

Description of the Experiential Portion of KAP Weekend

The experiential component of the Introduction to Ketamine-Assisted Psychotherapy (KAP) Weekend is intended to give participants valuable experience as both a journeyer/patient as well as a sitter/support person. In order to fully understand the nature of working with non-ordinary states of consciousness, it is an important part of training that prospective psychedelic-assisted therapists/sitters/support persons be familiar with these experiences from a personal level. Ketamine is a legal Schedule III compound that is capable of stimulating these experiences in a controlled, safe, clinically-supervised manner.

Day One of the Experiential component will consist of participants divided into treatment pairs where each person will have an experience as a journeyer/patient as well as a sitter/support person. The morning session will consist of the journeyer/patient using a troche or lozenge to create a non-ordinary state of consciousness while the sitter/support person will get experience holding space for and supporting their partner's experience. Pearl staff will provide medical and clinical supervision throughout the session. Following some time to practice integration skills as a pair there will then be some time for group integration for those who wish to voluntarily share their experiences. After lunch the afternoon session will be the same activities but with the treatment pairs switching roles. Another group integration session closes out the day.

Day Two is the same as Day One except participants will be divided into different pairs and the morning and afternoon sessions will be the same but for these sessions, an intramuscular (IM) injection will be the route of administration. We feel it is important that potential practitioners have experience with these two routes of administration because they are two of the most common routes of administration used in the field (with the exception of intravenous (IV)). As with Day One sessions, these are closely monitored medically and clinically by trained Pearl staff and will include time for individual and group integration. At the conclusion of Day Two, participants will get to experience a Sound Bath from a local renowned musician to expose them to another potential aspect of the integration process.

Day Three has been recently added to focus more on both short-term and long-term integration strategies. The importance of integration when working with non-ordinary states of consciousness cannot be overstated and many training programs overlook this. This Day will begin at 10am and end at 3pm and will focus on nurturing participants in their own integration process as well as offering tools for sustaining integration work on a more long-term basis, both for themselves and their potential future patients. There will also be time for appropriate closure before participants head home with a day off (Sunday) to assist in the transition back to their professional lives.