## Spring 2023

### Class Schedule

This is meant to be an outline only, the class schedule is subject to change. Class recordings are posted in the student portal 48hrs after class for those who can’t attend live.

<table>
<thead>
<tr>
<th>Class 1: The TOM Framework</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
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</thead>
</table>
| Wednesday, March 8th, 4pm - 7pm PST | Chantel Chapman + Sunnie Townsend - Intro to TOM, Eldie Forget - Poetry | - 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 |

<table>
<thead>
<tr>
<th>Class 2: Trauma Part 1</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
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</table>
| Tuesday, March 14th, 8am - 11am PST | Andrea Gutiérrez-Glik, LCSW | - 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 disorders |

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<thead>
<tr>
<th>Class 3: Money Disorders Pt 1</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
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</table>
| Wednesday, March 22nd, 4pm - 7pm PST | Chantel Chapman, Nathasya Octaviane - Somatic Practice | - Emotions, feelings, and narratives  
- Money Narratives: Myths and stories that we create, or are exposed to, that shape our behaviors and relationship with money  
- Money Disorders: The behavioral patterns that lead to debilitating financial distress  
- Where does the disorder actually lie? |
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Class 4: Trauma Part 2

- **Tuesday, March 28th, 8am - 11am PST**
- **Class Instructors**
  - Andrea Gutiérrez-Glik, LCSW
  - Sunnie Townsend
- **Topics Covered**
  - 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: Integration + Money Disorders Pt 2

- **Wednesday, April 5th, 4pm - 7pm PST**
- **Class Instructors**
  - Chantel Chapman
  - Shulamit Ber Levtov
- **Topics Covered**
  - Introduced to the steps of the Focusing process
  - Be introduced to the practice of Inner Relationship Focusing (parts work),
  - Introduced to concepts that support deep listening
  - Money Disorders Continued

Class 6: Time + Money Part 1

- **Tuesday, April 11th, 8am - 11am 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 Schedule

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<thead>
<tr>
<th>Class 7: Social Justice</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, April 19th, 4pm - 7pm PST</td>
<td>Vimalasara, Dr Valerie Mason-John</td>
<td>Becoming aware of social and cultural narratives and systemic injustices</td>
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<tr>
<td></td>
<td>Chantel Chapman</td>
<td>Unconscious Bias</td>
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<tr>
<td></td>
<td>Cicely Belle Blain</td>
<td>Racial Divide: Race as a socially constructed concept and how it creates injustice</td>
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<td>Malina Dawn - Somatic Practice</td>
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<td></td>
<td>Sunnie Townsend</td>
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</tbody>
</table>

- Professional Students
- Personal Students

<table>
<thead>
<tr>
<th>Class 8: Addiction + Mindfulness</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
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</thead>
<tbody>
<tr>
<td>Tuesday, April 25th, 8am - 11am PST</td>
<td>Emmanuel Jal</td>
<td>Neuroscience of Dopamine and how it impacts our relationship with money</td>
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<td></td>
<td>Chantel Chapman</td>
<td>Consumerism and Pain Management</td>
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<tr>
<td></td>
<td>Vimalasara, Dr Valerie Mason-John</td>
<td>Addiction and Codependency: Exploring the fine line between overspending, undercharging, workaholism, gambling, and the patterns of addiction</td>
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<td>Compassionate Inquiry</td>
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<td>Mindfulness as a financial tool</td>
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- Professional Students
- Personal Students

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<th>Class 9: Poverty of the Mind + the Psychology of Scarcity</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
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<tbody>
<tr>
<td>Wednesday, May 3rd, 4pm - 7pm PST</td>
<td>Emmanuel Jal</td>
<td>The Psychology of Scarcity</td>
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<td>Chantel Chapman</td>
<td>Exploring Bandwidth Sensitivity</td>
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<td>Emmanuel Jal’s- Poverty of the Mind presentation</td>
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<td>Reprogramming the subconscious</td>
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<td>Financial Comfort Zone and how to get out of it</td>
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Class 10: Money + Relationships

Tuesday, May 9th, 8am - 11am PST

- Professional Students
- Personal Students

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 11: Capitalism + Decolonizing

Wednesday, May 17th, 4pm - 7pm PST

- Professional Students
- Personal Students

Class Instructors
- Nikki Sanchez
- Malina Dawn - Somatic Practice

Topics Covered
- Colonial Impact
- Collective Trauma as a result of Capitalism
- Decolonizing our relationship with money
- Intergenerational Mapping

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

Tuesday, May 23rd, 8am - 11am PST

- Professional Students
- Personal Students

Class Instructors
- Jaime Gloshay

Topics Covered
- 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
**Class 13: Racial Wealth Gap**  
Wednesday, May 31st, 4pm - 7pm PST

**Class Instructors**
- Nafasi Ferrell

**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

- Professional Students  
- Personal Students

**Class 14: Time Pt 2 + Money Tool Box**  
Tuesday, June 6th, 8am - 11am PST

**Class Instructors**
- Maceo Paisley
- Chantel Chapman
- Eldie Forget

**Topics Covered**
- Exploring our relationship with time and how that intersects with the way we handle money
- Honest Financial Literacy
- Credit Score Game

- Professional Students  
- Personal Students

**Class 15: Money Tool Box 2 + Integration**  
Wednesday, June 14th, 4pm - 7pm PST

**Class Instructors**
- Chantel Chapman
- Sabeena Bubber
- Sunnie Townsend
- Surprise Closing

**Topics Covered**
- Last class for Personal Pathway
- Debt Payback Strategies
- Behavioural Strategies for Money Disorders
- Cashflow Management Strategies for personal
- Divorce and Money
- Integration

- Professional Students  
- Personal Students (LAST CLASS FOR PERSONAL ENROLLMENT)
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**Class 16: Reimagining Capitalism + Integrating TOM**

Tuesday, June 20th
8am - 11am PST

**Class Instructors**
- Ondine Hogeboom

**Topics Covered**
- Visioning: Reimagine Capitalism
- Social Impact Business Design
- Business Canvas Map
- Community Economic Development Lens

☑️ Professional Students  ❌ Personal Students

**Class 17: Integration + Elevation**

Wednesday, June 28th,
4pm - 7pm PST

**Class Instructors**
- Shayla Martin
- Chantel Chapman

**Topics Covered**
- Last class!
- Positioning yourself as an expert
- Landing press and speaking gigs
- Facilitating a Trauma of Money Program, online or in-person
- Trauma-Informed vs trauma-aware

☑️ Professional Students  ❌ 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
- LGBTQIA+ Affinity Group – Led by Sunnie Townsend
- General Group – Led by TBD
- Professional Group – Led by TBD