Class Schedule



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Class 1: The TOM Framework

Wednesday, March 6, 4pm - 7pm PST

Class Instructors

- Chantel Chapman + Sunnie Townsend - Intro to TOM
- Eldie Forget Poetry
- Dr Joi K Madison, Nafasi
 Ferrell + Lystra Sam
- Feather Miigwan Reine -Opening + Closing Vision

Topics Covered

- The Why: A navigational map for this program
- The link between trauma and our financial situation
- Overview of the financial and therapeutic roles that currently exist
- How this certification will bridge the gap
- The Pro-Social Shame Cycle





Class 2: Trauma Part 1

Tuesday, March 12, 8am - 11am PST

Class Instructors

- Andrea Gutiérrez-Glik, LCSW
- Jeneva Burton

Topics Covered

- Neurobiology of Trauma: The basic principles of neuroanatomy and how trauma impacts the brain and the body
- Somatic trauma healing approaches: exploring Polyvagal Theory, The Window of Tolerance and other trauma healing frameworks and how they connect to financial disruptions





Class 3: Social Justice + Parts Work

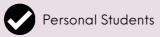
Wednesday, March 20, 4pm - 7pm PST

Class Instructors

- Cicely Belle Blain
- Sunnie Townsend

- Parts Work through the lens of TOM
- Becoming aware of social and cultural narratives and systemic injustices
- Unconscious Bias
- Racial Divide: Race as a socially constructed concept and how it creates injustice





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Class 4: Trauma Part 2

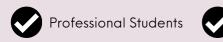
Tuesday, March 26, 8am - 11am PST

Class Instructors

- Andrea Gutiérrez-Glik, LCSW
- Chantel Chapman
- Sunnie Townsend

Topics Covered

- Gift Circle + The Wheel of Consent
- Beliefs and Physiological Protectors: Recognizing the voice of the saboteur and identify deeper self-beliefs and paradoxical behaviors
- Attachment Theory + Money
- Cognitive Dissonance + Financial Goals





Class 5: Money Disorders Pt 1

Wednesday, April 3, 4pm - 7pm PST

Class Instructors

- Dr Joi K Madison
- Chantel Chapman
- Nika Khanjani

Topics Covered

- Somatic practice with Nika
- Money Narratives: Myths and stories that we create or are exposed to, that shape our behaviors and relationship with money
- Money Disorders
 Redefined: The behavioral patterns that lead to debilitating financial distress
- Where does the disorder actually lie?

Professional Students



Class 6: Money Disorders Pt 2 + Integration

Tuesday, April 9, 8am - 11am PST

Class Instructors

- Chantel Chapman
- Shulamit Ber Levtov

- Money disorders continued
- The Focusing Process
- Practice of Inner Relationship Focusing (parts work),
- Introduced to concepts that support deep listening





Class Schedule



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Class 7: Time + Money

Wednesday, April 17, 4pm - 7pm PST

Class Instructors

- Maceo Paisley
- Chantel Chapman

Topics Covered

- Exploring our relationship with time and how that intersects with the way we handle money
- The socially constructed narratives of time and their impact on us
- Time for money? Is there a better way to charge





Class 8: Parts Work Pt 2 + Addiction + Mindfulness

Tuesday, April 23, 8am - 11am PST

Class Instructors

- Sunnie Townsend
- Dr. Valerie Mason-John Vimalasara
- Chantel Chapman

Topics Covered

- Parts Work Pt 2
- Addiction + Money
- Compassionate Inquiry
- Mindfulness as a financial tool





Class 9: Money + Relationships

Wednesday, May 1, 4pm - 7pm PST

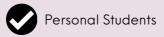
Class Instructors

• Dr Joi K Madison

Topics Covered

 Money + partnerships: we'll cover tips for navigating the various emotions that may arise during these courageous conversations and how to get clear about what traits in a mate compliment your money personality.





Class Schedule



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Class 10: Poverty of the Mind + the Psychology of Scarcity

Tuesday, May 7, 8am - 11am PST

Class Instructors

- Emmanuel Jal
- Chantel Chapman
- Eldie Forget

Topics Covered

- The Psychology of Scarcity
- Exploring Bandwidth Sensitivity
- Emmanuel Jal's- Poverty of the Mind presentation
- Reprogramming the subconscious
- Financial Comfort Zone and how to get out of it





Class 11: Reimagine Capitalism through laws of nature + Decolonizing

Wednesday, May 15, 4pm - 7pm PST

Class Instructors

- Sunnie Townsend
- Chantel Chapman
- Dr. PennElys Droz

Topics Covered

- TOM Method Review
- Collective Trauma as a result of Capitalism
- Decolonizing our relationship with money by using laws of nature as framework
- Intergenerational Mapping with ancestors





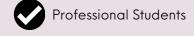
Class 12: Systemic Trauma, Access to Capital + Abundance Introspection

Tuesday, May 21, 8am - 11am PST

Class Instructors

- Meenadchi
- Jaime Gloshay
- Chantel Chapman

- Racial Wealth Gap for Indigenous/Indigenous women.
- Advocating and Investing in Indigenous women through a lens of Rematriation inclusive of gender lens and culture.
- Working within and transforming capital tools & systems.
- Introspection in Abundance and Scarcity
- Family Constellations





Class Schedule



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Class 13: Racial Wealth Gap

Wednesday, May 29, 4pm - 7pm PST

Class Instructors

- Nafasi Ferrell
- Malina Dawn
- Dr Joi K Madison
- Lystra Sam

Topics Covered

- The Racial Wealth Gap
- Looking at money from the lens of Black, Brown and Indigenous people
- Systemic trauma as a result of exclusionary credit and banking systems
- Somatic Practice with Malina
- Connecting with Ancestors





Class 14: Dopamine + Consumerism + Time Pt 2

Tuesday, June 4, 8am - 11am PST

Class Instructors

- Maceo Paisley
- Chantel Chapman

Topics Covered

- Dopamine + Consumerism
- Exploring our relationship with time and how that intersects with the way we handle money



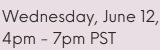


Class 15: The TOM **METHOD + Money Tool** Box 2

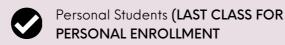
Class Instructors

- Chantel Chapman
- Sunnie Townsend
- Catherine Just

- Last class for Personal Pathway
- TOM METHOD
- Behavioural Strategies for Money Disorders
- Honest Financial Literacy
- Credit Score Game
- Integration
- Tapping with Catherine







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Class 16: Reimagining Capitalism + Integrating TOM

Tuesday, June 18, 8am - 11am PST

Class Instructors

- Ondine Hogeboom
- Chantel Chapman

Topics Covered

- Visioning: Reimagine Capitalism
- Social Impact Business Design
- Flourishing Business Model Canvas





Personal Students

Class 17: Integration + Elevation

Wednesday, June 26, 4pm - 7pm PST

Class Instructors

- Shayla Martin
- Naya The Creative
- Chantel Chapman

Topics Covered

- Last class!
- Positioning yourself as an expert
- Landing press and speaking gigs
- Integrating Trauma of Money
- Trauma-Informed vs traumaaware





Personal Students

Affinity Group Gatherings:

In addition to our weekly classes, we will be offering space for connection with the TOM community.

We will host multiple affinity groups each month that will gather on zoom for students to unpack classes with their peers

Groups Options:

- Black, Indigenous, People of Colour Affinity Group- Led by Nafasi Ferrell
- LQBTQIA+ Affinity Group Led by Sunnie Townsend
- General Group Led by Lystra Sam
- Professional Group Led by Chantel Chapman