none"> ● Psychopharmacology ● Rule ins/outs <ul style="list-style-type: none"> ○ What it treats: TRD, PTSD, OCD, SUD, spiritual seeking ● How it is administered (ROAs) ● Dosage determination - one vs two separate IM administrations; weight; psychedelic experience ● Off label use other than Spravato ● Who can administer? Self-administration of troches vs in-office IM - what training is necessary to administer? ● Rescue meds (anti nausea pre and blood pressure meds) ● Common Challenges + Concerns ● Resources for learning more about prescribing



Ethics and the Decolonization of Mental Health in Psychedelic Medicine	1hr	<ul style="list-style-type: none"> ● Understanding ethics in psychedelic medicine ● Decolonizing mental health ● Addressing power dynamics and hierarchies ● Indigenous perspectives and healing practices ● Research ethics and community engagement ● Review of MAPS code of ethics, KRIYA ethics, etc.
Diversity, Equity and Inclusion in Psychedelic Medicine	1 hr	<ul style="list-style-type: none"> ● Understanding the necessity of promoting Diversity, Equity and Inclusion in therapeutic psychedelic settings ● Addressing bias and discrimination ● Cultural competence and sensitivity ● Intersectionality in psychedelic-assisted therapy ● Collaboration and community engagement ● Ethical considerations in DEI work
Role of Music in KAP	0.50 hr	<ul style="list-style-type: none"> ● History of the use of music in psychedelic-assisted therapy ● Discuss playlists, various sound set-ups, theory behind why music is important ● Experience examples of playlists (like PRATI Music or KRIYA on Spotify) ● No words in first language, stay away from familiar music due to associations ● Using playlists to assist patients with integration following KAP
Integration		<ul style="list-style-type: none"> ● Information on the critical importance of aftercare following non-ordinary experiences to maximize the potential for positive growth and change. ● Discussion of tools for integrating insights, increasing accountability, exploring commitments and bringing knowledge acquired in non-ordinary experiences into their everyday lives.



PRESENTER BIOS

Raymond Turpin, PsyD, is a licensed psychologist in private practice and the Founder/CEO/Clinical Director of the nonprofit, The Pearl Psychedelic Institute. He has studied psychedelic-assisted psychotherapy for decades and is a graduate of the California Institute of Integral Studies (CIIS.) Raymond is a co-principal investigator in the MAPS MDMA therapy for PTSD Expanded Access program through The Pearl in Western North Carolina. He has extensive experience working clinically with different populations across multiple settings as well as many years providing clinical supervision for therapists and mental health personnel.

Star Rose Bond is a licensed psychotherapist (LCSW) and trauma-informed educator as well as an extreme visionary dedicated to the decolonization of mental health. Star holds a bachelor's degree in Social Work from New York University (2010) and a master's degree in social work and program development from Columbia University (2012). In 2023, she earned certifications in Psychedelic Assisted Therapy from the Integrative Psychiatry Institute (IPI) and MDMA Therapy from the Multidisciplinary Association for Psychedelic Studies (MAPS). Specializing in trauma, PTSD, and addiction recovery, Star employs methodologies that go beyond conventional practices, operating her private practice and engaging in community-based efforts in Asheville, NC..

Joel Chisholm, MD is a graduate of Brody School of Medicine at East Carolina University. He trained in combined internal medicine/psychiatry program at East Tennessee State University and board certified in psychiatry/neurology and addiction medicine. Dr. Chisholm has been practicing since 2008, the past 14 years in North Carolina for the eastern band Cherokee tribe where he served as behavioral health medical director for the past 10 years. He has been a member of the Association of American Indian Physicians (AAIP) for 15 years where he has done presentations related to addiction treatment in Native American communities. Dr. Chisholm has gained interest in the use of psychedelic medicine in working with patients with MDMA-assisted therapy for treatment resistant post-traumatic stress disorder. He completed his training with Multidisciplinary Association for Psychedelic Studies (MAPS) in 2022 with him subsequently working with Pearl Psychedelic Institute in Waynesville, NC as the medical director.

Jacquelyn is a multifaceted spiritual leader, educator, and guide, currently serving as the Director of Education & Community for the Love, Serve, Remember Foundation. With a dedication to holistic wellness and spiritual exploration, Jackie wears many hats, from working with individuals, to teaching workshops, to being the host of the Ram Dass' Here & Now podcast. Drawing upon over two decades of intensive mystical studies and 15 years of expertise in holistic wellness, Jackie's journey has led her to merge diverse spiritual traditions and wellness practices. As an ordained interspiritual minister and lineage holder in various traditions—ranging from plant-based medicine to female earth-based practices to global and Christian mysticism—Jackie brings a unique and inclusive perspective to her work. Her extensive training includes certifications in Yoga (500-e RYT), Ayurveda, Mindfulness Meditation, Holotropic Breathwork, and Western Herbalism. Through her teachings, coaching sessions, and workshops held at prestigious institutions such as Kripalu Center for Yoga & Health, Yoga International, The Pearl Psychedelic Institute, Warren Wilson College, Lawrence University, and Mission Hospital, Jackie inspires individuals to embark on profound journeys of self-discovery, healing, and spiritual growth.