



kap

Foundations of  
Ketamine-Assisted  
Psychotherapy

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## **Module 5**

# **Foundations of Psychotherapy**



Module 5

*Lesson 5.1*

**Psychotherapy Outcomes:  
Common vs. Specific Factors**

Does psychotherapy work?

Why does psychotherapy work?

# Common Factors

- Empathy/Compassion
- Working Alliance
- Positive Regard
- Genuineness
- Compatibility
- Therapist-specific differences (“Supershrink”)

# Specific Factors

Which modality works best with KAP?



**Thanks for listening!**

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