



## **Advanced KAP: Focus on Internal Family Systems Four Month Virtual Course**

### **Session #1 - Introduction**

**Date: July 29th**

**Time: 9 AM - 12 PM PST**

**Jeanna Eichenbaum, LCSW**

- 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**

**Richard Schwartz (10:30 AM – 12 PM)**

- 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

Advanced Ketamine Assisted Psychotherapy: Focus on Internal Family Systems has been approved by NBCC for NBCC credit. Healing Realms Psychotherapy, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3675

Healing Realms Center

<https://www.healingrealmscenter.com>

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 415-323-6658 or email [admin@healingrealmscenter.com](mailto:admin@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.