Structured Interventions and Coordinated Care for Ketamine-Related Harm

TWO-DAY PRACTITIONER COURSE | 9:30am–4:00pm each day
Online or face-to-face | Up to 20 participants | No previous KASPR training required

ABOUT THE COURSE

Ketamine-related difficulties rarely occur in isolation. Changes in cognition, craving, sleep, bladder function, mood and pain can interact, increasing the complexity of assessment, intervention and recovery.

This practical, research-informed KASPR programme develops practitioner skills in sentinel recognition, empathic seeking and sequencing, then explores structured psychosocial responses across six key intervention domains. The course also addresses clinical red flags, the limits of individual interventions and coordinated responses involving specialist services.

SIX STRUCTURED INTERVENTION MODULES

01 Cognition and Dissociation
Attention, memory, planning, awareness and supporting engagement.

02 Urges and Craving
Changing motivations, environmental demands and urge-response strategies.

03 Sleep and Fatigue
Sleep disruption, routines, fatigue and ADHD-related difficulties.

04 Bladder and Urological Harm
Symptom awareness, exposure reduction and medical care pathways.

05 Mood and Emotion
Anxiety, low mood, emotional stability and appropriate boundaries.

06 Pain and Physical Distress
K-cramps, pain-related use cycles and practical responses.

LEARNING OUTCOMES

01 Apply sentinel recognition, empathic seeking and sequencing to understand ketamine-related difficulties.

02 Recognise changing motivations and how physical, psychological and behavioural harms interact.

03 Use structured psychosocial approaches across the six KASPR intervention domains.

04 Identify red flags, increasing complexity and when coordinated care or specialist input is needed.

DAY 1

KASPR principles, cognition and urges

The first day establishes core KASPR practice methods and builds practical understanding of cognition, dissociation, changing motivations and craving.

TIME	SESSION	FOCUS
9:30–10:15	**KASPR principles: introduction or applied recap**	Sentinel recognition, developing patterns of harm and clinical red flags.
10:15–11:00	**Empathic seeking**	Sensitive questioning, individual experience and understanding emerging meanings.
11:00–11:15	**Break**	
11:15–12:00	**Sequencing and intervention opportunities**	Contexts, cues, repeated behaviours and points where intervention may help.
12:00–12:30	**From recognition to structured intervention**	Maintaining processes, intervention priorities and the six KASPR domains.
12:30–1:30	**Lunch**	
1:30–2:30	**Module 1: Cognition and dissociation**	Attention, memory, time distortion, planning and engagement; structured practical responses.
2:30–3:00	**Module 2: Urges and craving – Part 1**	Changing expectancies, positive and negative reinforcement, and motivations for use.
3:00–3:15	**Break**	
3:15–4:00	**Module 2: Urges and craving – Part 2**	Urge development, internal drivers, environmental demands and staged strategies.

Day 1 emphasis: Understanding how ketamine-related experiences unfold, recognising cognition as a cross-cutting influence, and matching urge-response strategies to different stages of craving.

DAY 2

Sleep, bladder, mood, pain and coordinated care

The second day develops structured responses to interacting physical and psychological difficulties, followed by practical decisions about coordinated care and escalation.

TIME	SESSION	FOCUS
9:30–9:45	**Applied recap**	Reviewing cognition, urges and their influence on emerging difficulties.
9:45–10:45	**Module 3: Sleep and fatigue**	Sleep disruption, circadian patterns, ADHD-related difficulties and practical strategies.
10:45–11:00	**Module 4: Bladder and urological harm – Part 1**	Urinary symptoms, bladder complications, functional change and related sexual dysfunction.
11:00–11:15	**Break**	
11:15–12:00	**Module 4: Bladder and urological harm – Part 2**	Symptom responses, reduction of exposure, medical engagement and red flags.
12:00–12:30	**Module 5: Mood and emotion – Part 1**	Anxiety, low mood, emotional regulation and maintaining processes.
12:30–1:30	**Lunch**	
1:30–2:00	**Module 5: Mood and emotion – Part 2**	Psychosocial responses, emotional stability and specialist mental health boundaries.
2:00–3:00	**Module 6: Pain and physical distress**	K-cramps, abdominal and pelvic pain, pain-use cycles and medical pathways.
3:00–3:15	**Break**	
3:15–4:00	**When are individual interventions not enough?**	Interacting harms, red flags, multidisciplinary working, coordinated care and escalation.

COURSE INFORMATION

Duration: Two days, 9:30am–4:00pm each day Delivery: Online or face-to-face
Group size: Up to 20 participants Previous KASPR training: Not required
Organisational fee: £4,500 for up to 20 participants.

Included: Course pack, structured intervention resources, practical exercises, access to additional free online learning support and certificates of completion. Course openings can be adapted to previous KASPR experience.
Enquiries: www.kaspr.online/contact | Practitioner worksheets and delivery exercises are provided during training.