



kap

Foundations of
Ketamine-Assisted
Psychotherapy

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Module 4

Ketamine Assisted Psychotherapy (KAP)



Module 4

Lesson 4.3

Set & Setting

“Set” = Mindset

- Content of your thoughts
- Attitude
- Beliefs/Expectations
- Emotions going into/during/coming out of

Non-specific amplifier

Optimize ≠ Control

Educate

Intention setting

Questions to guide intention setting

- What did I come here for?
- What am I trying to learn?
- What am I hoping to heal?
- What am I seeking to transform?
- What am I trying to cultivate?
- What is the most loving thing I could do for myself?

Some useful verbs

- Help me with...
- Teach me about...
- Show me...

Prime the mind

Surrender

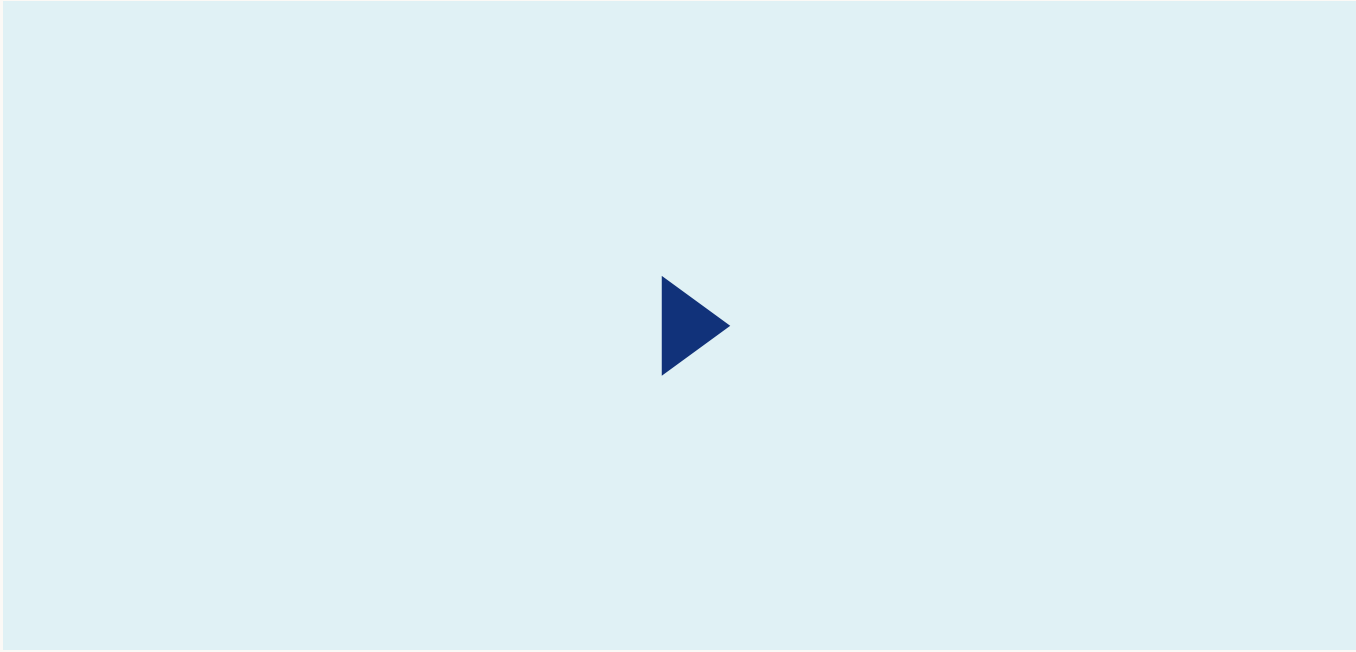
“Setting” = Environment

How do we optimize setting?

- Get out of the way of the medicine
- Physical comfort
- Eyeshades
- Social presence
- Feng shui

A note about music

You are part of the setting



Video Conversation



KAP: Set & Setting

Thanks for listening!

To learn more visit
www.novamind.ca

