

# Stanford Psychedelic Science Group

presents:



## *Ketamine, Mindfulness, and Psychiatry*

Elias Dakwar, MD

Monday, April 5  
4:30pm PDT

✦ [Zoom Registration Link](#) ✦

### **Bio (adapted from ICPR):**

Elias Dakwar, MD is an Associate Professor of Clinical Psychiatry at the Columbia College of Physicians and Surgeons. After completing his residency in psychiatry, he completed a fellowship in Addiction Psychiatry at Columbia, under the mentorship of Frances Levin, MD. A special focus of his research has been evaluating sub-anesthetic ketamine infusions for cocaine use disorders in both laboratory and clinical settings, as well as investigating ketamine infusions as an adjunct to mindfulness-based treatment, motivational interviewing, and other behavioral frameworks for alcohol, cannabis, and opioid use disorders. He has a more general interest in the impact of non-ordinary experiences, and of the interventions that might occasion them, in psychiatric treatment.

### **Abstract:**

Converging evidence suggests that sub-anesthetic ketamine may improve addiction-related vulnerabilities and facilitate efforts at behavioral modification. Dr. Dakwar will discuss the results of his research investigating ketamine coupled with mindfulness training on use-related measures in cocaine- and alcohol-dependent volunteers, as well as discuss the broader significance of ketamine and non-ordinary experiences in psychiatry.