Navigating Safe Touch Syllabus

Course Description

This elective will revolve around the safe use of touch, providing you with practical approaches that will support you in using (or not using) touch with the people you work with. The foundations of this course include psychedelic ethics, somatic and relational psychedelic therapy, energetic boundaries, and relational mindfulness. You will learn and practice various types of touch as well as a titrated approach to touch that can be done as prep work to build somatic safety and embodied connection before the medicine session.

Learning Objectives

- What are the ethical considerations to consider before using touch in a psychedelic space?
- How do you get somatic consent?
- What are the benefits of touch?
- What are the types of touch and which ones are used in psychedelic work?
- What are the foundations of somatic and relational therapy?
- What types of self touch are useful?
- How can I use titrated approaches to safe touch?
- How does my relationship with touch influence how I use touch in my practice?
- What preparation can I do before the session to ensure somatic and relational safety?

Required Webinars, Readings, and PDF's:

- Required Webinars
    - Videos 1- 5
- Required Readings
    - Optional Readings in course folder

Policies

Attendance & Classroom Etiquette Policy

Attendance & Punctuality:

- Students must arrive on time.
- Entry is allowed up to 10 minutes after class start time.
- Entry beyond 10 minutes will only be permitted in cases of emergency or with prior communication.
- Repeated tardiness may impact participation records and program standing.

Absence Policy

Students are permitted to miss one Psychedelic Guide Training class and one Therapeutic Presence and Trauma Informed Care class during the program without penalty. However, they are still required to review the class recording and complete a makeup assignment to receive credit for the missed session.

Saturday live seminars are mandatory and cannot be missed, as they are required to fulfill the live instruction hours mandated by the state for those pursuing licensure under the Natural Medicine Health Act (NMHA).

Presence & Professionalism

Camera Use

- Students must remain on camera for the entire class, unless prior arrangements have been made.
- This supports presence, connection, and accountability.

Chat Etiquette

- Chat should be used mindfully.
- Avoid side conversations or excessive messaging.
- Contributions should enhance collective learning (insights, questions, support).

Professionalism

- Students must be in a **private, confidential space** during class.
- Students are expected to arrive prepared and grounded.
- Respectful engagement with peers and facilitators is required.
- If stepping away briefly, students should notify a facilitator or leave a message in chat.

Identification

- Students must list their **full first and last name** on Zoom for attendance.
- **Pronouns** are welcome and encouraged.