



kap

Foundations of
Ketamine-Assisted
Psychotherapy

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Module 4

Ketamine Assisted Psychotherapy (KAP)



Module 4

Lesson 4.8

Ethical Guidelines for KAP

MAPS MDMA-Assisted Psychotherapy Code of Ethics

Safety

- Treat only individuals who are medically and psychologically eligible
- Ensure clients have the resources necessary to engage in treatment
- Take measures to prevent physical and psychological harm
- Provide thorough post-session integration
- Never abandon a client

Confidentiality and Privacy

- Commit to the privacy of our participants and uphold professional standards of confidentiality
- Educate clients about limitations to confidentiality
- Protect privacy when discussing cases in supervision/consultation
- Securely store treatment records/session recordings in accordance with local laws

Transparency

- Informed consent to treatment
- Discuss the process of termination at intake
- Inform clients if we believe they may not be benefitting from treatment
- Accurately represent our training and competency
- Be clear about fees
- Inform participants in advance about the presence of assistants/observers who may be a part of treatment and/or have access to patient-identifying information.

Therapeutic Alliance and Trust

- Create therapeutic alliances built on trust, safety, and clear agreements, so that participants can engage in inner explorations
- Respect the inner healing intelligence
- Respect and compassion
- We acknowledge the inherent power differential between therapy providers and participants and act conscientiously in the service of participants' self-empowerment
- Avoid dual relationships

Use of Touch

- Obtain consent
- Scope of practice
- Discuss ways for client to signal for supportive touch or for it to stop
- Non-sexual

Sexual Boundaries

- We do not initiate, respond to, or allow any sexual touch with participants
- Respect the sexual identities and expression of our clients, but maintain professional boundaries
- Be mindful of your own sexual countertransference

Diversity

- Respect the value of diversity, as it is expressed in the various identities and experiences of our participants
- Do not condone or knowingly engage in discrimination
- Examine unconscious biases
- Make efforts to be inclusive
- Be attentive to the impact of power dynamics
- Be honest about the limits to your understanding

Regarding Non-Ordinary States

- Increased susceptibility to suggestion, manipulation, and exploitation
- More complicated transference and countertransference
- Respect spiritual autonomy
- Careful preparation
- Special support

Finances

- Communicate fees and payment policies clearly
- Advocate with party payers
- Create opportunities for clients with limited financial resources
- Do not continue treatment solely for financial gain
- Do not accept payment for referrals or reviews

Competence

- Practice within scope of competence
- Represent your work honestly
- Make referrals
- Seek supervision, consultation, and continuing education
- Maintain licensure in good standing

Relationship to Colleagues/Profession

- Respectful, compassionate, and collaborative
- Seek counsel and be open to feedback
- Be thoughtful about how you represent the profession and psychedelic work

Relationship to Self

- Commit to ongoing self-reflection regarding ethics and integrity
- Do your own work
- Humility and reverence

Thanks for listening!

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