

BECOMING

RN-PSYCHOTHERAPIST

RN-PSYCHOTHERAPIST CREDENTIALING PROGRAM

A 6-month entry to practice pathway for RNs



BECOMING
—INSTITUTE—

WELCOME TO BECOMING

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On September 19, 2025, we completed the first offering of Becoming 401: From Nurse to Therapist— a complimentary, three-week, university-level course delivered through Brightspace. Only a select group of nurses joined this inaugural cohort, and together we explored what it truly means to step into the role of an RN–Psychotherapist.

- Week 1 uncovered how childhood adversity and family dysfunction shape not only mental health, but also physical and social well-being.
- Week 2 introduced Narrative Exposure Therapy (NET), Somatic Therapy, and the Becoming Method® — our proprietary approach shown to resolve traumatic responses such as depression, anxiety, and PTSD in 3-7 sessions.
- Week 3 examined Safe and Effective Use of Self (SEUS) — a foundational CRPO practice standard, and a hallmark of exemplary psychotherapy.

What set this group apart was not simply their participation, but their willingness to do the deeper work: to examine themselves with courage, to release what hinders authentic connection, and to recognize that healing begins with the practitioner as much as with the client.

Becoming 401 was never meant for every nurse. It was designed as a proving ground — a way for us to identify those rare individuals who embody the self-awareness, reflexivity, and integrity required to lead the future of trauma recovery in Canada. Those who excelled showed us the RN–Psychotherapist is more than a title — it is a vocation for nurses ready to step into their full capacity as healers.

If you are reading this letter, consider it your personal invitation. Not every nurse will walk this road. But those who do will receive an education that is rigorous, regulator-aligned, and anchored in the Becoming Method® — training equivalent in depth to graduate-level study, designed to meet CRPO entry-to-practice competencies, and delivered with the mentorship and community support that make transformation possible.

The Becoming Institute is committed to cultivating only the best of the best. We would be honoured to welcome you into our next cohort of the 6-month RN–Psychotherapist Credentialing Program.

Warmly,



RN–Psychotherapist Credentialing Program

CORE COURSES & BENEFITS TO NURSES

1 **Becoming 401: From Nurse to Therapist**

In three weeks, you gain a holistic understanding of trauma’s impact on body, mind, soul, and spirit. You are introduced to Narrative Therapy, Somatic Therapy, Internal Family Systems, and the Becoming Method®—all framed within CNO and CRPO entry-to-practice standards.

What this means for RNs: You “test the waters” of psychotherapy without a long-term commitment, gaining self-awareness, exposure to leading trauma recovery models, and clarity on whether the RN–Psychotherapist pathway is the right fit for your future.

2 **Becoming 103: 3-Day Intensive Becoming Method® Training**

This immersive 3-day in-person workshop introduces the Becoming Method® and instills the program’s core values of empathy, connection and daily balance. You engage in contemplative practices, observe live demonstrations, and gain hands-on skills in intake, assessment, and session structure management.

What this means for RNs: You build practical skills and confidence in applying the Becoming Method®, laying the foundation for both personal growth and professional practice as a trauma recovery specialist.

3 **Becoming 102: 40-Day Mindful Fitness Journey**

This six-week course mirrors the healing process your future clients will undergo. Through three Becoming Method® sessions, daily healing practices using Dr. Joan’s Forgiveness Journal, and weekly group meetings, you dismantle trauma narratives, strengthen somatic resilience, and experience the Becoming Method’s core process of truth, forgiveness, and reconciliation.

What this means for RNs: You cultivate the self-awareness and resilience that form the foundation of Safe and Effective Use of Self (SEUS), preparing you to connect authentically and guide clients through their own healing journeys.

4 **Becoming 301: Authentic & Intuitive Communication**

This course invites you to deepen authentic presence and awaken intuitive knowing as part of your professional practice. Through reflections, case studies, and embodied exercises, you refine skills in active listening, nonverbal attunement, and culturally responsive communication — while aligning intuition with ethical and regulatory standards.

What this means for RNs: You strengthen your ability to use self as instrument, combining intuition with professional judgment to foster trust, presence, and safe therapeutic relationships that support deep healing.

5 **Becoming 302: Holistic Therapeutic Assessments in Practice**

This advanced course equips you to conduct culturally attuned assessments that honor the whole person — body, mind, soul, and spirit. Drawing on narrative, somatic, and neurophysiological tools such as polyvagal theory, neuroception, and interoception, you learn to integrate diverse methods in real time with your practicum, making assessment both relational and holistic.

What this means for RNs: You develop the ability to see beyond symptoms, using assessment as a tool for trust, collaboration, and authentic partnership in the healing and transformation journey.

6 **Becoming 303: Psychotherapeutic Standards of Practice**

More than a course in professional standards, this is a call to ethical and cultural awakening. Offered alongside the 1,000-hour practicum, it engages CRPO's ethical, legal, and professional standards through critical reflection, case studies, and peer dialogue that support cultural humility.

What this means for RNs: You strengthen your ability to practice with integrity and cultural responsiveness, ensuring your work is both ethically sound and transformative.



7

Becoming 304: 1,000-Hour Psychotherapeutic Practicum

This capstone practicum provides a comprehensive, hands-on immersion into psychotherapeutic practice. Over 1,000 supervised hours, you work with at least 12 clients presenting a wide range of trauma-related issues, including depression, anxiety, PTSD, and relational difficulties. From intake and standardized assessments to full intervention using the Becoming Method® and integrated therapeutic coaching, you gain experience across the entire therapeutic process. Supervision, reflective self-evaluation, and detailed case documentation guide your professional growth, while ongoing feedback ensures you refine and master your skills.

What this means for RNs: This practicum is the bridge from student to practitioner. You demonstrate proficiency in the Becoming Method®, build confidence in guiding clients through their full healing journey, and develop the habits of reflective practice, supervision, and ethical record-keeping essential to independent work. By the end, you are prepared not only to meet CRPO entry-to-practice standards but to embody the depth, resilience, and clinical excellence required of an RN–Psychotherapist.



Early Career RN–Psychotherapist Placement



Upon completing the practicum, you transition into a 4-month work placement as an RN–Psychotherapist, either within the Becoming Institute under direct supervision or with partner organizations such as public health units, community health centres, and hospitals. This placement provides real-world integration and ensures you graduate with both competency and confidence.



Credentialing Roadmap

RN–Psychotherapist Pathway to Success



Independent Practice & Mentorship 06

- Step confidently into entrepreneurship with wrap-around support from experienced coaches and mentors. Monthly one-on-one support to help you build a sustainable practice.
- Time: Flexible, ongoing support for 6-12 months
- Cost: \$3,500–\$5,000 (optional)

05 Graduation (Sept. 11, 2026)

- Formal recognition as an RN–Psychotherapist.
- Cost: Included

Work Placement (May 15–Aug. 28) 04

- Work as an RN–Psychotherapist in real-world settings like public health, CHCs, or hospitals.
- Time: Full-time (~37.5 hrs/week).
- Format: In-person with supervision that gives you the confidence to practice independently.
- Cost: \$1,249

03 Becoming 301–304 (Jan. 9–Apr. 24)

- Develop advanced communication, assessment, and ethical practice skills while completing a 1,000-hour supervised practicum.
- Time: ~6 hrs/wk coursework + practicum hours
- Format: Online, Fridays + supervised placement
- Cost: \$4,996

Becoming 103 + 102 (Oct. 24–Dec. 5) 02

- Learn the Becoming Method®, engage in daily healing practices, and build mastery with group supervision.
- Time: 3-Day Intensive (30 hrs) + ~8–10 hrs/wk
- Format: Online, Fridays + self-healing + practice
- Cost: \$2,498

01 Becoming 401 (Sept. 5–19)

- Explore trauma recovery models, test the waters of psychotherapy, and decide if this pathway is right for you.
- Time: ~6 hrs/wk
- Online, Fridays. Offered bi-monthly.
- Cost: \$99



Our Path to CNA Accreditation

The Becoming Institute is committed to the **highest standards of excellence in nursing and psychotherapy education**. That's why we are applying for Canadian Nurses Association (CNA) accreditation — the national body recognized for advancing nursing practice.

Why Accreditation Isn't Required

The **College of Nurses of Ontario (CNO)** permits RNs to provide psychotherapy and to use the title RN, Psychotherapist, provided their nursing designation is clear. CNO does not require a specific certificate or accredited program; instead, **nurses must continually self-assess their competence and practise** within employer-supported roles in line with CNO's Professional Standards.

Why We're Pursuing Accreditation for You

CNA accreditation adds an important layer of recognition and credibility. For our students, it means:

- **National Recognition:** Confirms your training meets rigorous Canadian standards.
- **Employer Confidence:** Shows you are highly prepared and credible in diverse health settings.
- **Career Advantage:** Strengthens your professional profile and readiness for psychotherapy practice.
- **Ongoing Excellence:** Ensures your education stays evidence-based, current, and responsive.

Looking Ahead

We are currently pursuing CNA accreditation, with approval anticipated as early as January 2026.

Note: CNA accreditation is a quality marker for nursing education. Licensure and professional titles remain under the authority of the CNO and, where applicable, the CRPO.

WHY THIS ? WHY NOW?

In our very first session of Becoming 401, we ask a simple but profound question: **What are nurses really treating?**

Drawing on the landmark Adverse Childhood Experiences (ACE) Study, we explore how childhood adversity and family dysfunction shape not just mental health, but also physical illness, relational struggles, and social participation.

This raises a vital challenge:
Is it time for a shift in how nurses are prepared to care?

The RN–Psychotherapist Credentialing Program is our answer. It equips nurses to move beyond symptom management, addressing the root causes of suffering with compassion, skill, and evidence-based psychotherapeutic practice.

Why now?

Because the demand for trauma-informed care is exploding — in hospitals, community health centres, schools, and public health. Nurses are already on the front lines. This program ensures they also have the tools to heal at the deepest level.

The evidence is clear 

Many of the conditions nurses manage daily — from chronic disease to depression and anxiety — are deeply rooted in unresolved trauma.

THE BECOMING METHOD®

At the heart of the RN–Psychotherapist Credentialing Program is the **Becoming Method®** – a holistic, trauma-informed psychotherapeutic process developed by Dr. Joan Samuels-Dennis. The method integrates **truth-telling (Narrative Therapy), conscious forgiveness (Somatic Therapy), and reconciliation** – a return to friendship with oneself.

Trauma is understood not simply as an event, but as the **overwhelm of the mind–body–soul–spirit system**. Disconnection from self is recognized as the essential point of intervention.

The Becoming Method® provides a structured pathway for healing traumatic wounds and can be applied with **individuals, families, communities, and even nations** seeking healing, restoration and reconnection.

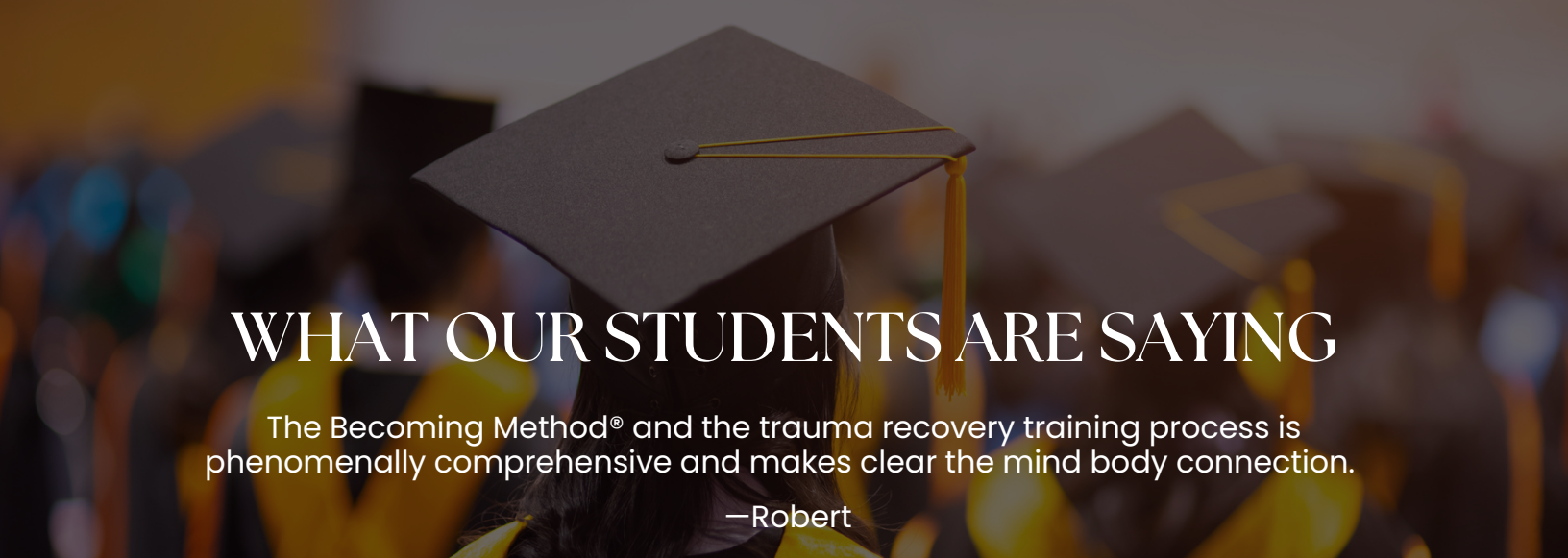
As a student, you will both experience this process firsthand and learn to apply it in practice – preparing you to guide clients with confidence, compassion, and clarity.

We are also proud to share two manuscripts currently under review for publication:

- The **Becoming Method® Part 1:** Evolving How We Understand and Treat Traumatic Responses to Adverse Life Experiences [under review]
- The **Becoming Method® Part 2:** Evolving How We Understand Traumatic Responses—From the Individual to the Community Level [under review]

Together, these seminal articles demonstrate that the Becoming Method® is not only rooted in lived clinical experience, but is also being rigorously documented as a model for trauma recovery and systemic healing.





WHAT OUR STUDENTS ARE SAYING

The Becoming Method® and the trauma recovery training process is phenomenally comprehensive and makes clear the mind body connection.

—Robert

“

The aim of psychotherapy is to ameliorate neurotic and delusional patterns. The Becoming Method® however is designed to undo the underlying causes of all neurotic and delusional formation in as little as 1 session. We could say so much more, but we've done enough talking. We think you should hear from a client and a current student.

”

—Dr. Joan

I have experienced meaningful therapy sessions and a multitude of forgiveness processes during my life's journey, but as I moved through the first semester, I found identifying specific moments in time when I experienced traumatic events and releasing the energy associated with those moments beyond powerful! The healing has resulted in a heightened and consistent steadiness and peacefulness. I find myself catching and releasing current "upsets" faster and with greater ease. The healing includes moving slower and allowing life to surprise me rather than planning my own "surprise party."

As a result of the strong self-healing emphasis in this first level of the program, it is easier to connect with family and friends as the fear of abandonment is not present.

The Becoming community continually aids my growth through shared experiences, feedback, and genuine connection. Plenty of laughter and tears, prayer, and sharing. I appreciate the introduction to David Hawkins' work regarding consciousness which serves as the foundation for this process.

Also, walking thru Dr. Joan's book, 490 and Forgive: Master the Art of Letting Go has been transformative as it introduces simple ways to release the trauma story (narrative) and affirm the daily desired experience. I feel grateful for Dr. Joan's coaching and teaching, The Becoming Method®, and the Divine healing and reconnection to vibrancy, clarity, and self-expression!

—Robert



The people I met during this journey have profoundly impacted my life, and I am immensely grateful for each one of them. I continue to learn and practice daily, engaging with those in need, and envision a bright future ahead.

—Carline

“

The conscious forgiveness process inherent in the Becoming Method® has many surprising and positive health benefit. As the traumatic wounds are visited and healed, physical disorders improve and frequently disappear altogether. Pathological and psychosomatic processes cease and client experiences a return to optimal functioning.

”

In 2022, I learned about the "Becoming" method and how to overcome trauma. Deep inside, I felt a calling; I declared it was something I wanted to pursue. I commenced my training in September, and since then, my life has undergone a profound transformation. We began by listening to the SSP core, and I noticed myself becoming more focused and lighter.

Subsequently, I participated in sessions with Dr. Joan, making a personal commitment to heal from past traumas that had held me back from fulfilling my life purpose: helping others overcome their own traumas.

I delved into literature such as Stephen Porges' Polyvagal Theory and explored the realms of the mind and human behaviour through authors like David Hawking. I revisited my psychology class notes from university, immersing myself in the aspect of me that always aspired to work directly with people as a clinician. This journey has just begun.

In the weeks following our retreat I discovered a new version of myself, underwent a significant shift in my identity, and found clarity in my life purpose. The techniques presented were powerful, well-articulated, and surprisingly simple, becoming easy to implement once understood. I uncovered boundless compassion, love, and understanding for all living creatures of God, realigning myself with the divine plan.

—Carline

WHAT KIND OF SUPPORT SERVICES DOES THE INSTITUTION PROVIDE TO STUDENTS?



**“
IN LEARNING YOU WILL
TEACH, AND IN TEACHING
YOU WILL LEARN.”**

Many trauma recovery certification programs focus on rapid training and quick credentials. But too often, they fail to prepare nurses with the entrepreneurial skills needed to thrive in today's competitive field of trauma recovery. This leaves graduates with clinical knowledge but little support in building a sustainable practice.

At the Becoming Institute, we take a different approach. We don't just certify professionals — we equip you with the business savvy, mentorship, and support needed to excel as both a practitioner and an entrepreneur.

We believe becoming a successful Trauma Recovery Specialist requires more than education alone. It means having the tools, support, and opportunities to create a thriving, financially sustainable career. That's why we offer unique wrap-around services designed to strengthen not only your clinical skills, but also your confidence as a leader in the field.

Our Business Wrap-Around Program connects you with skilled mentors and coaches who guide you in developing affiliate programs, building client retention strategies, and managing the business side of therapy. This entrepreneurial edge is what sets our graduates apart.

Support

WHAT'S NEXT?

You've already taken the first step. By completing Becoming 401, you've shown not only your interest in psychotherapy, but your courage, self-reflection, and openness to growth. We've seen you in action — and it's clear that you carry the qualities of an excellent psychotherapist.

Now, we invite you into the next phase of the journey:

- Take part in the 3-Day Intensive Becoming Method® Training
- Seamlessly progress into the 40-Day Self-Healing Practice Course: Mindful Fitness

Starting in January, you will take 4 advanced courses that will equip you with the knowledge, skills, insights, and supervised practice needed to begin real-world practice.

This isn't just coursework. It's a direct, supportive pathway to becoming an RN, Psychotherapist — without the years and costs of a master's degree, and without walking away from the profession you've worked so hard to build. By partnering with the Becoming Institute, you gain regulator-aligned training, CNA accreditation in progress, and mentorship rooted in real clinical practice. You move forward faster, with the knowledge, skills, and healing presence needed to offer the kind of care that transforms lives.



**PRESIDENT AND FOUNDER OF THE
BECOMING INSTITUTE INC.**



Dr. Joan

IF YOU'RE READY

[REGISTER NOW](#)



STILL HAVE QUESTIONS

Click the button below to book a consultation with an academic advisor to get your questions answered.

[SPEAK WITH AN ADVISOR](#)



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