



KETAMINE ASSISTED PSYCHOTHERAPY (KAP) ONLINE INTENSIVE

Clinical Training for Health Care Providers

Treating patients in non-ordinary mental states requires specialized training in the unique principles of psychedelic-assisted psychotherapy. This approach differs notably from conventional cognitive and behavioral methods, tailored specifically for expanded states of consciousness, occasioned by Ketamine.

The landscape of mental health treatment is rapidly evolving, and Ketamine Assisted Psychotherapy (KAP) is at the forefront of this transformation.

As research continues to highlight its potential, now is the time to explore how this innovative approach can enhance your therapeutic practice.



BreakThrough Therapy

NO PROBLEM CAN BE SOLVED WITH
THE SAME LEVEL OF
CONSCIOUSNESS THAT CREATED IT

ALBERT EINSTEIN



3-DAY COURSE FORMAT

This intensive course is offered online. Information will be presented in multiple formats including didactic teaching, observational and experiential learning (role play) and group discussions. Teaching videos of actual dose sessions are shown as learning tools for specific situations. New ways of interviewing and working with expanded states of consciousness will be taught and practiced.



Toronto, ON



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YOUR INSTRUCTOR

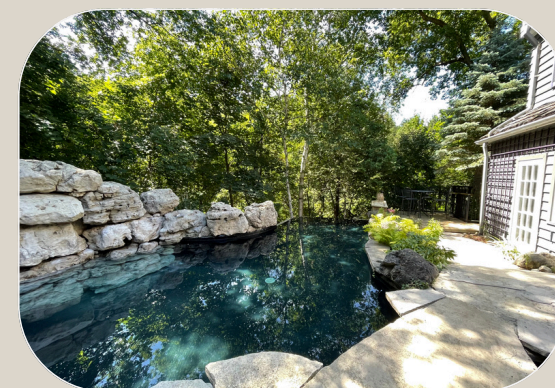


Dr. Dawn DeCunha is a highly trained psychedelic Psychologist, with 5 years of psychedelic Teaching, Training and Mentoring experience. She is founder of BTT and a Mentor and Teacher with CIIS. Dr. Dawn provides KAP at her nature-based sanctuary in Toronto.



WHY CHOOSE BTT?

At BreakThrough Therapy, our dedicated mission is to alleviate patient suffering through trust-building, community and a groundbreaking therapeutic approach that empowers patients as experts in their well-being. We support the journey of mind-expanding compounds with a focus on Integration & Aftercare, all driven by our team's expertise, professionalism, and commitment to making a positive impact in our patients' lives.



PROGRAM DESCRIPTION

This curriculum provides the opportunity to develop a strong base of essential skills needed to safely support patients in and through low dose ketamine enhanced journeys through a psychedelic psychotherapy framework.

Our model allows existing practitioners to integrate this therapeutic model into their current practice.

Focus will be on developing expanded state skills, which vary from traditional models of psychological support.

ELIGIBILITY FOR TRAINING

This training is appropriate for Psychologists, MD Psychotherapists, clinical counsellors such as RP's, SW's, Nurses and other Regulated Healthcare Professionals who want to understand and apply the basic principles of KAP in treatment.

By the end of the training, participants will be able to apply these novel concepts to existing or new patients in their own practice. You can also join us for further mentorship and experiential training. All applicants must be currently licensed and in good standing with their respective colleges.



OUR TRAINING INTENSIVE



DAY 1

Understanding Ketamine Assisted Psychotherapy (KAP)

This course delves deep into applications of Ketamine Assisted Psychotherapy (KAP) over three intensive days. On Day 1 there is a focus on the history of psychedelic medicines with emphasis on mental health applications of ketamine, brain effects, neural networks and current research findings.

DAY 2

Diving into Set, Setting and the Integration Process

Day 2 offers an in-depth exploration of the pharmacology and mechanism of action of ketamine, and subjective effects on patients. The principles and practices of psychedelic therapy are reviewed, with emphasis on teaching self-regulation skills for expanded and ordinary states of consciousness. Treatment Resistant Depression and Type 1 trauma are explored in case studies of patients. Exercises, role-plays, and discussions will cover various aspects of journey preparation, specific therapeutic techniques, and the importance of including a specific self-care routine.



DAY 3

Putting Your Training into practice

Day 3 builds upon learned skills in role play and developing specific expertise in each phase of KAP treatment. Two more case studies with a focus on pain disorder and PTSD are deconstructed, with a focus on teaching skills, managing patient stress, establishing self-care, the role of music and therapist variables, including ethics, risks and opportunities in the current psychedelic space.

LEARNING OBJECTIVES

Our Ketamine Assisted Psychotherapy training will teach mental health care providers how to:

- Safely screen patients;
- Explain the KAP process;
- Provide basic education about how ketamine works on the brain;
- Take a KAP focused clinical history;
- Teach and practice several 'expanded state' skills to manage potential distress;
- Learn how to develop a 'set' or intention for the journey;
- Manage expectations & disappointments ;
- Prepare the patient for their ketamine journey;
- Learn how to safely conduct a journey;
- Assist patients through distressing moments during the dose session;
- Help integrate the experience;
- Role play specific scenarios;
- Specify therapist's own self-care routine
- Applications of KAP as a Practitioner

JOIN OUR COURTESY INFORMATION

SESSION

Date & Time (EDT)

- [Thursday Jan. 8th, 2026, from 5:00pm - 6:00pm.](#)
- [Thursday Jan 22nd, 2026 from 5:00pm-6:00 pm.](#)
- [Tuesday Feb. 3rd, 2026 from 5:00pm-6:00 pm.](#)
- [Tuesday Feb. 10th, 2026 from 5:00pm-6:00 pm.](#)

- [Register here](#) to secure your spot!



WHAT OUR KAP GRADS HAVE TO SAY



"Dr. Dawn's expertise and guidance in ketamine-assisted psychotherapy training provided me with exceptional professional support and transformative learning opportunities. Her comprehensive training approach, attention to detail and compassionate mentorship equipped me with the skills and confidence to effectively integrate this innovative therapy into my practice. Embarking on this deeply spiritual modality of treatment with Dr Dawn was one the best professional decisions I have made."

Jill S., Psychologist. Windsor



"Dr. Dawn's KAP training was an excellent synthesis of the science, spirituality, psychology, and ethics of KAP treatment. I valued her unique approach to integrating these various domains, as well as the opportunity to deepen that learning in the mentorship program. I am now equipped not only with the skills, but also the community, to practice KAP with clients. It has truly been one of the most rewarding training experiences of my professional career."

Terra D., Psychologist. Toronto



"Participating in Dr. Dawn's KAP training was an incredible opportunity to connect theory with practical application. The guidance and mentorship provided gave me the tools, confidence, and community support to integrate KAP thoughtfully into my practice. It has been one of the most meaningful training experiences of my career."

Monica Lau, Psychotherapist. Toronto



**BreakThrough
Therapy**

HEALING AT THE SPEED OF THOUGHT



Winter 2026 Training Dates (EDT)

- Fri. February 20th 2026: 5:30PM to 7:30 PM
- Sat. February 21st 2026: 9:00AM to 5:00 PM
- Sun. February 22nd 2026: 9:00AM to 5:00 PM

TUITION

20% Early Bird – until Jan 23rd , 2026

🇨🇦 \$1,440 + HST | 🇺🇸 \$1,200 USD

10% Early Bird – Jan 24th - Feb 10th , 2026

🇨🇦 \$1,620 + HST | 🇺🇸 \$1,350 USD

Full Price – from Feb 11th , 2026

🇨🇦 \$1,800 + HST | 🇺🇸 \$1,500 USD

REGISTER HERE FOR OUR TRAINING

CE CREDITS

- Approved for 18 CE credits by OPA & CPA
- Approved for 15.5 hrs of MDPAC Group CE credits and 2 MDPAC CCI credits

**This Program
is OPA
Accredited**

WHAT OUR KAP PATIENTS HAVE TO SAY



"No, Dr. D., I would not have believed you if you had said to me I would be a completely different person in 6 journeys. But I am a completely different person now."

LW: Type 1 Trauma

"I see my mother completely differently now. I'm not angry at her anymore. I get it. I'm really surprised how I feel."

RR: Anger Regulation

"It's left me. It's gone. My sadness has left me. I can't remember feeling this way. I feel lighter. It's amazing."

CW: Treatment Resistant Depression

"Oh, I don't think I could have gotten off all those oxy's without Ketamine."

JK: Pain and Disability



**WE WILL BE REVIEWING PATIENTS AND
DECONSTRUCTING THEIR
REMARKABLE TRANSFORMATIONAL
JOURNEY IN DETAIL**

ARE YOU READY FOR TRAINING?

Discover if you're prepared to take
this next step!

[Click here to start our KAP Training
Readiness Survey!](#)