**Ketamine-Assisted Psychotherapy for Clinicians**

**A Psychedelic-Informed, Evidence-Based Framework**

Taught by Scott Shannon, MD, FAACAP

Saturday November 15, 2025

# SYLLABUS

## | EDUCATIONAL GOALS & LEARNING OBJECTIVES

**Educational Goals:**

Rates of depression, trauma-related disorders, and treatment-resistant mental illness have reached historically high levels, exposing significant limitations in prevailing psychiatric models centered on chronic pharmacologic management and symptom control. Ketamine has emerged as a rapid-acting antidepressant with robust neurobiological effects, but its clinical impact cannot be fully understood—or ethically optimized—when framed solely as a pharmacologic intervention.

This webinar introduces **ketamine-assisted psychotherapy (KAP)** within a broader psychedelic-informed paradigm. Drawing on neuroscience, clinical trials, and real-world practice, Dr. Shannon will explore ketamine as a *catalyst* that temporarily alters consciousness, increases neuroplasticity, reduces default mode network dominance, and facilitates psychological openness. When embedded within appropriate relational, therapeutic, and ethical *containers*, ketamine can meaningfully enhance psychotherapeutic processes and clinical outcomes.

The course will review current evidence comparing ketamine with standard antidepressants, examine the additive value of psychotherapy, and address emerging questions about dosing, routes of administration, durability of effects, risks, and training standards. Emphasis will be placed on practical clinical decision-making and how clinicians can responsibly integrate ketamine into a coherent, patient-centered model of care.

**Learning Objectives:**

Upon completion of this course, the participants will be able to:

1. **Explain** the psychedelic framework of *container, catalyst, and carrier* as applied to ketamine-assisted psychotherapy.

2. **Identify** three different psychiatric disorders that research shows ketamine has demonstrated effectiveness in treating.

3. **Evaluate** current clinical evidence comparing ketamine alone versus ketamine combined with psychotherapy.

4. **Describe** how ketamine-assisted psychotherapy can be integrated into clinical practice, including ethical considerations, patient selection, and treatment design

## | COURSE OUTLINE & SCHEDULE

**12:00 – 12:10 pm**:

Introduction, disclosures, and framing the current mental health crisis

**12:10 – 1:15 pm**

Didactic presentation, including:

- Psychiatry at a moment of paradigm transition
- Limitations of the chemical imbalance and symptom-suppression models
- The psychedelic framework: *container, catalyst, and carrier*
- Ketamine as a unique and transitional psychedelic agent
- Neuroplasticity, default mode network modulation, and belief updating
- Review of current clinical evidence for ketamine in depression, PTSD, and addiction
- Comparative outcomes: ketamine alone vs ketamine-assisted psychotherapy
- Individual vs group KAP models and real-world clinical data
- Ethical, clinical, and training considerations for clinicians

**1:15 – 1:30 pm**

Questions, discussion, and closing remarks

# | COURSE REFERENCES


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