



Basic Ketamine Assisted Psychotherapy

Two Month 12 Hour Live Online Course

This is a new online live course is offered by
Drs. Robert Grant, MD, Dr. Jessica Katzman, PsyD, Inna Zelikman, RN, ANP, PMH-NP, Jeanna Eichenbaum,
LCSW, and Victoria Leftridge, LPCC
Healing Realms Psychotherapy, Inc in San Francisco
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Open to licensed physicians, advanced practitioners, nurses, and psychotherapists regardless of educational or work experience with ketamine.

Objectives are to:

1. Learn indications and contraindications for ketamine treatment for mental health;
2. Learn ketamine dosing and routes of administration, including the expected effects on cognitive function and communication.
3. Learn about ketamine adverse effects and monitoring recommendations for ketamine and related derivatives (including Spravato).
4. Learn strategies for prolonging the benefits of ketamine therapy, including psychotherapy, repeated dosing, and dose escalation.

Healing Realms has applied to offer up to 12 contact hour credits for mental health counselors through the NBCC. These credits are available only for participation in the live portion of the program.

101 Ketamine Assisted Psychotherapy: Getting Started has been approved by NBCC for NBCC credit hours. Healing Realms Psychotherapy, Inc is solely responsible for all aspects of the program. NBCC Approval No. SP-4117.



101 Ketamine Assisted Psychotherapy: Getting Started

Agenda

Session #1 - Introduction

Dr. Robert Grant, MD, MPH

JVictoria Leftridge, LPCC

Date: Friday, June 2, 2023

Time: 9AM to 12PM PT

- History and current regulatory/payment status of ketamine therapy
- Ketamine pharmacology: Mechanism of action, metabolism, drug-drug interactions
- Ketamine indications and contraindications
- Baseline and outcome assessments
- Consent issues including risks, benefits and alternatives.
- Exploring the essential role of music in KAP
- Q and A

Session #2 – Treatment

Inna Zelikman, RN, PMH-NP

Dr. Robert Grant, MD, MPH

Date: Friday, June 16, 2023

Time: 9AM to 12PM PT

- Ketamine routes of administration and dosing
- Adverse effects, management, and monitoring recommendations
- Requirements for storage, accounting, and disposal of ketamine
- Q and A

Session #3 – Ketamine Assisted Psychotherapy Part 1

Jeanna Eichenbaum, LCSW

Dr. Robert Grant, MD, MPH

Date: Friday, June 30, 2023

Time: 9AM to 12PM PT

- Psychedelic Assisted Psychotherapy
- Learn basic somatic approaches to KAP such as:
 - where clients feel emotions in their bodies
 - ways to seek consent for holding hands prior to sessions
 - confirming hand holding consent during sessions
 - importance of boundaries regarding touch
- Q and A

Session #4 – Ketamine Assisted Psychotherapy Part 2

Dr. Robert Grant, MD, MPH

Dr. Jessica Katzman, PsyD

Date: Friday, July 14, 2023

Time: 9AM to 12PM PT

- Timing and Coordination of Psychotherapeutic Support
- IFS for Ketamine Assisted Psychotherapy
- Integration Challenges
- Q and A

*Each session will include a 3 minute break in the middle of each 3 hour session.



Healing Realms is excited to announce that we are offering
a 2-month Virtual Course on
101 Ketamine Assisted Psychotherapy: Getting Started.

This course will be facilitated by Dr. Robert Grant, MD with support from
psychotherapists at the Healing Realms Psychotherapy, Inc.

Information about the Course and FAQ's

- **Who can participate?** This course is geared toward licensed medical and mental health professionals who are getting ready to add ketamine services to their practices, or are joining a ketamine practice, and who are currently providing ketamine infusions and want to learn how to add ketamine assisted psychotherapy.
- **What is the cost?** The cost for the class is \$900 and payment is due upon registration. After registration, you will receive a confirmation email with further instructions. The class size is capped to 36. Registration and payment are due 48 hours before the first date of the course.
- **How will participation be documented?**
A certificate of completion will be given to each participant upon completion of the program. We are working to register this class for CE's but cannot guarantee these will be available by the end of the class. If approved, CE would be available only for participation in the live portion of the class.
- **Where will it be?** The course will be conducted via Zoom video conference, and the Zoom link will be provided after registration.
- **What is the time commitment for the course?** There are 4 classes, and each class will last 3 hours. Zoom recordings will be made available to participants who are unable to attend. (See more below)
- **How many participants will be attending?** We will limit capacity for this group to 36.
- **How can I participate in the discussion?** Participants will have a chance to ask questions at the end of each class during Q & A time.



- **What if I can't attend a class at all or for the entire duration?** Each participant is allowed to have access the recordings for the class if they are unable to attend and must submit this request to training@healingrealmscenter.com. The shared Zoom recording will expire 30 days after the last live session * and download* is not allowed. We encourage live attendance for all sessions for maximum participation during live Q & A time. The credentialing partner requires that CE be awarded only for participation in the live portion of the class.

**Please understand that this is to protect the course content, which will be continuously updated with new clinical experience and published evidence. **

By registering, you understand and agree that you will not share or distribute the shared Zoom recording without explicit written consent from Healing Realms.

- **Will this course help me prepare for the new ASKP3 Ketamine Certification Examination?** This course will cover many of the topics that are published by ASKP3 in their blueprint for the ketamine certification examination. Healing Realms Psychotherapy is not affiliated with ASKP3 and we cannot guarantee that all topics on the examination will be covered.
- **What do I do if I have concerns about the course?**
If a participant or potential participant would like to express a concern about his/her/their experience with a Healing Realms Psychotherapy, Inc course, he/she/they may call or email Robert Grant at 415-236-3896 or email training@healingrealmscenter.com. Although we do not guarantee a particular outcome, the individual can expect us to consider the complaint, make any necessary decisions, and respond within 28 working days.

Please note that this class is for informational purposes only and is not to be intended for or to be construed as medical advice. By registering and making payment to attend, you understand and agree to this, and further agree to hold Healing Realms harmless and release Healing Realms from any wrongdoing.