

Ketamine Harms, Risk and Practical Responses

ONE-DAY COURSE | 9:30am–4:00pm | ONLINE OR FACE-TO-FACE

No previous KASPR training required

ABOUT THE COURSE

Ketamine-related harm can develop in ways that are not fully captured by conventional indicators of dependence or substance-use severity. Physical, psychological, cognitive and everyday functioning difficulties may emerge independently or interact over time.

This practical one-day course examines ketamine's effects, patterns of use, changing risk and common harms. Participants consider the evidence and limitations of harm reduction, identify warning signs requiring clinical attention, and explore how to develop proportionate responses using an introductory KASPR approach.

The course draws on research, lived-experience perspectives, facilitated discussion and applied case work.

WHO IS THIS COURSE FOR?

Drug and alcohol practitioners, recovery workers, healthcare professionals, mental health practitioners and others who support people using ketamine. No previous KASPR training is required.

LEARNING OUTCOMES

- 01 Understand ketamine's effects, patterns of use and the distinctive ways in which harm can emerge.
- 02 Recognise sentinel symptoms, the six KASPR harm domains, patterns of progression and clinical red flags.
- 03 Evaluate realistic harm-reduction options, their evidence base and their limitations.
- 04 Use an introductory case formulation to identify priorities and plan proportionate support, referral and review.

One-day programme

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TIME	SESSION	MAIN THEMES
9:30–10:00	Understanding ketamine-related problems	Why conventional indicators of substance-use problems may miss important ketamine-related harm.
10:00–11:00	Ketamine: effects, use and harms	Pharmacology, dissociation, patterns of use, and physical, psychological and functional consequences.
11:00–11:15	Break	
11:15–12:00	Risk profiles and trajectories	The six KASPR harm domains, emerging warning signs, interacting harms and changing risk.
12:00–12:30	Harm reduction: evidence and limits	Practical strategies, feasibility and the limitations of harm-reduction approaches.
12:30–1:30	Lunch	
1:30–2:15	Recognising and responding to increasing harm	Early warning signs, urinary and abdominal complications, psychological concerns and escalation.
2:15–3:00	Understanding levels of need	Exposure, drivers, harm and proportionate levels of response: introduction to KASPR thinking.
3:00–3:15	Break	
3:15–4:00	Applied case formulation and response planning	A guided case discussion bringing together risks, priorities, harm reduction, support and review.

TRAINING APPROACH

Short presentations combine with facilitated discussion, lived-experience material and applied case work. The day concludes with an introductory formulation exercise; this is not training in the use of a formal scored KASPR assessment.

WHAT'S INCLUDED

- Detailed course pack and supporting materials
- Access to additional free online training and learning support
- Certificate of completion

COURSE INFORMATION

Trainer: Phil Harris, Freespace Training Consultancy | Group size: Up to 20 participants

Course fee: £1,750 per organisational booking, for up to 20 participants.

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