Stabilisation and Relapse Prevention: A Systemic Approach to Ketamine Recovery

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

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

ABOUT THE COURSE

Recovery from ketamine-related harm involves more than reducing or stopping use. Sleep, cognition, bladder function, pain and emotional wellbeing may remain vulnerable, even when substance use has substantially improved. These difficulties can interact with everyday pressures and leave recovery susceptible to setbacks.

This one-day course introduces KASPR's systemic approach to stabilisation and relapse prevention. Participants explore uneven recovery, why ketamine can become appealing again during periods of increased demand, and how practitioners can help protect and restore stability.

The course considers established relapse-prevention models alongside five areas of KASPR support: recognising vulnerability and craving, monitoring recovery, managing environmental demands, responding to urges, and working constructively with lapses and setbacks, including guilt and shame.

WHO IS THIS COURSE FOR?

Drug and alcohol practitioners, recovery workers, treatment coordinators and other professionals supporting people recovering from ketamine-related difficulties. No previous KASPR training is required; the opening adapts to participants' experience.

LEARNING OUTCOMES

01 Explain KASPR's systemic approach and the continuing vulnerabilities associated with partial remission.

02 Identify residual difficulties, environmental demands and early signs of destabilisation.

03 Apply structured approaches to maintaining and restoring stability, managing demands and responding to urges.

04 Respond constructively to lapses, guilt and shame, and recognise when additional support is required.

LEARNING APPROACH

Accessible teaching, facilitated discussion and guided case activities support practical application. The course also considers appropriate medical, mental-health and specialist boundaries.

One-day programme

9:30am–4:00pm | Indicative timetable

TIME	SESSION	FOCUS
9:30–10:15	Understanding relapse prevention	Established relapse-prevention approaches and the distinctive KASPR focus.
10:15–11:00	Partial remission and recovery vulnerability	Uneven recovery, persistent difficulties and foundations of stability.
11:00–11:15	Break	
11:15–12:00	When ketamine becomes useful again	How ongoing vulnerabilities and everyday demands can renew craving.
12:00–12:30	Maintaining and restoring stability	Recognising early changes and developing practical recovery supports.
12:30–1:30	Lunch	
1:30–2:00	Managing environmental demands	Reducing unnecessary pressure and building conditions that support recovery.
2:00–2:30	Recognising and responding to urges	Understanding developing desire and choosing appropriate responses.
2:30–3:00	Guilt, shame and lapses	Responding constructively to setbacks and protecting earlier progress.
3:00–3:15	Break	
3:15–4:00	Responding to lapses and restoring stability	Case discussion, recovery planning and when further support may be needed.

WHAT'S INCLUDED

Detailed training pack and practical relapse-prevention resources • Additional free online learning and support • Certificate of completion

COURSE INFORMATION

Duration: One day (9:30am–4:00pm) | Delivery: Online or face-to-face | Group size: Up to 20 participants | Previous KASPR training: Not required

Organisational course fee: £2,500 for up to 20 participants. Face-to-face travel and accommodation, where required, are agreed separately.

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