



Advanced KAP: Focus on Internal Family Systems

Four Month Virtual Course

Session #1 - Introduction

Date: July 29th

Time: 9 AM - 12 PM PST

- Meditation
- Ketamine therapy review
- IFS review
- Getting in self, getting back into self
- How IFS and ketamine work well together
- Q and A

Session #2 – Preparation and Treatment

Date: August 26th

Time: 9 AM - 12 PM PST

- Meditation
- Mapping the trauma, shame, depression, and anxiety
- Working with protectors in preparation including consent, fears, concerns, intentions, polarizations
- Working with exiles, retrieval, unburdening, staying in connection
- Working with parts during ketamine sessions including challenges for focus and patience
- Q and A

Session #3 - Integration

Date: September 30th

Time: 9 AM - 12 PM PST

- Meditation
- Working with parts immediately after ketamine sessions
- Avoiding rushing when protectors are resting
- Working with parts during integration
- Integration challenges (Dr. Jessica Katzman, Psy.D.)
- Q and A

Session #4 – Special Topics and Questions

Date: October 28th

Time: 9 AM - 12 PM PST

- Meditation
- Queer and erotic parts (Jeanna Eichenbaum, LCSW)
- Special Topic TBD
- Q and A
- Conclusions and next steps