



Microdosing Practitioner Certification

18-Week Professional Training for
Microdosing Practitioners



PSYCHEDELIC COACHING INSTITUTE

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01

Welcome to the Microdosing Practitioner Pathway



By joining this training, you have committed to becoming an ethical and expert psychedelic practitioner. **The Microdosing Practitioner Certification** is designed to help you understand microdosing not as a trend or quick intervention, but as a practice that works through physiology, nervous system regulation, somatic awareness, and consistent, supportive structure.

Across 18 weeks, you'll learn the foundations of practitioner work through direct experience with the **Paul F. Austin Microdosing Protocol**, applied with **the medicine of your choice (we recommend using *Huachuma*, also known as *San Pedro*)**. You'll develop a clear understanding of how microdosing interacts with daily rhythms, emotional patterns, stress responses, habit formation, and nervous system capacity. By graduation, you'll be confident supporting others through microdosing journeys — and you'll have launched your first microdosing offer and begun enrolling your first clients.

This program pairs structured teaching with hands-on practice. You'll explore your own six-week microdosing cycle, engage in weekly live sessions, participate in weekly peer practice, and build the steady presence required to guide others. Throughout this journey, we emphasize the qualities that make a trustworthy practitioner: **clarity, ethics, physiological grounding, and consistency**.

By the end of the program, you will have a practical understanding of how to apply microdosing as a supportive tool, how to guide clients through the arc of a structured microdosing journey, and how to hold the relational and ethical boundaries that are required to succeed in this field.



02

How We Train Practitioners



The Paul F. Austin Microdosing Protocol & Nervous System Mastery

Your training is grounded in the **Paul F. Austin Microdosing Protocol**: a structured, six-week journey that combines microdosing, somatic practices, and nervous system regulation. **You begin by experiencing this full arc yourself.** Your lived experience becomes the basis for how you understand the process, and eventually, how you support clients through it.

The protocol follows a clear developmental arc over the six weeks:

Self-Awareness → Self-Regulation → Expression → Resilience → Expansion

This arc shapes the entire learning experience. Each week builds on the last — helping practitioners develop deeper somatic awareness, regulation capacity, emotional fluency, and embodied presence. You learn the protocol not as an abstract model, but as a lived process that unfolds in real time.

What the Journey Includes

As you work with the protocol, you will move through:

01 Weekly Themes & Outcomes

Each week introduces a specific theme — from building somatic awareness, to grounding, to emotional activation, expression, resilience, and final expansion.



02 Microdosing Rhythm

Three microdosing days per week, ideally every other day, establishing consistency and a steady relationship with the medicine.

03 Nervous System Regulation Practices

A curated “practice menu” each week, ranging from foundational calming tools to more activating or expressive somatic work as capacity builds over time.

04 Weekly Journaling & Reflection

Prompts designed to deepen insight, track patterns, and support integration across the six-week journey.

05 Layered Self-Awareness & Emotional Capacity

The progression is intentional: starting with interoception and grounding, gradually moving into activation, emotional expression, and the stabilization of new patterns.



Why We Train Through This Protocol

- how microdosing interacts with emotional, somatic, and physiological patterns
- how regulation capacity builds gradually, week by week
- how supportive practices amplify and stabilize microdosing outcomes
- how to help clients track and make meaning of the process
- how to stay within clear ethical and scope-aligned boundaries

By the end of the program, you will understand this six-week journey from the inside out — giving you the clarity and confidence to guide clients through it with steadiness and professionalism.



03

The Practitioner Agreements



These agreements shape how we train, how we learn together, and how we show up as practitioners. They create the relational and ethical container that supports depth, safety, and professional integrity throughout the program.

1. Walk the Walk

We engage in our own practices, reflections, and growth so we can meet clients from steadiness and authenticity.

2. Kindness & Care

We communicate with clarity and respect. We support each other's learning with compassion and maturity.

3. Individual Responsibility

We own our experience. We track our reactions, uphold boundaries, and contribute consciously to the group environment.

4. Full Commitment

We show up fully — prepared, present, and engaged — honoring the standards and expectations of the program.

5. Generosity

We offer our attention, presence, and energy in service to shared learning, while maintaining healthy boundaries.



6. The Bigger Picture

We remember that this work affects more than the individual. We practice with humility, cultural awareness, and respect for the larger ecosystem of psychedelic practice.

7. Beginner's Mind

We stay open and curious. We release the need to “know” and remain willing to learn, refine, and grow.

Together, these agreements create the foundation for the way we train. The following sections outline how the program is structured and what you'll be learning module by module.



04

Program Overview



The Microdosing Practitioner Certification is an 18-week professional training that combines structured learning, personal experience, and applied practice. The program is built around your own six-week microdosing journey, supported by weekly live sessions, and includes curated recorded content and consistent weekly peer practice. Everything you learn is grounded in direct experience — so you understand the protocol from the inside before guiding others through it.

Across three modules, you'll move through the foundations of microdosing, develop core practitioner skills, and build and launch your first microdosing offer. Each week adds another layer to your understanding, connecting the protocol to the real relational, somatic, and practical dynamics of supporting clients.

The structure is steady and manageable:

- **18 weeks of training**
- **A full 6-week personal microdosing experience** using the Paul F. Austin Microdosing Protocol
- **Weekly live sessions (with every third week off)** – rotating between masterclasses, practice labs and mentorship calls with Paul
- **27 hours of curated recorded classes** featuring expert faculty across microdosing science, nervous system regulation, somatic coaching, and business



- **Weekly peer triad sessions** for applied practice and accountability throughout all 18 weeks
- **Weekly written lessons and study guides**, plus a Guided Practice Library of short somatic practice videos for your microdosing journey
- **The Practitioner Toolkit** — a ready-to-use resource collection including session frameworks, intake templates, and client materials to carry into your practice

By the end of the program, you'll know how to guide someone through a complete microdosing arc — from readiness and intention, through weekly support, into final integration — within ethical, scope-aligned practitioner boundaries. And you'll graduate having already launched your practice.



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Program Structure & Weekly Rhythm



The program follows a clear, steady rhythm that supports both learning and embodiment. Each week blends curated recorded content, personal study, and peer practice – with weekly live sessions as key developmental touchpoints. This structure lets you engage deeply with the material at your own pace, while returning to live sessions for skill-building, demonstrations, and direct mentorship.

Each week draws from three core components: **Live Sessions, Async Learning, and Peer Triads.**

1. Live Sessions

Attend weekly live sessions throughout the program, with every third week off. Each module contains one masterclass, 2 practice labs, and one mentorship call with Paul: week 1: Masterclass, week 2: Practice Lab, week 3: off, week 4: Mentorship with Paul, week 5: Practice Lab, week 6: off.

Practice Labs (6 total — 2 hours each)

Led by Lead Faculty. These are structured, skill-based sessions — not open discussion. Each lab includes direct teaching or demonstration, guided skill practice in dyads or triads, and live group feedback. Practice Labs are the core developmental container of the program: Module 1 labs focus on somatic practice and microdosing integration; Module 2 labs on coaching skills and live peer session feedback; Module 3 labs on offer development, enrollment role-plays, and business planning.



Guest Masterclasses (3 total — 2 hours each)

One per module. Each masterclass is taught by an expert whose work deepens your practitioner credibility — across nervous system science, somatic coaching, psychedelic integration, or business. Sessions run 90 minutes of teaching followed by 30 minutes of group discussion and practice. Guest Masterclasses are recorded and available for review.

Mentorship Calls with Paul (3 total — 1 hour each)

One per module, at the close of each six-week cycle. Paul leads each call with live coaching demonstrations, student hot seat sessions, and direct feedback on developing practitioner style. These are the highest-leverage touchpoints in the program — direct access to Paul's mentorship and modeling.

2. Personal Study

Each week, your learning is anchored in curated recordings, a written lesson, and a study guide. These form the primary content backbone of the program throughout all 18 weeks.

Curated Recorded Masterclass Library

Each week you'll receive 1–2 curated recorded masterclasses from expert faculty covering microdosing science, nervous system regulation, somatic coaching, and business — 27 hours of content in total, released on a weekly schedule.



Weekly Written Lessons & Study Guides

A short written lesson each week offers additional context, reflection prompts, and practical exercises. Each lesson is paired with a study guide designed to structure your peer triad session — discussion questions, practice prompts, and exercises to work through together.

Guided Practice Library

A collection of short guided somatic practice videos paired with your six-week microdosing journey in Module 1 — and a lasting reference for your client work after graduation.

3. Peer Triads (Weekly)

Each week throughout the full program, you'll meet with your assigned peer group of three for at least an hour. Triads are your primary practice container and accountability structure. In Module 1, triads focus on sharing and integrating your personal microdosing experience. In Module 2, they become hands-on practice sessions for client work, rotating through practitioner, client, and observer roles. In Module 3, they shift to peer review and mutual accountability for offer development and launch.

Together, these components create a learning cycle of **learn → practice → integrate → refine**, repeated across eighteen weeks.



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Curriculum Overview (Three Modules)



The curriculum takes you through the full arc of becoming a microdosing practitioner: beginning with your own embodied experience, progressing into relational skills, and culminating in building and launching your first practice. Each module builds on the last, giving you a clear, structured progression from personal practice to applied practitioner work.

MODULE 1 — Microdosing & Nervous System Regulation (Weeks 1–6)

Goal: Understand and experience microdosing and nervous system tools through direct practice.

You'll begin by completing your own six-week microdosing journey – developing somatic awareness, nervous system literacy, and a grounded understanding of the Paul F. Austin Microdosing Protocol from the inside out.

What You'll Study: Foundations of microdosing, the Huachuma tradition, intention-setting, dose rhythm, somatic awareness, and progressive nervous system regulation practices – delivered through curated recordings from expert faculty.

What You'll Practice: A complete six-week personal microdosing experience following the Paul F. Austin Microdosing Protocol – including microdosing and daily somatic practices for nervous system regulation. Supported by weekly peer triad sessions to share insights and integrate your experience as it unfolds.

What You'll Submit: A one-page written debrief of your six-week microdosing experience.



MODULE 2 — Practitioner Skills (Weeks 7–12)

Goal: Learn and apply core practitioner skills with confidence.

This module shifts you from personal experience into the relational skills required to support others. You'll learn how to hold a clear, grounded container, guide microdosing check-ins, and work within ethical scope – while developing your own practitioner presence through weekly peer sessions and structured Practice Labs.

What You'll Study: Foundational practitioner skills – listening, attunement, boundaries, ethical scope, session flow, and guiding microdosing conversations. Faculty includes Gay Hendricks and a full roster of expert coaches and somatic educators.

What You'll Practice: Weekly peer triad sessions as your hands-on practitioner training ground – rotating through practitioner, client, and observer roles in structured client session practice.

What You'll Submit: A 20-minute recorded peer session in the practitioner role, and a one-page written debrief. Formally reviewed and assessed by Program Facilitators.

MODULE 3 — Launching Your Business (Weeks 13–18)

Goal: Build your microdosing offer and launch your practice.



In this final module, you'll translate your training into a clear, ethical microdosing offer — and launch it. You'll refine your niche, articulate your scope, develop your enrollment approach, and use the final two weeks as an active launch accountability container to begin reaching your first clients.

What You'll Study: Offer creation, niche clarity, pricing, enrollment conversations, lead generation, and legal and ethical frameworks. Faculty includes Jay Fiset alongside additional business and ethics experts.

What You'll Practice: Weekly peer triads focused on accountability for offer development and launch — reviewing each other's offers, workshopping language, and holding each other to outreach commitments.

Offer Launch Window (Weeks 17–18): The program's final two weeks serve as a structured launch container. You'll launch your offer, share evidence of your first outreach, and receive direct feedback from Paul and your cohort at the final Mentorship Call. You graduate having already begun to enroll clients — not with a plan to “start someday.”

What You'll Submit: A finalized one-page offer, and a one-page written debrief.



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Hours & Time Commitment



The program is designed to be steady and manageable alongside full-time work or family commitments. The live call structure keeps your schedule predictable, and the weekly rhythm is consistent throughout.

Weekly Time Commitment

Plan to spend approximately 3–4 hours per week across live sessions, personal study, and your peer triad session. Weeks with a live call will run slightly longer than async weeks.

Activity	Program Total
Live Calls (Practice Labs, Masterclasses, Mentorship)	~24 hrs
Personal Study (Recorded Masterclasses, Written Lessons, Assignments)	~36 hrs
Practice (Microdosing Experience, Peer Triad Sessions)	~18 hrs
Total	~78+ hrs



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Certification Requirements



To graduate from the Microdosing Practitioner Certification, you must meet the following requirements:

- 1 **Course Completion:** Complete all required curriculum, including curated recordings, written lessons, and module materials.
- 2 **Attendance:** Attend at least 4 of 6 Practice Labs live.
- 3 **Personal Microdosing Journey:** Complete the full six-week microdosing experience using the Paul F. Austin Microdosing Protocol.
- 4 **Module Assignments:** Submit and pass all module assignments:
 - Module 1: One-page written debrief of your microdosing experience
 - Module 2: 20-minute recorded practitioner session + one-page written debrief
 - Module 3: Finalized one-page offer + one-page written debrief
- 5 **Peer Participation:** Participate in weekly peer triad sessions throughout the program and complete peer review of two assignments per module.



- 7 **Ethics & Professional Conduct:** Uphold the Psychedelic Coaching Institute's Code of Ethics and the Practitioner Agreements throughout the program.
- 8 **Faculty Approval:** Be approved by our faculty as a competent, aligned practitioner. We reserve the right to determine certification eligibility.



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Frequently Asked Questions



Do I need prior experience?

No. This program is designed for both aspiring and emerging practitioners. We start with foundational skills and build progressively.

Is microdosing required?

Yes. All students complete a six-week microdosing experience using the Paul F. Austin Microdosing Protocol. Students with health or access limitations may discuss alternatives with our team.

What's the weekly time commitment?

Plan for approximately 3–4 hours per week across live sessions, personal study, peer triad sessions, and module assignments. Total program hours are approximately 78.

What if I can't attend live?

Recordings of all sessions are provided. We encourage you to prioritize live attendance as much as possible — Practice Labs in particular are hands-on and relational, and showing up live is where most of the practitioner development happens. To be eligible for certification, you must attend at least 4 of 6 Practice Labs live.

Will this allow me to facilitate high-dose psychedelic work?

No. This is a non-clinical, coaching-scope program. Graduates support microdosing, preparation, and integration — not high-dose facilitation.



Does the Psychedelic Coaching Institute provide medicine?

No. Students are responsible for sourcing their own microdoses. We provide guidance on responsible and ethical sourcing, including referrals to trusted providers and an exclusive discount available to all enrolled students.

Is microdosing legal?

Legal status varies by region. The Psychedelic Coaching Institute does not supply substances. The program focuses on education, safety, and harm reduction.

Can I legally offer microdosing support?

Yes, when operating within coaching scope. You'll learn how to support clients ethically without supplying or recommending illegal substances.

What kind of practice will I get?

Weekly peer triad sessions throughout all 18 weeks, structured Practice Labs with live demonstrations and feedback, one recorded practitioner session, and your own complete six-week microdosing journey.

What's required to graduate?

Complete all Certification Requirements outlined in the previous section and be approved by our faculty as a competent, aligned practitioner. We reserve the right to determine certification eligibility.

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