

Emotion-Focused Ketamine-Assisted Psychotherapy (EF-KAP)

Adele Lafrance, PhD & Reid Robison, MD, MBA

Workshop Details

Nov 9, 2020

9am – 4:30pm ET*

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(<https://www.timeanddate.com/worldclock/converter.html>)

Location

Online Live Stream Event

Fees:

Early-Bird Rate: \$199 + HST

After Oct 8th: \$225 + HST

Registration Deadline:

Nov 5th at 12 pm ET

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at missionempowerment.ca



About the Workshop

Ketamine is emerging as a powerful catalyst to accelerate the healing and recovery process in individuals suffering from a wide array of mental health symptoms. Its use in psychotherapy has particularly been helpful with treatment resistant clients who have long-term, chronic and severe symptoms of mental illness – and who have been suffering for a very long time. For many of these clients, where conventional medications and/or therapy approaches brought little to no relief, ketamine-assisted therapy has been effective, improving quality of life and - in some cases - leading to complete recovery.

This workshop will introduce Emotion-Focused Ketamine-Assisted Psychotherapy (EF-KAP) - a therapeutic model to support the application of psychedelic medicine in general, and with ketamine specifically. In this model, informed by emotion-focused treatment approaches, clinicians support their clients before, during and after the ketamine-assisted sessions to facilitate an experience which becomes integrated into their lives well beyond their time in the therapy room. The model also emphasizes caregiver involvement to further help with this aim.

Participants of the workshop will learn how to implement each aspect of the model including how to structure preparation sessions, dosing sessions and psychotherapeutic integration sessions. Vignettes and videos will be presented to illustrate the preparation, ketamine dosing and adjunctive-psychotherapy sessions that make up the model.

About the Presenters

Reid Robison, MD MBA and **Adele Lafrance, PhD**, are co-developers of the Emotion-Focused Ketamine-assisted Psychotherapy model. Reid is a board-certified psychiatrist and co-founder at Cedar Psychiatry, and serves as Medical Director of Center for Change, a leading Eating Disorder program. Adele is a clinical psychologist, research scientist, and author. She is also co-developer of Emotion-Focused Family Therapy. Adele and Reid are both leaders in the research and practice of psychedelic medicine.

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