



# Psychedelic Safety & Harm Reduction Certification

## Curriculum Overview

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A 3-Month Professional Training

Led by Dr. David Rabin, MD, PhD & Paul F. Austin

For Established Practitioners & Medical Professionals



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**Welcome**



## The psychedelic field is expanding faster than its standards of care.

Most practitioner trainings cover set and setting, contraindication screening, and integration. That is necessary work. But it leaves a gap between what practitioners *know* and what their clients' nervous systems actually *need*.

The Psychedelic Safety & Harm Reduction Certification is a 3-month professional training designed to close that gap. Developed by Dr. David Rabin, MD, PhD — board-certified psychiatrist, neuroscientist, psychedelic researcher, and inventor of the Apollo Neuro™ wearable — in collaboration with Paul F. Austin and the Psychedelic Coaching Institute, this program gives established practitioners and medical professionals the clinical safety protocols, nervous system frameworks, and patented technology needed to prevent adverse psychedelic experiences and protect their practice for the long run.

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*This is Dr. Rabin's first-ever course offering and the first collaboration between these two leaders. The inaugural cohort will receive a level of direct mentorship and access that future cohorts are unlikely to replicate.*

## Who This Training Is For

This certification is built for professionals who are already operating within the health and wellness space — specifically those who are risk-aware and committed to clinical safety.

- **Established Practitioners** with an active practice, a steady client base, and existing protocols
- **Medical Professionals** — doctors, nurses, psychiatrists — seeking professional legitimacy and advanced safety training in the psychedelic space
- **Risk-Aware Clinicians** who are curious about psychedelics but mindful of the liability associated with adverse experiences
- **Experienced Integration Coaches** looking to integrate evidence-based, nervous-system-first protocols into their client work

If you're looking for your *first* psychedelic certification, this isn't your starting point. We recommend beginning with the Microdosing Practitioner Certification at Psychedelic Coaching Institute.

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# The Safety Gap in Psychedelic Practice



## **1 in 16 psychedelic journeys lead to lingering negative outcomes.**

According to a recent study of over 3,000 participants, even when integration support is present, it does not always prevent lasting adverse effects. The gap isn't in intention. It's in physiology.

Most practitioners think of safety as something they maintain *during* a session. They ground their clients, hold space, stay present, and when something goes sideways, they reach for the same toolkit — hoping it's enough to stabilize someone in full ego dissolution.

Sometimes it is. Often it's not. And the difference has nothing to do with how skilled or well-intentioned you are. It has to do with what was — or wasn't — happening in your client's nervous system *before the medicine ever took effect*.

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*“Safety is the medicine. Without a regulated nervous system and neurobiological readiness, even the most profound insights fade. Without neural scaffolding, ego dissolution can slip into lingering dysregulation.”*

## **The Real Cost of Unpreparedness**

The unspoken fear in psychedelic practice is a single session going seriously wrong. The consequences extend far beyond the immediate experience: client harm, reputational damage, legal liability, and the potential end of a career. The average malpractice claim in a therapeutic setting can cost \$50,000 to \$100,000 in legal fees alone — and that's before accounting for the irreparable damage to a professional reputation.

Great practitioners aren't defined by their best sessions. They're defined by how rarely things go wrong — and by how prepared they are when they do.

## **The Missing Variable: Nervous System Readiness**

Most psychedelic preparation focuses on mindset, intention, integration, and therapeutic rapport. These matter. But the biological state of the nervous system determines whether the brain can process the experience safely. Set and setting matter — but the nervous system determines the outcome.

This training addresses what no other program covers at this depth: the physiological prerequisites for safe psychedelic experiences, the clinical tools to assess and prepare the nervous system, and the patented technology proven to reduce adverse outcomes.

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# Program Overview



**12 weeks to professional certainty. A comprehensive training designed to transform your understanding of the psychedelic experience from a “trip to be managed” into a “physiological process to be supported.”**

<b>Format</b>	3-month online professional training, 9 core modules
<b>Live Calls</b>	Tuesdays, 9:00–11:00 AM PT (weekly), all calls recorded
<b>Lead Instructor</b>	Dr. David Rabin, MD, PhD
<b>Co-Instructor</b>	Paul F. Austin (select modules)
<b>Enrollment Cap</b>	~50 participants for intimacy and direct access
<b>Certification</b>	Certificate in Psychedelic Safety & Harm Reduction
<b>Integrated Tool</b>	Apollo Neuro™ Wearable (discounted add-on)

## Program Structure

The training unfolds across three months, each building on the last. The pacing ensures that participants apply what they learn, receive support, and leave with a ready-to-use, clinician-level protocol.

### Month 1 — Foundations

Modules 1–4

Safety science, neurobiology, core tools and technology, breathwork, Apollo Neuro integration, ethics, legal landscape, and scope of practice.

### Month 2 — Advanced Skills

Modules 5–8

Clinical screening and preparation, the art of presence and co-regulation, post-journey integration, and crisis navigation for panic, fear, and dissolution.

### Month 3 — Capstone

Module 9

Advanced case studies, multimodal integration, peer supervision, real-world case practice, capstone submission, and final review.

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# Curriculum Deep Dive

# The Science of Safety: Set, Setting, and the Nervous System

Master the foundations of the Autonomic Nervous System (ANS) to understand how “threat mode” prevents healing. Learn how to create the neural scaffolding your clients need to feel safe enough for transformation.

## Learning Objectives

- Understand how the ANS governs the stress response and its role in psychedelic experiences
- Learn to identify and modulate physiological markers of safety and stress
- Differentiate between sympathetic arousal, parasympathetic calm, and freeze/dissociation

## Key Concepts

Biopsychosocial model, Polyvagal Theory, vagal tone and co-regulation, sensory stimulation in nervous system regulation, “set” and “setting” as neural scaffolding

## Practices & Tools

Guided Breath Calibration, Apollo “Recover” Vibe for baseline stabilization, Sensory Scan Exercise

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# The Neurobiology of Psychedelics and Safety

Explore how medicines interact with 5-HT<sub>2A</sub> receptors and the Default Mode Network to facilitate ego dissolution. Distinguish between healthy psychological opening and dangerous physiological dysregulation.

## Learning Objectives

- Understand how psychedelics interact with 5-HT<sub>2A</sub> receptors and neural networks
- Identify the difference between ego dissolution and dysregulation
- Recognize physiological cues of anxiety, dissociation, and emotional flooding

## Key Concepts

Default Mode Network shifts, neural flexibility, trauma memory reconsolidation, the window of tolerance, neuroplastic repair, balancing curiosity with containment

## Practices & Tools

Nervous System Mapping, Apollo “Recover” for re-stabilization, self-touch grounding practice

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## Breath, Body, and Technology as Tools for Safety

Integrate the Apollo Neuro™ as a real-time regulation tool — providing “wearable breath” for your clients. Build a comprehensive somatic toolkit that uses touch, frequency, and vibration to anchor the nervous system.

### Learning Objectives

- Explore the intersection of breathwork, haptic vibration, and neurophysiology
- Learn to use Apollo as a real-time nervous system feedback tool
- Create personalized regulation sequences for self and clients

### Key Concepts

Breathing as intentional nervous system control, Apollo as “wearable breath,” HRV improvement research, building a Somatic Safety Toolkit (Apollo + Breath + Sound + Touch)

### Practices & Tools

Breath Ladder Practice (4-6-8 count), Apollo Vibe Sequencing, Personal Protocol Design

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## Ethics, Law, and Scope of Practice

Navigate the complex legal landscape and ethical responsibilities of the modern practitioner. Define clear boundaries between sitting, coaching, and clinical therapy. Implement informed consent and trauma-informed care principles.

### Learning Objectives

- Understand the legal landscape of psychedelic facilitation
- Identify ethical dilemmas and proper referral pathways
- Define boundaries of scope for therapists vs. coaches vs. sitters

### Key Concepts

Informed consent and trauma-informed care, confidentiality and record-keeping, power dynamics and dual relationships, harm reduction and collaboration with medical professionals

### Practices & Tools

Code of Ethics Workshop, boundary-setting role-play, informed consent scenarios

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## Preparation: Building Resilience Before the Journey

Learn to identify physiological and mental health red flags using a clinical-grade screening process. Establish the lifestyle adjustments and intentional readiness required for a safe and effective journey.

### Learning Objectives

- Understand how pre-journey lifestyle and psychological preparation enhance outcomes
- Learn to guide clients in intentional readiness through body and breath
- Identify contraindications and red flags in physical and mental health screening

### Key Concepts

“The container before the content,” nutrition, hydration, rest, and movement as neurobiological prerequisites, intention clarification, trauma-informed preparation

### Practices & Tools

Body Compass Meditation, Resonance Breathing (6 breaths/min for vagal tone), Apollo “Calm” pre-session protocol

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## Guiding the Journey: The Art of Presence

Learn how to co-regulate with clients to provide stability during the peak of their experiences. Master trauma-sensitive language and non-invasive interventions to resolve fear responses without interrupting the healing process.

### Learning Objectives

- Cultivate presence and co-regulation as a facilitator or self-guide
- Learn trauma-sensitive language and nonverbal attunement
- Apply evidence-based touch and tone strategies to stabilize clients

### Key Concepts

The facilitator’s body as an anchor of safety, breath entrainment and heart-rate synchronization, managing transference and countertransference, ethics of silence, music, and proximity

### Practices & Tools

Paired Breath Synchrony Exercise, Voice Calibration Practice, Apollo “Social” / “Compassion” vibes for interpersonal resonance

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## Integration: Translating Insight into Daily Life

Maximize the “48-hour neuroplastic window” following a journey to translate insights into lasting behavioral change. Use specific somatic exercises and tech-assisted grounding to ensure insights become habits.

### Learning Objectives

- Learn evidence-based frameworks for post-journey integration
- Support long-term behavioral and neural consolidation
- Facilitate journaling, movement, and community-based reflection

### Key Concepts

Neuroplasticity and the post-experience window, from insight to embodiment, HRV and sleep tracking as integration metrics, the role of rhythm, routine, and rest

### Practices & Tools

Integration Movement Flow with Apollo, Somatic Journaling, Group Integration Circle

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## Navigating Challenges: Panic, Fear, and Dissolution

Develop the skills to manage acute anxiety, panic, and overwhelm with calm, clinical precision. Practice high-stakes scenarios to ensure you are never caught off guard by a client’s physiological reaction.

### Learning Objectives

- Identify early markers of overwhelm and intervene without disrupting process
- Learn structured verbal and somatic grounding techniques
- Understand the fine line between “bad trip” and “therapeutic release”

### Key Concepts

Physiology of fear (amygdala activation and prefrontal cortex), grounding vs. suppression, “stay with it” vs. “return to the body” decision-making, Apollo Neuro as a sensory lifeline

### Practices & Tools

Five-Senses Reset, Feet-Heart-Breath anchoring, Apollo “Calm” / “Safety” during acute anxiety

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# Advanced Case Studies and Multimodal Integration

Role-play real-world psychedelic scenarios using the Apollo wearable, breath, and multimodal interventions for even the most complex cases. Synthesize everything you've learned into a customized, evidence-based Safety & Integration Protocol.

## Learning Objectives

- Analyze complex cases: trauma, addiction, grief, spiritual emergency
- Use Apollo and breath entrainment during integration therapy
- Build and present a peer-reviewed Safety & Integration Protocol

## Key Concepts

Multimodal interventions (music, touch, journaling, VR, wearable tools), case simulation methodology, peer supervision frameworks

## Practices & Tools

Apollo Session Workshop, Case Simulation role-play, Feedback Roundtable, Capstone presentation and peer review

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# What You'll Bring to Your Practice



**After this 3-month training, you won't just have a certification in psychedelic safety and harm reduction. You will walk away with ready-to-use tools and frameworks.**

- **Safety protocols** for assessment, preparation, facilitation, and integration — tailored to your scope of practice
- **Proven technology** for preventing adverse experiences and facilitating regulation with the Apollo Neuro™
- **A clinical lens** for distinguishing between healthy psychological opening and dangerous physiological dysregulation, in real time
- **Trauma-sensitive language** for navigating fear responses without interrupting the healing process
- **Legal and ethical clarity** on scope of practice, informed consent, and the boundaries between sitting, coaching, and clinical therapy
- **A strategy for the 48-hour neuroplastic window** so client insights translate into lasting behavioral change
- **A peer-reviewed, personalized Safety & Integration Protocol** you build during the program and walk out ready to use

## **Certification Requirements**

- Completion of all 9 modules and quizzes
- Submission of Capstone Project (your personalized Safety & Integration Protocol)
- Demonstrated competency in somatic safety techniques (written essays and short-response questions)
- 12 hours of live or recorded training participation

*Graduates receive a Certificate in Psychedelic Safety & Harm Reduction from the Psychedelic Coaching Institute.*

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# Your Instructors

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Lead Instructor

## David Rabin, M.D., Ph.D.

Dr. Rabin is a neuroscientist, board-certified psychiatrist, psychedelic researcher, and health tech inventor who has spent over 15 years studying the impact of chronic stress on the human nervous system. As the co-founder and Chief Medical Officer at Apollo Neuroscience, he developed the first scientifically validated wearable technology that actively improves relaxation and focus using novel touch therapy.

His work focuses on the clinical translation of non-invasive therapies for treatment-resistant conditions. Currently the Executive Director of The Board of Medicine, Dr. Rabin is dedicated to establishing evidence-based clinical guidelines and quality control standards for the safe use of alternative medicines and psychedelic-assisted therapies.

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Co-Instructor

## Paul F. Austin

Paul F. Austin is an entrepreneur, coach, author, and pioneer in the psychedelic field, dedicated to bringing psychedelic education to the mainstream. As the founder of Third Wave, he has empowered millions to have safe, meaningful psychedelic experiences, and his work has been featured in Bloomberg, Rolling Stone, Inc., and the BBC's Worklife.

Paul treats psychedelic use as a refined skill — one cultivated through intention, mentorship, and courageous exploration. He founded the Psychedelic Coaching Institute to train the next generation of certified practitioners. As Lead Trainer of all Institute programs, Paul inspires global well-being and personal transformation through psychedelics.

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# What Sets This Training Apart



### **Dr. Rabin's First Course Ever**

He has never offered this depth of mentorship to practitioners. The inaugural cohort receives direct, live access that future cohorts are unlikely to replicate. This is rare, non-renewable access to the person who developed these protocols.

### **Apollo Neuro™ Technology**

The only patented wearable technology clinically proven to reduce adverse psychedelic experiences. No other training program integrates this tool. Practitioners gain a measurable, clinical-grade way to regulate their clients' nervous systems before, during, and after sessions.

### **Nervous System First**

This training goes beyond set and setting to address the client's biological state — the missing variable in most practitioner education. You'll learn nervous-system-based screening, biological preparation protocols, and advanced safety frameworks that other practitioners simply don't have.

### **Ready-to-Use Capstone**

Graduates leave with a peer-reviewed Safety & Integration Protocol they build during the program — not just a certificate. This is a complete, personalized clinical tool designed for your specific scope of practice.

### **Founding Cohort Pricing**

The inaugural cohort pricing is the lowest this program will ever be offered. Future cohorts will cost more and include less direct access to Dr. Rabin and Paul.

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# Frequently Asked Questions

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### **When are the live calls? Do I need to attend live to earn my certification?**

Live classes run once per week on Tuesdays from 9:00–11:00 AM PT for approximately two hours each. Recordings are available, but this certification does require 12 hours of training participation, completion of all quizzes, and submission of your Capstone Project.

### **Do I receive an Apollo Neuro™ device as part of the training?**

The Apollo Neuro™ is offered as a discounted add-on at enrollment (not included in the base tuition). Because hands-on practice with the device is central to the curriculum, we strongly recommend securing one before the program begins.

### **Are continuing education (CE/CME) credits available?**

CE/CME accreditation is currently in progress and is a high priority. We will communicate specific credit details to enrolled participants as soon as approval is confirmed.

### **Who is this training for, and who is it not for?**

This certification is for established practitioners, coaches, clinicians, and medical professionals who are already trained in psychedelic work and actively seeing clients. If you're looking to begin a career in psychedelics, we recommend starting with the Microdosing Practitioner Certification.

### **What makes this different from other psychedelic safety trainings?**

This is the first professional training to combine Dr. Rabin's clinical safety protocols, patented Apollo Neuro™ technology, and hands-on mentorship with Paul's psychedelic expertise. Over the course of 3 months, you will get everything you need to reconfigure and protect your practice for the long run, with physiological safety as the foundation. As a member of the inaugural cohort, you'll also receive a level of direct access to Dave and Paul that future cohorts are unlikely to have.

### **How much does the program cost?**

The inaugural cohort investment is \$2,995 (regular price) or \$2,495 (early bird). Alumni of other PCI programs receive the alumni rate of \$2,495. Flexible financing is available via Affirm for US-based practitioners, and custom payment plans are available for international practitioners upon request.

### **Is there someone I can speak to before enrolling?**

Yes. Book a Career Strategy Call with Joseph Anew, our Career Advisor and Institute graduate. Joseph can walk you through the curriculum, evaluate the fit, and answer any questions about integrating this training into your current practice.

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# Next Steps



**If what you've read here resonates with the way you want to practice, you're likely aligned with this training.**

The Psychedelic Safety & Harm Reduction Certification is designed for practitioners who are ready to close the gap between what they know and what their clients' nervous systems actually need. If you're committed to protecting your clients and your practice, we invite you to join the inaugural cohort.

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## How to Enroll

- **Visit the Sales Page:** [edu.psychedelicoaching.institute/psychedelic-safety-and-harm-reduction-certification](https://edu.psychedelicoaching.institute/psychedelic-safety-and-harm-reduction-certification)
- **Secure Your Spot:** Complete your enrollment directly — no application required
- **Claim Your Apollo Discount:** Enrolled students receive a code for \$99 off the Apollo wearable
- **Join Orientation:** The first live call with Dr. Rabin and Paul kicks off the program

## Have Questions?

Book a complimentary Career Strategy Call with Joseph Anew, our Career Advisor and Institute graduate, to evaluate how this training fits your professional path.

[calendly.com/joseph-thethirdwave/30min](https://calendly.com/joseph-thethirdwave/30min)

[support@psychedelicoaching.institute](mailto:support@psychedelicoaching.institute)

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*Only ~50 spots available for the inaugural cohort.*