

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

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.

Speakers

- Phil Wolfson; Psychiatrist, Ketamine Research Foundation
- Joan Obiols; Psychiatrist, Clinica Synaptica.
- Estefanía Moreno; Integrative Doctor, Clínica 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@clnicasynaptica.com; or Whatsapp at +34 648579135

PROGRAMME

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

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

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

14:00 – 15:00 – Lunch

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

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

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)**

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

- Further training recommendations
- Debate and questions

Resources

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

Payment and Registration

Payment and registration are can be accessed through:

<https://www.clinicasynaptica.com/en/kap/>