# Class Schedule

**SPRING 2024**

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, March 6, 4pm - 7pm PST

<table>
<thead>
<tr>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
</thead>
</table>
| Chantel Chapman + Sunnie Townsend - Intro to TOM  
Elodie Forget - Poetry  
Dr Joi K Madison, Nafasi Ferrell + Lystra Sam  
Feather Miigwan Reine - Opening + Closing Vision | 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>Professional Students</th>
<th>Personal Students</th>
</tr>
</thead>
</table>

## Class 2: Trauma Part 1
### Tuesday, March 12, 8am - 11am PST

<table>
<thead>
<tr>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
</thead>
</table>
| Andrea Gutiérrez-Glik, LCSW  
Jeneva Burton | 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 |

<table>
<thead>
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</table>

## Class 3: Social Justice + Parts Work
### Wednesday, March 20, 4pm - 7pm PST

<table>
<thead>
<tr>
<th>Class Instructors</th>
<th>Topics Covered</th>
</tr>
</thead>
</table>
| 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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<tr>
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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?

Class 6: Money Disorders Pt 2 + Integration

Tuesday, April 9, 8am - 11am PST

Class Instructors
- Chantel Chapman
- Shulamit Ber Levlov

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

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## 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

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## 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.
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<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></td>
<td>Emmanuel Jal</td>
<td>The Psychology of Scarcity</td>
</tr>
<tr>
<td></td>
<td>Chantel Chapman</td>
<td>Exploring Bandwidth Sensitivity</td>
</tr>
<tr>
<td></td>
<td>Eldie Forget</td>
<td>Emmanuel Jal’s - Poverty of the Mind presentation</td>
</tr>
<tr>
<td>Professional Students</td>
<td>Personal Students</td>
<td>Reprogramming the subconscious</td>
</tr>
<tr>
<td>Professional Students</td>
<td>Personal Students</td>
<td>Financial Comfort Zone and how to get out of it</td>
</tr>
</tbody>
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<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></td>
<td>Sunnie Townsend</td>
<td>TOM Method Review</td>
</tr>
<tr>
<td></td>
<td>Chantel Chapman</td>
<td>Collective Trauma as a result of Capitalism</td>
</tr>
<tr>
<td></td>
<td>Dr. PennElys Droz</td>
<td>Decolonizing our relationship with money by using laws of nature as framework</td>
</tr>
<tr>
<td>Professional Students</td>
<td>Personal Students</td>
<td>Intergenerational Mapping with ancestors</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></td>
<td>Jaime Gloshay</td>
<td>Advocating and Investing in Indigenous women through a lens of Rematriation inclusive of gender lens and culture.</td>
</tr>
<tr>
<td></td>
<td>Chantel Chapman</td>
<td>Working within and transforming capital tools &amp; systems.</td>
</tr>
<tr>
<td>Professional Students</td>
<td>Personal Students</td>
<td>Introspection in Abundance and Scarcity</td>
</tr>
<tr>
<td>Professional Students</td>
<td>Personal Students</td>
<td>Family Constellations</td>
</tr>
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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

Professional Students ✔ Personal Students ✔

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

Professional Students ✔ Personal Students ✔

Class 15: The TOM METHOD + Money Tool Box 2

Wednesday, June 12, 4pm - 7pm PST

Class Instructors
- Chantel Chapman
- Sunnie Townsend
- Catherine Just

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

Professional Students ✔ Personal Students ✔ (LAST CLASS FOR PERSONAL ENROLLMENT)
SPRING 2024

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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

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 trauma-aware

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