FALL 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.

Class 1: The TOM Framework
Wednesday, Sept 20, 4pm - 7pm PST

Class Instructors
- Chantel Chapman + Sunnie Townsend - Intro to TOM
- Eldie Forget - Poetry
- Dr Joi K Madison, Nafasi Ferrell + Lystra Sam

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

Professional Students ☑️  Personal Students ☑️

Class 2: Trauma Part 1
Tuesday, Sept 26, 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 disorders

Professional Students ☑️  Personal Students ☑️

Class 3: Social Justice + Parts Work
Wednesday, Oct 4, 4pm - 7pm PST

Class Instructors
- Cicely Belle Blain
- Sunnie Townsend

Topics Covered
- 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

Professional Students ☑️  Personal Students ☑️
# 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 48 hrs after class for those who can’t attend live.

## Class 4: Trauma Part 2
- **Tuesday, Oct 10, 8am - 11am PST**
- **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 Instructors**
  - Andrea Gutiérrez-Glik, LCSW
  - Chantel Chapman

## Class 5: Money Disorders Pt 1
- **Wednesday, Oct 18, 4pm - 7pm PST**
- **Topics Covered**
  - Emotions, feelings, and narratives
  - Money Narratives: Myths and stories that we create, or are exposed to, that shape our behaviors and relationships with money
  - Money Disorders: The behavioral patterns that lead to debilitating financial distress
  - Where does the disorder actually lie?
- **Class Instructors**
  - Dr Joi K Madison
  - Chantel Chapman
  - Nika Khanjani

## Class 6: Money Disorders Pt 2 + Integration
- **Tuesday, Oct 24, 8am - 11am PST**
- **Topics Covered**
  - Money disorders continued
  - 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
- **Class Instructors**
  - Chantel Chapman
  - Shulamit Ber Levтов

---

| Professional Students | Personal Students |
Class 7: Time + Money

Wednesday, Nov 1, 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, Nov 7, 8am - 11am PST

Class Instructors
- Sunnie Townsend
- Dr. Valerie Mason-John
- Vimalasara

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

Class 9: Money + Relationships

Wednesday, Nov 15, 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

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 10: Poverty of the Mind + the Psychology of Scarcity</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Nov 21, 8am - 11am PST</td>
<td>Emmanuel Jal, Chantel Chapman, Eldie Forget</td>
<td>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</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class Instructors</th>
<th>Professional Students</th>
<th>Personal Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emmanuel Jal, Chantel Chapman, Eldie Forget</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class 11: Reimagine Capitalism through laws of nature + Decolonizing</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, Nov 29, 4pm - 7pm PST</td>
<td>Sunnie Townsend, Lystra Sam, Dr. PennElys Droz</td>
<td>Collective Trauma as a result of Capitalism, Decolonizing our relationship with money by using laws of nature as framework, Intergenerational Mapping with ancestors</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class Instructors</th>
<th>Professional Students</th>
<th>Personal Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunnie Townsend, Lystra Sam, Dr. PennElys Droz</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class 12: Systemic Trauma, Access to Capital + Abundance Introspection</th>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Dec 5, 8am - 11am PST</td>
<td>Meenadchi, Jaime Gloshay</td>
<td>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 &amp; systems, Introspection in Abundance and Scarcity, Family Constellations</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class Instructors</th>
<th>Professional Students</th>
<th>Personal Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meenadchi, Jaime Gloshay</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>
# 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.

## Class 13: Racial Wealth Gap

**Wednesday, Dec 13, 4pm - 7pm PST**

- **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

- **Class Instructors**
  - Nafasi Ferrell
  - Malina Dawn
  - Dr. Joi K Madison

- Professional Students | Personal Students

## Class 14: Dopamine + Consumerism + Time Pt 2

**Tuesday, Dec 19, 8am - 11am PST**

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

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

- Professional Students | Personal Students

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

**Wednesday, Jan 10, 4pm - 7pm PST**

- **Topics Covered**
  - Last class for Personal Pathway
  - TOM METHOD
  - Behavioural Strategies for Money Disorders
  - Divorce and Money
  - Honest Financial Literacy
  - Credit Score Game
  - Integration

- **Class Instructors**
  - Chantel Chapman
  - Sunnie Townsend

- Professional Students | Personal Students (LAST CLASS FOR PERSONAL ENROLLMENT)
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.

Class 16: Reimagining Capitalism + Integrating TOM

Tuesday, Jan 16, 8am - 11am PST

Class Instructors
- Ondine Hogeboom
- Chantel Chapman

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, Jan 24, 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 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 Lystra Sam
- Professional Group - Led by Chantel Chapman