

1st Ketamine-Assisted Psychotherapy International Association Summit

16 - 17 - 18th October, Hotel Barcelona Center

OVERVIEW

We're pleased to welcome you all to the 1st International Association Summit on Ketamine-Assisted Psychotherapy (KAP), co-organized by the Ketamine Research Foundation and Clinica Synaptica. This summit aims to foster and generate a community of practitioners that are well-informed, ethically grounded, and clinically prepared to deliver KAP with the highest standards of care. By bringing together leading voices in psychiatry, pharmacology, and psychotherapy from across the world, we hope to create a space for open dialogue, shared learning, and meaningful collaboration — one that will continue to grow well beyond these walls. Whether you are new to ketamine-assisted approaches or already integrating them into your practice, we are glad you are here and look forward to building this community together.

Below you can find the full programme for the 3-day summit, and more information about the speakers and staff that have made this event possible. Contact information is also available at the bottom of the document.

Certification

Attendance to at least 90% (not counting the oral presentations for the abstracts) of the congress is necessary for obtaining the certificate of completion. This will be taken through a digital sign-in code on entry.

The Summit is endorsed by the Catalan Society of Psychiatry and Mental Health.

Thank you and see you in Barcelona!

SCIENTIFIC PROGRAM



FRIDAY – FULL DAY



BLOCK I · PREPARATION

09:00 – 09:20

Registration

Endorsed by

09:20 – 09:40

Opening of the Summit

- Welcome
 - Objectives and structure
-

Morning Keynote

09:40 – 10:30

Foundations and Boundaries of Ketamine-Assisted Psychotherapy - *Phil Wolfson*

Clinical Sessions – Preparation

10:30 – 11:00

Clinical Assessment & Screening after 4 years at Clínica Synaptica — Joan Obiols



Break 11:00 – 11:30

11:30 – 12:10

Ketamine for the treatment of mental health and substance use disorders: comprehensive systematic review — Celia Morgan

12:10 – 12:50

Setting the Stage: Useful approaches to ketamine / psychedelic preparation — Marc Aixalà

12:50 – 13:30

Relational Preparation: Building Safety and Connection as the Foundation for Healing — Lisa Gold

Morning Reflection Panel & Audience Discussion (Wrap-up)

13:30 – 14:00

Preparation in Practice: Key Clinical Decisions

Panel - Joan Obiols, Celia Morgan, Marc Aixalà, Lisa Gold and Phil Wolfson



Lunch 14:00 – 15:15

Early Afternoon Keynote

15:15 – 16:15

Psychedelic Therapy as the Reconstruction of Meaning: A Theory informed by Neuroscience - Chris Timmerman

Oral Presentations – Call for Abstracts (Session I)

16:15 – 17:45 - moderated by *Noel Garcia*

- 4 selected presentations (15' each)
 - 30' moderated Q&A and audience discussion
 - Focus: Preparation & Clinical Foundations
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Afternoon Reflection & Audience Discussion (Wrap-up)

17:45 – 18:30

Panel - Celia Morgan, Chris Timmerman, José Carlos Bouso and Phil Wolfson

SATURDAY – FULL DAY

BLOCK II · THE KAP EXPERIENCE

Morning Keynote

09:30 – 10:15

Delivering the KAP Experience in Real-World Clinical Settings - *Irene Perez & Marta Martín*

Clinical Sessions – The KAP Experience

10:15 – 11:00

Pharmacology & Administration — *José Carlos Bouso*

 **Break 11:00 – 11:30 (30')**

11:30 – 12:15

Working Inside the KAP Session — *Phil Wolfson*

Oral Presentations – Call for Abstracts (Session II)

12:15 – 13:45 - moderated by *Marta Martín*

- 4 selected presentations (15' each)
- 30' moderated Q&A and audience discussion
- Focus: The KAP Session & Therapeutic Process

Morning Reflection & Audience Discussion (Wrap-up)

13:45 – 14:15

Clinical Challenges During the KAP Session

Panel: Phil Wolfson, José Carlos Bouso and Irene Perez

 **Lunch 14:15 – 15:30**

Early Afternoon Keynote (Online)

15:30 – 16:30

Mindfulness, Ketamine and Psychedelic States - *Ron Siegel (by Zoom)*

Breakout Groups

16:30 – 17:45

Breakout Groups: Translating Experience Into Clinical Practice

- Small-group facilitated discussions
- Case-based clinical dilemmas
- Integration of morning and keynote content

Afternoon Wrap-up (Plenary)

17:45 – 18:30

Plenary Synthesis & Reflections on previous activity (breakout groups)

Panel: Phil Wolfson, José Carlos Bouso and Marta Martín

SUNDAY – MORNING

 **BLOCK III · INTEGRATION & SYSTEMS**

 **09:00 – 14:30**

Morning Keynote

09:00 – 09:50

From Acute Effects to Long-Term Outcomes - *Celia Morgan*

Clinical Sessions – Integration

09:50 – 10:15

The Synaptica Model of Integration - *Estefanía Moreno*

10:15 – 10:40

Beyond the Void: Grief Integration in the Age of KAP - *Débora Gonzalez*

10:40 – 11:15

Follow-up: tools and techniques to foster integration - *Marc Aixalà*

 **Break 11:15 – 11:45 (30')**

Systems Keynote

11:45 – 12:15

KAP in the Norwegian Public Health System - *Lowan Stewart*

Oral Presentations – Call for Abstracts (Session III)

12:15 – 13:45 - moderated by Mery Peña

- 4 selected presentations (15' each)
 - 30' moderated Q&A and audience discussion
 - Focus: **Integration, Systems & Future Directions**
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Final Reflection & Closing

13:45 – 14:30

Wrap-Up& Closing: Integration as the Missing Link

Celia Morgan, Lowan Stewart, Phil Wolfson, Débora González and Marc Aixalà

Speakers and staff:

- Phil Wolfson; Psychiatrist, Ketamine Research Foundation.
- Celia Morgan; Professor and Researcher, University of Exeter.
- Joan Obiols; Psychiatrist, Clínica Synaptica.
- Chris Timmerman; Researcher, Imperial College London.
- Lisa Gold; Psychologist, The Arizona Relationship Institute.
- Marc Aixalà; Psychologist, ICEERS Barcelona.
- Ron Siegel, Professor, Harvard Medical School.
- Lowan Stewart; Emergency Doctor, co-lead for NorRAD, the Norwegian Network for Rapid-Acting Antidepressants.
- Estefanía Moreno; Integrative Doctor, Clínica Synaptica.
- Debora Gonzalez; Doctor in Pharmacology, Clínica Synaptica.
- José Carlos Bouso; Doctor in Pharmacology, Clínica Synaptica.
- Irene Perez; Art Therapist and TRE® facilitator, Clínica Synaptica.
- Marta Martín Islas; Psychologist, Clínica Synaptica.
- Noel Garcia; Psychologist, Clínica Synaptica.
- Mery Peña; Doctor in Medicine and Surgery, Clínica Synaptica.

Administration and Organization

This congress has been made possible through the collaboration of Clínica Synaptica and the Ketamine Research Foundation, thanks to:

- Òscar Parés; CEO of Clínica Synaptica
- Phil Wolfson; CEO of the Ketamine Research Foundation

For any doubts please contact Marta Martín at martamartin@clnicasynaptica.com or whatsapp at +34 648579135.

Payment and Registration

Payment and registration are can be accessed through:
<https://www.clinicasynaptica.com/en/kap/>