

# Foundations of Ketamine-Assisted Psychotherapy (KAP)

*ONE DAY INTRODUCTORY COURSE*

**Date:** 15th October 2026 | **Time:** 09:15 - 19:00h

**Location:** Hotel Vincci Gala (Barcelona)

**A quick note on food:** We've got your morning coffee covered! For lunch, you can explore the area on your own or join the group for a **meal for €35**. If you'd like to eat with us, just let us know **at least 24 hours before we start** so we can save you a seat.

## Overview

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This introductory-level course will take you through the Ketamine-Assisted Psychotherapy (KAP) process from start to finish. By the end of the course you will know what a typical treatment process is like for a patient doing KAP, and gone through several real-life scenarios of cases we have encountered in our practice. Delivered and co-organized by Phil Wolfson from the Ketamine Research Foundation and Clínica Synaptica staff.

**Attendance to the full course** is necessary for obtaining the certificate, so make sure to sign the sign-in sheet.

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# Speakers

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- Phil Wolfson; Psychiatrist, Ketamine Research Foundation
- Joan Obiols; Psychiatrist, Clinica Synaptica.
- Estefanía Moreno; Integrative Doctor, Clinica Synaptica.
- Debora Gonzalez; Doctor in Pharmacology, Clinica Synaptica.
- José Carlos Bouso; Doctor in Pharmacology, Clinica Synaptica.
- Irene Perez; Art Therapist and TRE® facilitator, Clinica Synaptica.
- Marta Martín Islas; Psychologist, Clínica Synaptica.
- Noel Garcia; Psychologist, Clínica Synaptica.
- Mery Peña; Doctor in Medicine and Surgery, Clínica Synaptica.

## Course Directors:

- **Oscar Pares**; CEO of Clinica Synaptica
- **Phil Wolfson**; CEO of the Ketamine Research Foundation

## Course Admin and Contact:

- Marta Martín: [martamartin@clinciasynaptica.com](mailto:martamartin@clinciasynaptica.com); or Whatsapp at +34 648579135

# PROGRAMME

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## 9:00 – 9:15 – Registration and arrival

Please arrive on time to ensure we stick to the schedule!

## **9:15– 10:00 – Welcome & Orientation, with José Carlos Bouso**

- Brief introduction to ketamine use around the world, historical and current
- Legal and ethical boundaries
  - Current status (esketamine and ketamine)
  - Scope of practice (what we can and can't do)

**10:00 – 10:15 – Activity:** Introductions and sharing

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## **10:15 – 11:00 – Intro to Ketamine pathways, with Débora González**

- Quick overview of mechanisms of action
  - The window of opportunity and how to use it
  - Conceptualization of theory through cases focused on grief
  - Q&A
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**11:00 – 11:30 – Coffee Break**

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## **11:30 – 12:15 – Preparation with Irene Pérez**

- Working with expectations and intentions in session
  - The importance of psychoeducation
  - Utilizing somatic resources
  - Safety agreements
  - Q&A
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## **12:15 – 13:00 – Experience, with Estefania Moreno**

- The altered state and its possibilities
  - The therapist's stance
  - Challenging moments and how to deal with them
  - Q&A
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## **13:00 – 13:45 – Scheduling and maintenance with Marta Martin**

- Session frequency and treatment duration
- Maintenance considerations and personalization
- Case discussions
- Q&A

## **13:45 – 14:00 – Wrap Up**

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## **14:00 – 15:00 – Lunch**

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## **15:00 – 16:00 – Integration with Phil Wolfson**

- Meaning-making and integration techniques
- Anchoring and utilizing behavioral changes
- Tracking insights and additional work
- Q&A

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## **16:00 – 16:45 – The Clinical Interview with Joan Obiols**

- Screening – the clinical interview
- Indications and contraindications
- Current evidence across different diagnoses
- Case discussions
- Q&A

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**Here we will divide the group in two for the following activities:**

**-16:45 to 17:40**

Clínica Synaptica Tour with Mery Peña **(Group 1)**

Role-play and discussion with Noel García, Marta Martín & Irene Perez **(Group 2)**

**-17:40 to 18:35**

Clínica Synaptica Tour with Mery Peña **(Group 2)**

Role-play and discussion with Noel García, Marta Martín & Irene Perez **(Group 1)**

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## **18:35 – 19:00 – Closing circle and debate**

- Further training recommendations
- Debate and questions

# Resources

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We will share a folder with the following resources with all the course participants :

- Informed consent
- Some of the KAP playlists we use in sessions
- Several scientific papers on KAP
- PDF presentations of all the lectures