

Early Recognition and Pattern Awareness

ONE-DAY PRACTITIONER TRAINING | 9:30am-4:00pm

Online or face-to-face | No previous KASPR training required

ABOUT THE COURSE

Early signs of ketamine-related difficulty can be overlooked, particularly when people do not consider their use problematic. This practical KASPR course develops the skills needed to recognise emerging patterns, explore the individual's experience of ketamine and make changes in use and everyday functioning more visible.

The programme introduces empathic seeking and sequencing as ways to explore experience sensitively and understand how patterns develop. Four KASPR early-recognition resources support conversations about the function of ketamine use, individual sessions, physical changes and impacts on daily life.

The emphasis is on recognition and informed choices, rather than premature pressure to change. The course also considers when emerging concerns indicate a need for further assessment or intervention.

WHO IS THIS COURSE FOR?

Drug and alcohol practitioners, recovery workers, early intervention staff and other professionals supporting people who use ketamine. No previous KASPR training is required; introductory activities can be adapted for returning participants.

LEARNING OUTCOMES

- 01** Recognise emerging ketamine-use patterns, sentinel symptoms and red flags requiring further intervention.
- 02** Explore motivations for ketamine use, including anticipated effects, experienced effects and factors maintaining use.
- 03** Apply empathic seeking and sequencing to support early recognition and pattern awareness.
- 04** Use four KASPR early-recognition resources to support conversations about developing patterns and appropriate next steps.

APPROACH TO LEARNING

Short presentations, guided discussion, practical conversations and case-based activities support structured but flexible practitioner-led early recognition.

One-day programme

9:30am-4:00pm | Indicative timetable

TIME	SESSION	INDICATIVE CONTENT
9:30-10:15	Recognising early harm	Sentinel symptoms, changing patterns and red flags.
10:15-11:00	Ketamine use and motivation	Anticipated and experienced effects; reasons for use and changing motivations.
11:00-11:15	Break	
11:15-12:00	Empathic seeking	Exploring the person's experiences through curiosity and careful questioning.
12:00-12:30	Sequencing	Recognising the development of behaviour and emerging patterns.
12:30-1:30	Lunch	
1:30-2:15	Understanding the function of use	Introducing an early-recognition resource focused on what ketamine provides.
2:15-3:00	Recognising how sessions develop	Patterns of use, redosing, intentions and session progression.
3:00-3:15	Break	
3:15-3:35	Noticing physical changes	Emerging physical symptoms and appropriate responses.
3:35-4:00	Patterns in everyday life	Changes in routines, functioning and developing trajectories.

WHAT'S INCLUDED

Detailed course pack and four early-recognition resources • Additional free online learning support • Certificate of completion

COURSE INFORMATION

Delivery: Online or face-to-face | Duration: One day | Maximum group size: 20 participants

Organisational fee: £2,250 for up to 20 participants. Face-to-face travel and accommodation are agreed separately.

This standalone Tier 1 course is part of the wider KASPR training programme. Detailed practitioner resources and delivery exercises are provided through the training, not this public outline.

www.kaspr.online/contact