



kap

Foundations of
Ketamine-Assisted
Psychotherapy

Reid Robison, MD MBA

Stephen Thayer, PHD





Module 5

Foundations of Psychotherapy



Module 5

Lesson 5.6

Doing Your Own Work



Don't let perfect be the enemy of good

Beneficence

Non-maleficence

Countertransference

How do we do our own work?

Take an inventory

Sharpen the saw



physical, mental,
social/emotional, spiritual

Tend to your life garden



health , career,
family/friends, passions,
desires

symmetry \neq balance

Signs of Burnout

Compassion fatigue

Resentment

Hoping for no-shows

Drag yourself to work

Begin sessions late or end early

Doze off or space out

Uninterested in CE

Inappropriate self-disclosure

Depression

Anxiety

Get supervision

Get therapy

Should KAP facilitators experience ketamine?

Thanks for listening!

To learn more visit
www.novamind.ca

