

SMALL GROUP KAP FOR Healthcare Professionals

Welcome! Thank you for your interest in Small Group KAP for Health Care Professionals at Driftless Integrative Psychiatry. Since ketamine therapy is a relatively new modality, we hope to make the process as clear and complete as possible, so you have a good idea of ketamine assisted psychotherapy and are well-informed.

Erica Burger, DO MPH



An Introduction

Ketamine Assisted Psychotherapy (KAP) is a safe and legal healing modality. KAP utilizes an altered state of dissociation, induced by ketamine to help patients deepen their work in psychotherapy through psychedelic effects. KAP is often done one-on-one with a therapist. Group KAP offers a small community of peers for support while also advancing individual goals. While group KAP is not a replacement for individual KAP, it is a different modality with its own unique benefits.

All group members will need to be connected (or easily connected) to another mental health resource such as a therapist, psychiatrist, coach, group therapy, etc.

The mode of administration we use for group KAP is intramuscular (deltoid), which produces a more psychedelic effect than lozenges.

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Facilitator

Dr. Erica Burger, DO MPH, is an integrative psychiatrist at Driftless Integrative Psychiatry in Lansing, Iowa, where she offers holistic healing modalities including individual ketamine assisted psychotherapy. In addition, she offers ketamine assisted therapy experiential training for healthcare professionals and coaching for psychiatrists looking to pivot into private practice or add ketamine assisted therapy to their practices. She has completed training at the Ketamine Training Center, Integrative Psychiatry Institute for personalized psychiatry and integrative psychiatry certification, and additional training in women's mental health, sports psychiatry, and herbalism. She completed medical school at Des Moines University and psychiatry residency at Hennepin County Medical Center in Minneapolis, MN.

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Group Size

Each group will have a maximum of 3 individuals who reside in WI, MN, or IA. The group is closed, meaning that the same individuals will stay in a cohort together throughout the 5 weeks. All members of the group are healthcare professionals.

Format

Each series will include two preparation sessions, two dosing sessions, and three integration sessions. Preparation and integration sessions will run for 50-60 minutes each via Zoom. Dosing sessions will be 3 ½ hours each and take place in-person at the retreat space at Driftless Integrative Psychiatry, 20 N. Second St. Lansing, IA 52151.

In addition, you will meet with Dr. Burger for a medical screening to assess for medical appropriateness of ketamine. We also ask for a home blood pressure reading prior to your first ketamine session.

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What to Expect:

During preparation, participants will get to know one another and discuss their intentions for working with ketamine. They may choose to discuss their previous work with ketamine or other psychedelic substances or non-substance-induced altered states. We will invite conversation about expectations, desires, anxieties and fears about the dosing session. Information about the ketamine experience will be discussed and questions about the process will be answered.

The dosing sessions will include a group discussion, grounding exercise, co-creation of a sacred space, an inward-directed ketamine journey, group processing and a light snack. Participants will receive specific instructions on what to bring prior to the ketamine session.

After dosing sessions, participants can process insights from the journey, make meaning, and strategize how to build practices into their daily lives that will support their insights in integration sessions. The group will serve as a supportive community and also provide a level of accountability with following through on commitments to integration.

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What to Expect:

As the group facilitator, my role is to cultivate a safe environment and encourage deeper intimacy in conversation, which will enhance the therapeutic component of the group. Each participant will be screened in advance for appropriateness for the group and goodness of fit within the group. We will provide supplemental materials and resources for educational purposes and to encourage reflection, which will be useful during non ordinary states of consciousness and integration.

Preparation:

We encourage group participants to prepare for the group by clarifying their intentions and desires for participating. This may involve processes like journaling, meditation or other contemplative practices or embodiment practices such as yoga or dance. During the group, facilitators and other group members can provide feedback on these practices, and the group may serve as a means of accountability. As the group progresses, participants will be encouraged to maintain these practices in between sessions as a means of preparing for and integrating the experiences from the medicine work. Both research and anecdotal evidence demonstrate that engagement in these practices will create better outcomes.

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Pricing:

The total cost for the small group KAP series is \$1799, to be paid by credit card. A credit card authorization form will be provided to you prior to your first session and your card will be charged shortly after you sign up. This includes the cost of the medical appt, prep/integration sessions, ketamine sessions, and light snacks.

Accommodations:

There are ample overnight options in Lansing, IA, a small and idyllic Mississippi River town of 1000. The Lansing is a modern two bedroom condo located above the Retreat space with a 2 night minimum. It has a full kitchen, wifi, deck with river views, and within walking distance to trails and small town conveniences. We are happy to share other recommendations for lodging. We recommend participants stay overnight for at least the night after the ketamine session.
