



PSYCHEDELIC COACHING INSTITUTE



# Microdose or Macrodose?

A Coach's Reference Guide  
to Psychedelic Integration



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# Introduction: Why This Guide Matters Now

Psychedelics are no longer fringe. They're at the center of a cultural, clinical, and personal transformation — shifting from misunderstood substances to catalysts for healing, clarity, and growth. But as curiosity surges, so does the complexity. Clients no longer ask, *“Should I try psychedelics?”* — they ask, *“How should I use them?”*

That's where you come in.

As a coach, guide, or practitioner, your role isn't to provide answers from a pedestal — it's to offer grounded frameworks, compassionate clarity, and ethical presence. And that begins with understanding the core tools at your disposal: microdosing and macrodosing.

Despite sharing the same active compounds, these two approaches serve radically different functions. One invites subtle rewiring. The other invites deep unlayering. Both can be transformative — and both can cause harm if misunderstood.

This guide is not a promise of magic. It's a practical, principle-based reference — filled with direct insights from Paul F. Austin's live webinar training for coaches. You'll find ideas you can apply immediately in your practice: frameworks, decision-making tools, and reflections rooted in over a decade of work in psychedelic integration.

Whether you're new to this work or already walking alongside clients in their journeys, consider this guide a map — one that honors both intuition and skill, both art and science.





# Chapter 1: Two Frequencies, One Mission

## – Framing Microdosing vs. Macrodosing

*“Microdosing and macrodosing are like two dials on a radio — AM and FM. They’re both broadcasting transformation, just in very different ways.”*

— Paul F. Austin

Psychedelics are not one-size-fits-all. And in the coaching context, the distinction between **microdosing** and **macrodosing** isn’t just technical — it’s foundational.

Despite often involving the same compound — psilocybin, LSD, ketamine — the effects, use cases, and required levels of support diverge sharply.

### AM/FM: The Analogy That Makes It Click

Paul F. Austin, drawing from the wisdom of microdosing pioneer James Fadiman, frames the difference through a familiar metaphor: radio dials.

- AM: Think microdosing. It’s subtle, stable, and consistent — akin to the slow burn of talk radio. You tune in for small, steady signals over time.
- FM: That’s macrodosing. It’s vivid, immersive, often overwhelming — like music that overtakes your senses and rearranges your internal state.

This isn’t a stylistic difference. It’s a neurological one, a psychological one — and, most critically, a strategic one.

### Why This Distinction Matters for Coaches

Clients often come to psychedelic work with hopes of transformation — but without clarity on how to get there. They’ve read about breakthroughs. They’ve heard about neuroplasticity. But what they need is guidance on *which dial to turn, and when*.





As a coach, your role is to offer discernment. Because choosing the wrong approach can mean:

- Pushing a client into destabilization before they're ready
- Missing the window for deep pattern interruption
- Creating confusion instead of clarity
- Failing to integrate the experience into sustainable change

## Different Paths, Shared Purpose

Here's a foundational truth: **microdosing and macrodosing are not competing paths.** They're complementary tools in a much bigger transformational arc.

- **Microdosing** offers gentle, cumulative shifts. It creates space for subtle rewiring and emotional recalibration — often without disrupting daily life.
- **Macrodosing** catalyzes the deep reset. It plunges into core wounds, spiritual reconnection, and powerful symbolic territory.

And both require **intentional framing, skilled support**, and a **structure of integration** to be truly effective. As we move forward, you'll learn when to use each modality — and how to help clients make empowered, informed choices that respect both their readiness and their vision.





# Chapter 2: The Subtle Power of Microdosing

*“Microdosing is like a whisper from the medicine. It doesn’t shout. It gently asks, ‘Are you listening?’”*

— Paul F. Austin

In the noise of transformation, microdosing offers something rare: **subtlety**.

It doesn't crash through the psyche like a thunderbolt. It doesn't demand time off, supervision, or radical life changes. Instead, microdosing whispers — guiding the nervous system toward balance, creativity, and new behavior patterns, often without the client even realizing just how much is shifting.

But make no mistake: subtle does not mean insignificant.

## The Science of Subtle: Microdosing & Neuroplasticity

At its core, microdosing supports neuroplasticity — the brain’s ability to form and rewire neural connections. This is largely due to the upregulation of BDNF (Brain-Derived Neurotrophic Factor), a molecule that helps neurons grow, survive, and communicate.

The result? A unique psychological window where new habits can take root with less resistance.

Clients often report:

- Elevated mood
- Improved focus and energy
- Better sleep
- Emotional resilience
- Decreased reactivity in relationships

And most of this is achieved **without altering daily functionality** — making it an ideal starting point for many.





## Who Is Microdosing For?

This modality is particularly well-suited for clients who are:

- New to psychedelics or curious but cautious
- Seeking emotional balance or mood enhancement
- Working to break small behavioral loops or addictive patterns
- Creatively blocked or navigating transitional phases
- Not ready (or appropriate candidates) for destabilizing high-dose work

In many cases, microdosing is also the most supportive entry point for **coaches new to psychedelic integration**. It creates a safe structure for transformation without requiring journey facilitation.

## Protocols, Not Magic

One of the most important frames to offer your clients: **Microdosing is not a magic bullet**. Because of modern conditioning, many clients bring the “pill = fix” mentality to this work. Your role is to *reframe* that instinct.

Microdosing is effective only when combined with intentional structure, including:

- **Clear goal-setting**

Before beginning, help clients define a primary intention:

Do they want to enhance creativity? Wean off SSRIs? Rewire emotional patterns?

Clear goals anchor the process and give the medicine direction.

- **Daily or weekly tracking**

Encourage clients to journal their experiences — mood, energy, awareness — or even use a spreadsheet to reflect on trends.

- **Somatic attunement**

Microdosing gently increases interoception. Clients may start to notice their triggers, patterns, or stress responses more quickly. Prompt them to stay curious.





## The 4% Rule: Coaching in Micro Shifts

Paul introduces a powerful coaching concept here: the **4% rule**:

*“You don’t need to aim for huge leaps. You just need to stretch 4% outside your comfort zone — consistently.”*

When applied over a six- to eight-week microdosing protocol, these small edges compound — creating durable change in behavior, thought patterns, and emotional capacity.

This is not about breakthrough. It’s about **compound transformation**. And as a coach, your job is to help clients see the quiet wins as just as meaningful as the loud ones.

## Planting the Seeds

Microdosing is not the work. It’s what makes the work stick. For clients operating in high-stress, high-performance, or emotionally stagnant environments, it opens a doorway to **small, sustainable rewiring**. No force. No fireworks. Just spaciousness.

And that’s what makes it so powerful.





# Chapter 3: When the Ground Shakes

## – The Role of Macro dosing

*“Macro dosing shakes the system. It brings unconscious material to the surface. But without stability, that shake can become a shatter.”*

— Paul F. Austin

Some clients come to this work not seeking incremental growth — but **radical disruption**. A breaking open. A reckoning. A reordering of the inner world.

For them, micro dosing might feel like too little, too late.

Enter macro dosing: the full-dose, full-contact, full-spectrum psychedelic experience.

But as powerful as this tool is, it is not for everyone, not for every moment, and not to be offered lightly.

### What Is Macro dosing Really For?

At its best, macro dosing initiates:

- Rapid pattern interruption
- Access to repressed trauma
- Deep cathartic emotional release
- Spiritual awakening
- Realignment with one’s purpose
- Release of long-held shame, grief, or fear

This is the “shake the snow globe” effect — often facilitated through psilocybin, LSD, ayahuasca, MDMA, or ketamine.

It is beautiful. But it is also **inherently destabilizing**. Paul calls this destabilization “entropy.” When introduced into the brain, it temporarily disrupts rigid neural patterns, allowing for **reconfiguration**.

But entropy without structure? That’s chaos.





# The Prerequisites for High-Dose Work

Not every client is ready for this kind of disruption, even if they think they are. Here's what must be in place before you, as a coach, support or refer someone toward a macrodose experience:

## 1. Emotional Stability

The nervous system must be able to stretch without snapping. Is the client currently in crisis, in a volatile relationship, or lacking sleep and basic self-care? Start elsewhere.

## 2. A Clear Intention

Macro dosing amplifies what's inside. Without a compass, the journey can become confusing or overwhelming.

## 3. Supportive Environment

Who is holding space before, during, and after? Does the client have a therapist, coach, peer group, or safe home setting for integration?

## 4. Readiness to Surrender

Control and certainty are illusions in macro dosing. If a client clings too tightly to predictability, the medicine may intensify that fear before offering release.

# Reopening the “Critical Learning Period”

One of the most fascinating effects of macro dosing? It temporarily reopens the brain's **critical learning period** — a state of heightened neuroplasticity, similar to early childhood.

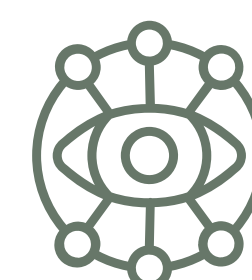
This allows clients to:



Learn new behaviors  
more easily



Rewrite internal  
narratives



Integrate powerful insights  
with lasting effect





The length of this window varies depending on the substance:

Substance	Critical Learning Window
Ketamine	3–4 days
MDMA	~2 weeks
Psilocybin	2–3 weeks
LSD	Up to 3 weeks

This is why **integration** is not optional — it is the work. Macro dosing may open the door. But how a client lives in the weeks after determines whether they walk through it or shut it again.

## Too Much, Too Soon: The Integration Gap

While headlines focus on one-time miracles, coaches know the truth: **a single profound experience, left unintegrated, can do harm.**

Here’s what ungrounded macro dosing can lead to:

- Spiritual bypassing
- Emotional flooding
- Grandiose or impulsive decisions
- Persistent anxiety or confusion
- A sense of alienation from “normal life”



## Macro dosing as a Coach: Your Role

As a coach (not a clinician or guide), your role with macro dosing includes:

- Helping assess readiness
- Supporting intention-setting
- Encouraging post-journey reflection and tracking
- Coaching behavior change in the learning window
- Not facilitating the actual journey unless legally trained and authorized

You are the integration anchor — a calm, structured reference point for a client coming down from intensity.

### A Note on Caution



Some substances — like MDMA — should never be microdosed due to neurotoxicity and addictive potential. If clients ask about this, educate them with clarity and care. Your trustworthiness stems from being both expansive and grounded.





# Chapter 4: Working with Both – A Layered Protocol

You don't have to choose.

In fact, many of the most powerful and sustainable psychedelic journeys **combine microdosing and macrodosing** — each playing a distinct role at different phases of a client's transformation. This chapter offers a framework for doing just that.

## Why Combine Them?

Think of transformation not as a single peak, but as a cycle:

- Building emotional capacity
- Accessing deep unconscious material
- Integrating new patterns into life
- Repeating the cycle with greater insight

Used separately, micro and macro can support certain stages. But used together — in a strategic, ethical rhythm — they form a full-spectrum journey.

## 3 Moments for Micro + Macro

Paul highlights three key moments where microdosing supports the macrodose experience:

### 1. Microdosing for Preparation

Starting with microdosing before a high-dose journey:

- Builds familiarity and trust with the medicine
- Softens the nervous system
- Helps clients begin noticing subtle inner states
- Creates emotional resilience to face intensity later

This is especially important for first-time or hesitant clients. Microdosing becomes **emotional conditioning** — like stretching before a marathon.





## 2. Macrodose as Breakthrough

Once readiness is established, the macrodose experience serves as the **pattern disruptor** — the event that:

- Brings repressed material to the surface
- Activates the critical learning window
- Creates a sense of renewal, clarity, and “inner reset”

At this point, the client needs **holding**, not fixing. Your job is to support **emotional integration**, not push for immediate action.

Paul recommends **not making major life decisions** in the first month post-macrodose. Why? Because clarity must be tempered with calm. Without that, clients may:

- Leave relationships impulsively
- Quit jobs too soon
- Overhaul their lives without grounded planning

## 3. Microdosing for Integration

After the macrodose, microdosing returns — now with a new purpose. It helps elongate the critical learning period and gives clients space to install new habits.

Clients are more open, flexible, and attuned. Microdosing gently supports:

- Embodiment of insights
- Soft rewiring of habits
- Daily anchoring to internal shifts
- Sustained creativity and mindfulness

This is where real change takes root.





## Optional: Mini-Dosing as a Bridge

Between micro and macro lies a third practice: mini-dosing. It can be defined as:

- ~30–50 mcg LSD
- ~300–500 mg psilocybin

Used intentionally in active coaching sessions (not recreationally), mini-doses can help:

- Clients “touch the edge” of the psychedelic state
- Loosen resistance
- Accelerate somatic awareness and vulnerability
- Build trust with you and with the process

This **stepwise approach** — micro → mini → macro — allows clients to gradually stretch their window of tolerance and avoid overwhelming experiences.

## Coach’s Role in the Dance

You are not the trip-sitter.

You are not the guru.

You are the **weaver**.

You guide the rhythm of intensity and rest. You help clients trust the slow return just as much as the peak.



You ask:

- What do you want to remember from that depth?
- How do we build a life that reflects that truth?
- What can stay small, steady, and sacred?

With micro and macro together, transformation stops being an event — and becomes a **lifestyle**.





# Chapter 5: What Integration Really Looks Like

*“The trip isn’t the transformation. The integration is.”*

— Paul F. Austin

In psychedelic work, it’s easy to overfocus on the experience itself — the breakthrough, the visions, the emotional release. But those are moments. Without integration, they fade like dreams. True transformation is what happens **after the peak** — when the insight has to be **lived**. And that’s where your role as a coach becomes not just important, but essential.

## Integration Is the Architecture of Change

Macro dosing opens a door. Micro dosing softens the walls. *But integration builds the new home.*

### Without it, clients experience:

- A high, followed by confusion
- Grand insights, followed by no action
- A sense of awakening, followed by stagnation or shame

### With it, they build:

- Sustainable behavioral change
- Emotional regulation
- Purpose-aligned decision-making
- Trust in their inner compass

## The 3 Integration Tools Every Client Needs

Three primary integration practices that anchor the psychedelic experience in daily life:





## 1. Journaling: Dialogue with the Psyche

Journaling creates a bridge between altered states and conscious reflection. It helps clients:

- Capture insights before they fade
- Track emotional and behavioral patterns
- Revisit key lessons with context

Pro tip: Encourage “morning pages,” a technique from *The Artist’s Way* by Julia Cameron. Clients free-write for 15 minutes upon waking — no filter, no agenda. This activates creativity and self-honesty.

Some coaches and practitioners even **record the macrodose session** (with consent), transcribe it, and have the client handwrite their insights afterward — a powerful kinesthetic integration ritual.

## 2. Somatic Practices: Anchor the Body

Psychedelics stir the body as much as the mind. Clients need ways to process that energy and land again in their physical form.

Somatic integration tools include:

- Walks in nature
- Cold plunges or sauna
- Breathwork or slow movement
- Trauma-informed body scanning
- Time away from screens or urban overstimulation

Even 10 minutes a day can create a dramatic shift in regulation and self-trust.

## 3. Reflective Coaching: Embody the Lesson, Don’t Just Analyze It

Your prompts as a coach matter. The goal is not intellectual processing, but embodiment.

Helpful coaching modalities include:

- **IFS (Internal Family Systems)**

Explore which “parts” showed up during the journey. Where do they live in the body?  
What are they protecting?





## Hakomi

- Use mindfulness-based body inquiry. Ask:
- “Where do you feel that insight in your body?”
- “What happens when you breathe into that space?”

You don’t need to be a certified therapist to ask powerful, presence-based questions. You just need to listen more than you interpret.

## Integration Is Also Boundary Setting

Some clients return from journeys ready to:

- Leave their jobs
- End long-term relationships
- Move to another country
- Start a coaching practice tomorrow

Some of those changes may be valid. But without pause, they may be **reaction, not wisdom**. Don’t make major life decisions for one month after a macrodose.



Instead, ask:

- What’s the **feeling** under this urgency?
- What might change if you let it simmer instead of solve?
- What small daily practice would serve that insight right now?

Integration is not about *doing more*. It’s about becoming *different*.

You are not the interpreter of the client’s visions. You are not the validator of their experience. You are the anchor.

Psychedelic experiences don’t change people. **People change themselves — when held, witnessed, and supported in that change.** And that’s the work of integration.





# Chapter 6: Ethical Foundations for Psychedelic Coaching

In a rapidly expanding psychedelic ecosystem, there's excitement — but also risk.

More clients are exploring these tools. More coaches are being asked to guide them. But unlike licensed therapists or psychedelic facilitators, coaches often operate in a **gray zone** — where transformation is invited, but **boundaries must be clear**.

Ethics in psychedelic coaching aren't just legal. They're personal. They're cultural. And they're what will ultimately define the maturity of this field.

## Stay in Your Lane

First and foremost: **know your role**. You're a coach, not a shaman. Not a therapist. Not a trip-sitter.

That means:

- You do not diagnose or treat trauma
- You do not facilitate illegal journeys (unless certified and legally protected)
- You do not promise healing or guarantee outcomes
- You do not co-opt Indigenous rituals or language you don't fully understand

Your value lies in **presence, structure, and integration** — not in playing every role.

If a client is experiencing acute trauma, psychosis, or prolonged emotional dysregulation, your ethical responsibility is to **refer**, not fix.

## Stay in Your Lane

The most ethical coaches **protect agency** above all. That means:

- Never pushing a client toward psychedelics
- Always ensuring the client initiates the conversation
- Avoiding persuasive language like *"you need to do this"*
- Offering **options**, not **directives**



*“The moment you make it about your belief instead of their journey, you’ve left the ethical path.”*

- Paul F. Austin

Ethical coaching in this space is about **empowerment**, not influence.

## Educate, Don’t Evangelize

As interest in psychedelics grows, many coaches are tempted to become **informal ambassadors** for their use. But evangelism erodes trust.

Instead, become an educator — someone who provides frameworks, facts, and nuance. Clients don’t need you to convince them. They need you to slow the process down, ask better questions, and help them make informed, sovereign decisions.

## Talk About Legality Openly

You don’t need to fear this topic — but you do need to be clear. If a client asks about acquiring substances or finding an underground facilitator:

- You can say you’re **not authorized to provide or refer**
- You can discuss the **legal status** in their jurisdiction
- You can help them assess **risk and intention**
- You can still support their **integration** no matter what path they choose

Clarity here protects both you and your client.

## Key Ethical Questions to Ask Yourself as a Coach



- Am I projecting my own experiences onto this client?
- Have I made their agency and consent the center of our work?
- Do I feel pressure to “solve” or “fix” anything for them?
- Am I honoring cultural lineages and avoiding appropriation?
- Do I have a referral network for when I’m not the right support?





The most trustworthy coaches **don't blur the lines**. They name the lines — and build trust by staying within them.

Unlike life coaching or business coaching, psychedelic coaching invites altered states of consciousness, surfaces past trauma and unconscious material, and can reshape a client's identity, values, and worldview.

Which means your ethical posture has to be **taller, steadier, and slower**. In this space, less is more. Space is sacred. And every boundary you hold becomes a **signal of safety**.





# Chapter 7: ADHD, Trauma & Special Cases

## – Protocol Notes

*“Protocols aren’t just about what works. They’re about what’s safe — and what’s aligned with the individual.”*

— Paul F. Austin

As psychedelic interest expands, more clients come with **specific diagnoses**, neurodivergent traits, or histories of trauma. For coaches, this isn’t a reason to back away — it’s a reason to be **even more intentional**.

Paul highlights key considerations and cautions when working with these populations. This chapter synthesizes those notes into direct protocol wisdom.


### ADHD: Microdosing as Focused Recalibration

Clients with ADHD often seek out psychedelics for help with:

- Executive function
- Emotional regulation
- Sustained attention
- Internal noise and self-criticism

Microdosing — particularly with LSD — may be supportive here due to its **dopaminergic activity**, which can enhance motivation and mental clarity. But Paul emphasizes: **it’s not a replacement for medication**. Instead, it can serve as:

- A supplement to behavioral tools (e.g., time-blocking, journaling)
- A reset during transitions off stimulants (with medical supervision)
- A way to explore deeper emotional roots of attention dysregulation

 Coaching tip: Keep microdosing protocols **simple and consistent**. ADHD clients may struggle with daily tracking or remembering dosage schedules. Help them design systems of accountability that don’t rely on willpower alone.





## Trauma: Move Gently, Not Quickly

Trauma work requires **slowness, safety, and somatic literacy**. Macro dosing can surface trauma fast — but it doesn't mean the client is ready to process it. That's why micro dosing is often the better initial approach.

### With trauma-informed clients:

- Emphasize **body-based practices** over cognitive insight
- Anchor in **co-regulation tools**: breathwork, weighted blankets, bilateral stimulation
- Monitor closely for signs of dissociation or overwhelm

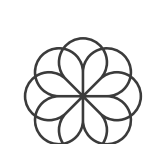
## Why MDMA Is a No-Go for Microdosing

Although MDMA has shown remarkable results in clinical settings — especially in treating PTSD — it is **not suitable for microdosing**.

Here's why:

- **Neurotoxicity**: At low, repeated doses, MDMA can deplete serotonin and damage receptors
- **Addictive potential**: Unlike classic psychedelics, MDMA affects the reward system more directly
- **Emotional destabilization**: Microdosing MDMA may mask unresolved issues while creating emotional highs that aren't sustainable

MDMA is a tool for trauma processing — not for daily performance. As a coach, if a client expresses interest in this, **educate them gently and redirect** toward safer, more studied protocols.





## Stacking & Special Use: Advanced, Not Beginner

Some clients — especially experienced psychonauts or biohackers — may inquire about **stacking protocols**, like:

- **Psilocybin + Lion's Mane + Niacin** (a popular combo for neurogenesis)
- **MDMA + Psilocybin** (used in some underground trauma facilitation settings)

These are **advanced tools** that require medical, legal, and facilitative supervision. Your role as a coach is not to dismiss — but to discern. Stacking is not wrong — it's just not where most people should begin. Encourage foundational work first. Stacking comes later, if ever — and only with the right support.





# Chapter 8: The Coach's Role in Psychedelic Transformation

As psychedelics move into the mainstream, coaching will be one of the **most vital bridges** between experience and embodiment.

Not every client needs a therapist. Not every journey needs a shaman. But **every transformation needs integration** — and that's your lane.

## You're the Continuity

Coaches are the thread through:

- Curiosity → Intention
- Intention → Experience
- Experience → Daily Life
- Daily Life → Transformation

You provide structure without rigidity. Insight without imposition. Presence without pressure.

In a world where clients are bombarded with quick fixes and peak experiences, your gift is helping them ask:

*"How do I live differently — not just feel differently?"*

The more grounded, ethical, and client-centered you are — the more value you offer.





# Closing Remarks: A Gentle Ending, A Powerful Beginning

Psychedelics are not the solution. They are **an opening**.

They expand awareness. They stir memory. They shake loose old narratives and reveal new ones waiting to be written. But on their own, they don't rewrite a life. That work belongs to the client. And more often than not, they can't — and shouldn't — do it alone.

That's where you come in.

As a coach working in the realm of psychedelic integration, your greatest power isn't in having all the answers — it's in helping clients ask the right questions. To sit with the discomfort of change. To notice the subtle shifts. To remember that transformation is not an event — it's a practice.

You've now seen the terrain: the contrast between micro and macro, the protocols and pitfalls, the ethical lines and somatic truths. You've received not just information, but **orientation** — a compass to return to as this space continues to evolve.

Your role is not to lead the journey. Your role is to **hold the return**.

Sometimes that looks like helping a client track their habits post-macrodose.

Sometimes it's reminding them not to quit their job a week after their peak.

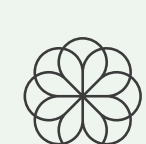
Sometimes it's simply asking, *"What feels most alive now?"*

And that work — quiet, curious, precise — is how transformation becomes real.

*"If the trip is the insight, then the integration is the invitation — to become the version of yourself that insight revealed."*

– Paul F. Austin

*As legal frameworks shift and interest continues to rise, more people will seek support. Not just for accessing altered states, but for understanding them. For grounding what they experienced into how they relate, create, lead, and live.*





There will be more noise. More hype. More fast answers.

That's why your calm, informed presence matters more than ever.

Continue learning. Stay in dialogue with peers. Refine your lane. Be transparent about what you offer — and what you don't. And always return to the core of this work:

**Psychedelic integration is not about doing more. It's about becoming more whole.**

Thank you for being one of the coaches helping make that possible — one honest, embodied step at a time.





# Next Steps: Advance Your Coaching Practice

If this guide resonated with you — if you felt the weight of responsibility and the promise of potential in supporting clients through psychedelic experiences — it may be time to go deeper.

The **Practitioner Certification Program** is a comprehensive path for coaches, therapists, and wellness professionals who are ready to evolve their practice with the knowledge, structure, and integrity this work requires.

Designed around real-world integration scenarios and rooted in ethical practice, this program will help you:

- Develop **advanced coaching skills** specific to psychedelic preparation, integration, and long-term transformation.
- Master the nuanced difference between **microdosing and macrodosing protocols**, and how to support clients through each phase.
- Build your confidence in navigating **complex client cases** — including trauma, ADHD, and spiritual emergence — while staying grounded in your role.
- Learn how to **create safety, not just insight** — through somatic practices, structured reflection, and emotionally attuned guidance.
- Establish clear **ethical and legal boundaries** so you can practice with clarity, not confusion.
- Join a professional community of **like-minded guides, coaches, and practitioners** committed to raising the standard of psychedelic support.

This is more than a training. It's a way to become the kind of coach this space needs: grounded, present, and deeply skilled at walking alongside others through real change.

If you're ready to bring deeper integrity, clarity, and confidence to your practice — we invite you to take the next step.

[LEARN MORE ABOUT THE PROGRAM](#)





# Lifetime Discount on Your Microdosing Supply

When it comes to high-quality psychedelics, we exclusively recommend sourcing through Golden Rule Mushrooms.

Golden Rule offers some of the highest-quality Psilocybin and LSD microdosing products available in the United States. Their products are intentionally formulated, research-backed, and produced with care and integrity.

## Our Top 5 Recommended Products:

1. **Sol Gummies** — 10µg (micrograms) LSD per gummy. Uplifting, focused, and energizing.
2. **Mini Flow Blend** — 100mg Psilocybin (Avery strain) + Lion's Mane + Cordyceps. For clarity, cognitive focus, and natural energy.
3. **Bliss Bites** — 150mg Psilocybin (Hillbilly Pumpkin strain) per chocolate. For creativity, emotional joy, and social connection.
4. **Euphoria Truffles** — 1.5g Psilocybin (Yeti strain) per truffle. For deep emotional presence and inner exploration.
5. **Golden Teacher Capsules** — 125mg Psilocybin per capsule. For gentle microdosing and flexible stacking.

Each product is crafted to support different aspects of the microdosing journey, with quality, consistency, and intentionality at the forefront. Please read product details carefully when ordering through Golden Rule's site.

**Exclusive Benefit:** As a reader of this guide, you receive a lifetime 10% discount at Golden Rule using code "PCI" at checkout every time.

