

TOPICAL WEBINAR FOR APA MEMBERS

An Educational Resource from Journey Clinical.

Foundations of Ketamine-Assisted Psychotherapy (KAP)

February 27, 2026

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ATTENDANCE

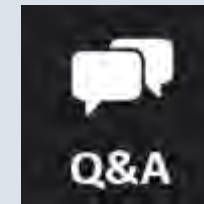
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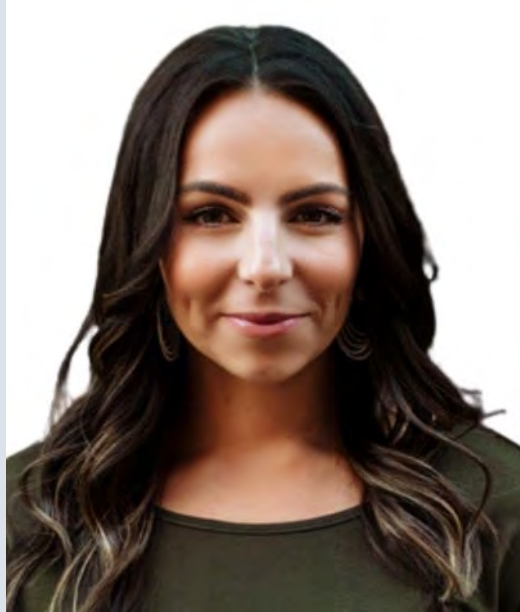
RECORDING

- A recording will be available 24 hours after the webinar via our LMS (where you'll obtain your CE certificate)
 - CE credit can be earned via watching the recording, delivered as an asynchronous distance course
- The recording will also be available on the APA website, www.apa.org, in approximately two weeks.

HAVE A QUESTION?

- You are on mute. Communicate using the **Q&A box** in the webinar screen. Submit your questions for our speakers using the Q&A box.
- Presentation slides will be posted in the **chat box** of your webinar screen.





Jessica Punzo, PsyD

PRESENTERS

Jessica Punzo, PsyD – Lead Therapist Instructor

Jessica Punzo, PsyD is a licensed clinical psychologist and PSYPACT provider with advanced training and leadership in trauma-focused care. She holds a doctoral degree in Clinical Psychology with a concentration in Traumatic Stress from Adler University and currently serves as Past President of Division 56, Trauma Psychology, of the American Psychological Association.

Dr. Punzo has extensive experience treating PTSD and complex trauma across diverse clinical settings, including community mental health, corrections, and VA systems. Her clinical approach is grounded in evidence-based trauma therapies, including Prolonged Exposure, Cognitive Processing Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy, and is informed by a stage-oriented model of trauma treatment.

She is certified in Psychedelic-Assisted Therapy through the Integrative Psychiatry Institute and maintains a private practice specializing in psychedelic-assisted therapy and ketamine-assisted psychotherapy. Dr. Punzo brings a psychotherapy-centered, trauma-informed lens to Ketamine-Assisted Psychotherapy, emphasizing safety, preparation, relational presence, and ethical clinical practice.



Brigitte Gordon, DNP, PMHNP-BC

PRESENTERS

Brigitte Gordon, DNP, PMHNP-BC – Medical & Clinical Instructor

Brigitte Gordon, DNP, PMHNP-BC is a doctoral-trained, board- certified psychiatric nurse practitioner specializing in adult and geriatric psychiatric medication management and psychotherapy, with a subspecialty in integrative psychiatry. As Lead Clinician at Journey Clinical, she oversees and supports clinicians nationwide in delivering safe, effective, and compassionate Ketamine-Assisted Psychotherapy (KAP).

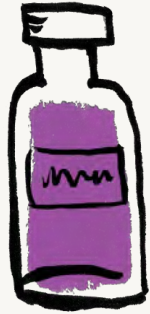
Dr. Gordon also serves as an Assistant Professor in the doctoral program at Columbia University School of Nursing and continues her academic work as a researcher with the Multidisciplinary Association of Psychedelic Studies (MAPS).

She is a graduate of Temple University's Honors Program, the University of Pennsylvania's Post-Baccalaureate Nursing Program, and Columbia University's School of Nursing, where she earned her BSN, MSN, and Doctor of Nursing Practice.

Learning Objectives

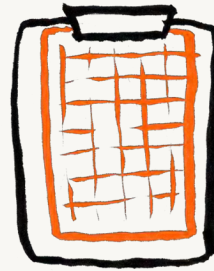
1. Describe the clinical indications, safety considerations, and evidence base for the medical use of ketamine in mental health treatment.
2. Recognize the primary administration routes for ketamine and understand how they may influence the therapeutic context and client experience.
3. Explain foundational concepts and terminology related to Ketamine Assisted Psychotherapy (KAP), including the therapeutic alliance, preparation, dosing, integration sessions, and the roles of both therapists and medical providers. -

What is Ketamine?



Ketamine has been an **FDA approved as an anesthetic** since 1970 and is on the WHO's list of top 10 essential medicines

How is it used?



Off -label prescription to treat depressive and anxiety disorders and is commonly used to treat suicidality in ER's

How is it administered?



There are multiple routes of administration including injections (IM or SQ), sublingual* (lozenge), intranasal, or IV infusion

**Disclaimer: Esketamine in the nasal-spray form is the only form of ketamine approved by the FDA to be used in mental health. Off-label prescription is legal, but sublingual lozenges are not yet FDA-approved.*

State of the Science

- Evidence base is promising but still emerging
- Strongest data support short-term symptom reduction; long-term outcomes remain under study
- Variability in protocols limits standardization
- Ongoing research needed to establish best practices and durability

Clinical Implication

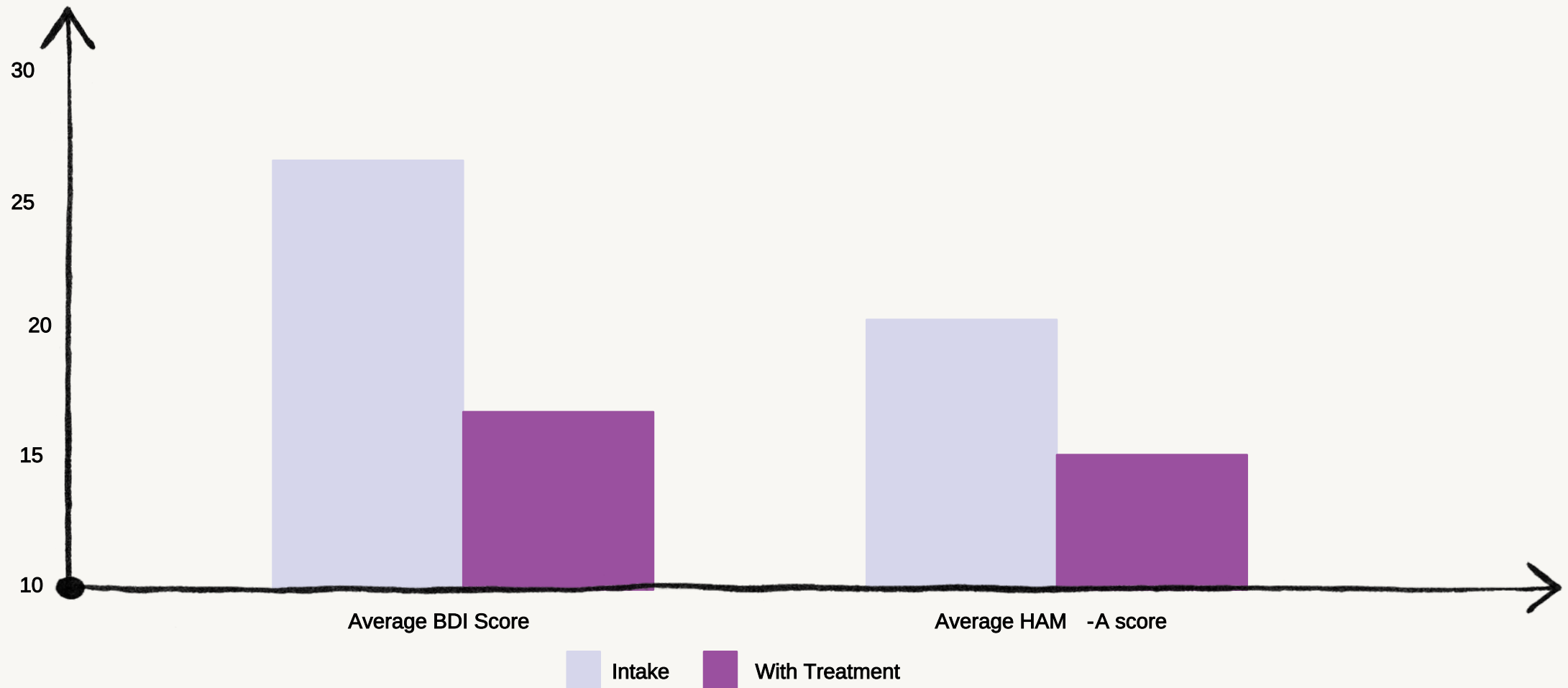
- KAP is an adjunctive, evolving intervention, applied thoughtfully and ethically within an evidence-informed framework



Results of clinical trials of ketamine for TRD consistently show:

- ✓ Rapid antidepressant effects (2 -4 hours post -infusion); 50 -80% response rate
- ✓ Response duration (single infusion) from 2 -3 days to 2+ weeks
- ✓ Safe co -administration with most other psych meds
- ✓ Robust anti -suicide effect
- ✓ Mild and transient adverse reactions
- ✓ Other indications emerging (e.g., PTSD, addiction)

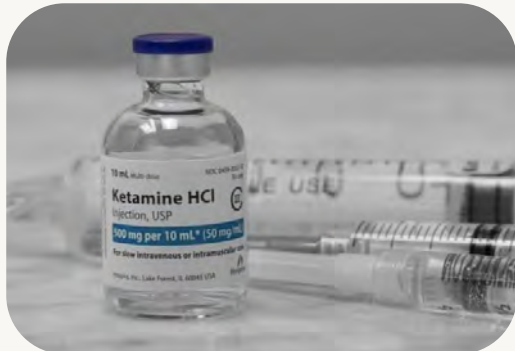
KAP significantly decreases depression and anxiety



Comparing administration routes for ketamine

IV / IM / Esketamine (nasal spray)

- Medical model & monitoring
- Higher cost
- Less flexibility with dosing
- More researched



Sublingual Lozenge or RDT*

- Flexible setting and dosing
- More affordable



Why use Rapidly Dissolving Tablets (RDTs)?

- Self-administered by the patient
- More financially accessible
- Sessions can take place in a comfortable setting

Dosage is adjusted to account for lower bioavailability vs IV/IM



Subjective psychological effects are highly dependent on set & setting

- Therapeutic alliance
- Preparation and integration sessions
- Scent, sound, comforts

(Carhart -Harris et al., 2018). (Murphy et al., 2021), (Watts, Martin, Davis, & Griffiths, 2024), (Hartogsohn, 2024), (Aqil et al., 2022)



Key Roles in Delivering Ketamine-Assisted Psychotherapy (KAP)

- Ketamine-Assisted Psychotherapy (KAP) requires a **prescriber** and a **licensed mental health professional**
- In some cases psychiatric medication management is supportive for patients on other medications.



Diagnoses to consider include...

✓ Anxiety (e.g., GAD)	✓ OCD	✓ Adjustment disorders
✓ Depression (e.g., MDD)	✓ Bipolar disorder	✓ Primary addiction disorder
✓ Trauma (e.g., PTSD)	✓ Eating disorders	✓ Other conditions (e.g., somatoform disorders, burnout)

Disclaimer: Eligibility is determined **on a case by case basis** by a medical professional.

Who is NOT a good fit for KAP?

The medical provider should review the below considerations when determining KAP eligibility for your clients:

-  **Unstable** medical conditions
-  **Uncontrolled** substance use disorders
-  **Contraindicated** psychiatric disorders

Medical and psychiatric contraindications include among others...

 Uncontrolled hypertension / high blood pressure	 Uncontrolled glaucoma / pressure in the eye	 Acute mania or mixed state
 Unstable medical condition	 Severe breathing problems	 History of primary psychotic disorder
 Ketamine allergy or hypersensitivity	 Active ketamine use disorder	 Active suicidal ideation or severe decompensation (e.g., where alternate setting is necessary for patient safety)

Other areas of consideration include...

~ Pregnant or
trying to conceive

~ Nursing

~ Hyperthyroidism

~ Liver disease

~ Cystitis

~ History of ketamine
use disorder

~ Active substance
use disorder

~ Extreme personality
disorder

~ Medications as
applicable

What is Ketamine-Assisted Psychotherapy (KAP)?

KAP is a holistic psychedelic modality that combines ketamine treatment with dedicated psychotherapy.



Ketamine

Prescribed off-label by a medical professional if eligible



Psychotherapy

with a licensed mental health professional



Ketamine-Assisted Psychotherapy

Ketamine Treatment vs Ketamine-Assisted Therapy

Ketamine Clinics

- IV/IM administration
- Clinical, medical setting
- Delivered by a medical professional
- Typically no psychotherapy

At-Home Ketamine Treatment

- No supervision
- Optional virtual sessions with unlicensed support
- No psychotherapy or ongoing support with integration

Ketamine-Assisted Psychotherapy

- Combines ketamine with psychotherapy
- Supported by a licensed mental health professional
- Setting is flexible (in office, at home, retreats)

Ethical Cautions

- **Stay in your scope**
 - Thorough screening for contraindications
 - Collaboration with medical provider
 - Clear protocols for adverse events
- **Avoid therapeutic overclaiming**
 - Informed consent is key
 - *KAP is NOT:*
 - A cure
 - Appropriate for everyone
- **Maintain Clear Boundaries**
 - Altered states increase suggestibility and vulnerability
 - Transference/Countertransference
 - Consent to Touch



Provider Scope in Ketamine-Assisted Psychotherapy (KAP)

Medical Professional:

- Medical clearance/eligibility
- Treatment plan (prescription*)
- Ongoing monitoring

Licensed Mental Health Provider:

- Psychotherapy**

**Administration and storage is either done by the medical provider in IV/IM or self-administration and storage by the patient in sublingual.*

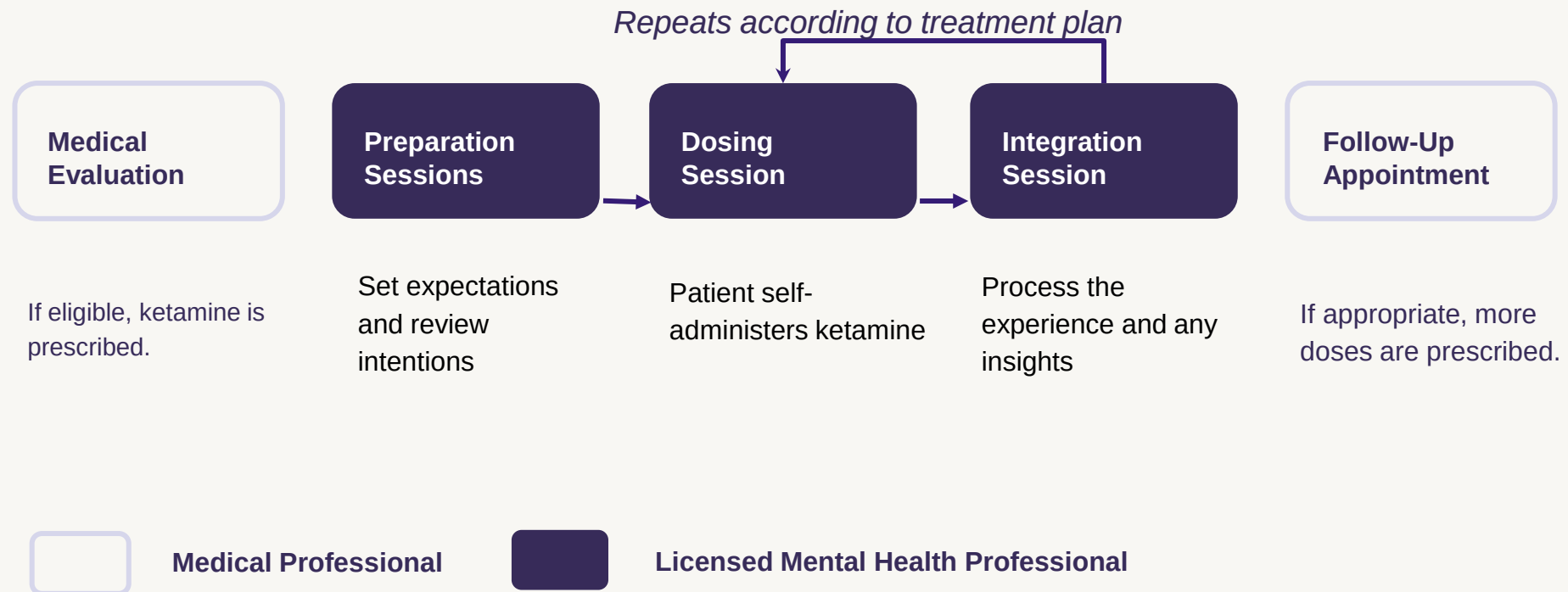
**Therapists should practice within competence and pursue additional training in PAP*

Informed Consent

- Off-label status (where applicable)
- Known risks and side effects
- Difference between KAP and standard psychotherapy
- Roles and responsibilities of the prescriber vs therapist
- Safety requirements
- Their right to withdraw at any time



Phases of KAP treatment



KAP fits into clients existing therapy session schedule

- Preparation and Integration sessions are structured (and typically billed) as regular therapy sessions
- The dosing session is longer to accommodate the client's inward journey as they self administer their prescription
- Therapists utilize their clinical expertise and areas of specialty (IFS, EMDR, Somatic, Gestalt, and many more)
- KAP can be delivered as an adjunct to an existing treatment plan



Where does KAP take place?

With sublingual KAP, the location of the dosing session is flexible

- Therapist's office
- Client's home
- Retreat space



Key terms glossary

Preparation

Building trust and readiness before dosing: setting expectations and intentions, informed consent, and safety.

Dosing

The ketamine session itself, where the medicine is administered and therapeutic support is provided.

Integration

Processing and applying insights from dosing to support lasting therapeutic change.

Therapeutic Alliance

The collaborative relationship between therapist and client, characterized by trust, safety, empathy, and mutual respect. In KAP, the therapeutic alliance is critical for supporting clients through potentially vulnerable states of consciousness and ensuring a safe container for healing.

Set & Setting

A foundational concept in psychedelic therapy referring to the psychological and environmental context in which a session occurs.

- Set refers to the client's mindset, including their expectations, mood, intentions, and psychological state going into the session.
- Setting refers to the physical and social environment, including the therapy space, music, lighting, and presence of the therapist.

Who Benefits from KAP?

Need Relief

Clients seeking a break from overwhelming emotions and unregulated nervous system

Feel Stuck

Those hitting a wall in their progress or current therapies

Tried Other Modalities

Clients still struggling despite other medications/treatments

Motivated to Change

Willing to put in the effort, not seeking a quick fix

Seeking Deeper Healing

Wanting to explore deeper levels of personal transformation

Who might not benefit from KAP?

Clients in crisis or instability, or unable to make sound decisions, unsupportive environment*.

AUDIENCE Q&A



Why Join Journey Clinical?

We are the #1 Platform for Ketamine -Assisted Psychotherapy (KAP) and Collaborative Medication Management:

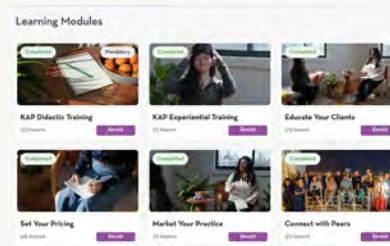
- 2,500+ therapists partner with us across the United States to transform their practices
- 87% of patients report improved outcomes in depression or anxiety clinical scales
- Open in 28 states:
CA, CO, CT, FL, GA, ID, IL, IN, MD, ME, MA, MI, MN, MT, NV, NY, NJ, NE, OH, OK, OR, PA, TN, TX, VA, WA, WI, & WY



KAP Medical Services



KAP Training + Education



Library of Resources



Community of Peers



Insurance Coverage

FINAL THOUGHTS

- The recording will be available in 24 hours
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THANK YOU!

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