

INTRODUCTORY WORKSHOP: KETAMINE-ASSISTED PSYCHOTHERAPY (KAP)

DAY 1 - CLINICAL & CONCEPTUAL FOUNDATIONS

09:00-9:15: Welcome & Introduction | [Rutger Engel](#)

09:15 – 09:45 – Participant’s Intros, Expectations & Exchange of Experiences

09:45 – 11:15 – The Science and Mechanisms of Ketamine in Mental Health Treatment | [Signi Goldman](#)

11:15 – 11:30 – Coffee Break

11:30 – 13:00 – Models of Ketamine Administration and Therapeutic Framing | [Estefanía Moreno & Signi Goldman](#)

13:00 – 13:45 – Lunch

13:45 – 15:30 – Preparation, Touch and Informed Consent | [Shiva Thorsell](#)

15:30 – 15:45 – Break

15:45 – 17:00 – Recognizing and Managing Risks in KAP (incl screening) | [Signi Goldman](#)

17:00 – 17:30 | Group Reflection & Q&A

Thursday evening: Dinner@Senz, including discussion with 2 clients who followed KAP

SCHEDULE

DAY 2 - THERAPEUTIC PROCESS, INTEGRATION & ETHICS

09:00 – 09:15 - Morning check-in and overview

09:15 – 11:15 - The Therapeutic Process During Ketamine Sessions | [Shiva Thorsell](#)

11:15 – 11:30 - Break

11:30 – 12:30 - Integration 1: Translating Experience into Change | [Estefanía Moreno & Signi Goldman](#)

12:30 – 13:30 - Lunch

13:30 – 14:30 - Integration 2: Translating Experience into Change | [Estefanía Moreno & Signi Goldman](#)

14:30 – 16:30 - Ethical, Legal, and Professional Considerations in Europe | [Rutger Engels](#)

16:30 – 17:00 - Closing Circle & Drinks | [Rutger Engels](#)