

Welcome!



FALL 2026

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Course

BEC111

3-Day Intensive

Date: September 11-13, 2026

Location: 65 Yorkland Blvd,
Brampton, ON, L6P 1B9

Phone: 742-247-1418

Time: 8:30 am to 5:00 PM

Dresscode: Business casual

— A MESSAGE FROM THE PRESIDENT

You are stepping into mental health care not simply as a student, but as the pioneer this system urgently needs. You carry the Becoming Method®—a practice developed by nurses, for nurses—grounded in truth-telling, conscious forgiveness, and reconciliation.

Where the field long asked psychotherapist to choose between clinical science, psychotherapeutic theory, intuition, and neuro-technology, you are formed to hold them all in a single nursing scope. Together, we are forging a new course for our profession, reshaping how trauma is understood, and redefining how nurses lead recovery.

Welcome to the future of nursing practice.
Welcome to Becoming!

Joan Samuels Dennis,
President, Becoming Institute Inc.

BEC111: FOUNDATIONS OF THE BECOMING METHOD®

A STRUCTURED, NINE-STEP CLINICAL PROCESS FOR WORKING WITH TRAUMA AT THE LEVEL OF IDENTITY DISRUPTION AND NERVOUS-SYSTEM DYSREGULATION — TAUGHT OVER 35 HOURS AND APPLIED TO YOUR OWN CASELOAD THROUGHOUT THE COURSE.

- Gain clinical confidence & clarity
- Improve diagnostic precision
- Eliminate framework fatigue
- Accelerate therapeutic alliance
- Access a growing network of psychotherapists

Holistic Psychotherapy Delivered By Nurses

TRAUMA-INFORMED DECOLONIZED PSYCHOTHERAPEUTIC CARE

A DECOLONIZED HOLISTIC APPROACH TO TRAUMA-INFORMED PSYCHOTHERAPEUTIC CARE

BEC111 introduces learners to the Becoming Method® as a holistic, decolonized psychotherapeutic framework for developing Safe and Effective Use of Self in the trauma recovery process. The method and its associated framework Smashing the Mirror position identity disruption as the point of intervention.

Through immersive learning, reflective practice, and guided integration, the course supports learners in strengthening diagnostic precision; restoring nervous-system regulation; and restoring a belief system that supports psychological safety, self-integration and full participation in community.

Course Code: BEC111

Course Title: Foundations of the Becoming Method®

Delivery Format:

- In-person **three**-day intensive training
- **Four** monthly half-day Zoom sessions

Important Dates:

- **Start:** September 11, 2026
- **End:** November 13, 2026

Instructional Leads:

- Joan Samuels-Dennis, Ph.D, RN, Psychotherapist
- Jenn Cardoso, MA, RP

Marker Grader: Chantal Gray, MSW, RSW

Pre-requisite: A Regulated Health Professional in good standing with a Regulatory College in Ontario regulating the Controlled Act of Psychotherapy (or equivalent regulatory body).

Co-requisites: None

Practicum Status: Non-practicum

WHO IS THIS BUILT FOR?



RNs, NPs, RPNs, CNS & PHNs

You watch the autonomic nervous system shift in real time — heart rate spikes, shutdown, dissociation — in emergency, inpatient, community, and home-care visits.



Registered Psychotherapists & Counsellors

Your clients show up with chronic anxiety, depression, and relationship distress that actually look like repeated hyper- and hypoarousal cycles in session.



Registered Social Workers & MSW-Level Clinicians

You carry caseloads where child welfare, housing instability, immigration stress, racialized violence, and intergenerational loss all sit in the room at once.



Practitioners With Prior Trauma Training

You've done EMDR, IFS, SET, NET, or training. BEC111 doesn't replace those tools — it gives you the overarching framework that explains why they work and how to sequence them inside a coherent, nervous-system-based trauma process.

CNO/CRPO RELEVANCE SNAPSHOT

Primary Purpose: A post-graduate advanced practice course designed to build trauma-informed psychotherapy practice, deepen clinical precision, and cultivate Safe and Effective Use of Self (SEUS) through the application of the Becoming Method® to active caseloads.

Theoretical Orientation: BEC111 is grounded in the Becoming Method® as a structured, trauma-informed psychotherapeutic framework for advancing clinical practice and cultivating Safe and Effective Use of Self in the therapeutic relationship. The course is theoretically oriented to psychotherapy as a relational, ethically sequenced, and embodied process through which healing occurs by restoring coherence, dignity, attachment, truth, and connection within the self and across relational systems. The course presents the Becoming Method® as a disciplined therapeutic arc shaped by safety, readiness, timing, and reflective professional accountability.

The course draws on a three-layer formation architecture:

- **Ontology:** The foundation for understanding what healing is.
- **Formation:** The process through which advanced clinical skill and psychotherapeutic capacity are developed.
- **Accountability:** The professional container that ensures healing is held safely, ethically, and in a manner worthy of public trust.

The theoretical orientation of BEC111 is expressed through the following practice commitments:

- Client–practitioner partnership and practitioner–method allegiance as central to a successful therapeutic journey
- Healing as restoration of connection rather than symptom management alone
- Therapeutic work as attachment-informed, relational, and partnership-based
- Safety as neuroceptive, relational, and co-regulated
- Truth-telling as staged, ethical, and sequenced

- The therapist's use of self as a clinical factor requiring self-awareness, humility, regulation, and discernment
- Professional influence exercised with accountability, restraint, and respect for dignity and agency

PRIMARY CRPO STANDARDS ALIGNMENT:

Professional role, ethics, and standards awareness — 1.1, 1.2, 1.3, 1.5, 2.1, 3.1, 3.2, 3.3

Foundational therapeutic relationship capacities — 1.5, 1.7, 1.8, 2.1, 3.1, 3.2

Reflective use of self and readiness discernment — 1.5, 1.6, 1.7, 1.8, 2.1

Trauma-informed integrative modality literacy — 1.4, 2.1, 3.2, 3.3, 3.4

SEUS RELEVANCE

BEC111 develops Safe and Effective Use of Self through structured clinical skill-building in self-awareness, emotional regulation, relational presence, boundary consciousness, pacing, ethical use of influence, reflective discernment, and the direct application of these capacities to active client caseloads.

COURSE EVALUATION

Reflective integration, professional engagement, ethical-professional discernment, and the demonstrated development of observable use-of-self capacities and diagnostic precision within active clinical practice.



BY THE END OF BEC111, YOU WILL BE ABLE TO:

- **Describe** the Becoming Method®'s nine-step clinical process and how theory, hands-on practice, and clinical accountability fit together in a session.
- **Identify** how truth-telling, conscious forgiveness, and reconciliation — a return to friendship with self — function, as conceptualized within the Becoming Method, as staged, sequenced steps in the therapeutic process.
- **Apply** mindfulness, somatic awareness, and forgiveness-based techniques intended to support regulation of client and practitioner nervous system responses during sessions.
- **Recognize** nervous-system and polyvagal responses in clients and use that information to guide in-session clinical decisions.
- **Analyze** how systemic oppression, cultural context, and community relationships shape a client's trauma presentation and recovery trajectory.
- **Locate** an individual client's healing process within their family, cultural, and community context, and identify at least one practical way to work with that context in session.
- **Demonstrate** safe, effective use of self — including boundary-setting, ethical use of influence, and relational attunement — transferable across nursing, psychotherapy, counselling, social work, and occupational therapy practice.



COURSE HOURS AND LEARNING COMMITMENT

Course Activity	Hours
3-Day Intensive Training	21
4 Monthly Seminars (3.5 hrs)	12
Total	30

TEACHING AND LEARNING METHODS ACROSS MODULES

BEC111 is delivered through a sequenced pedagogical model that integrates intensive instruction, experiential formation, guided reflection, and seminar-based integration.

The teaching design supports progressive development in reflective capacity, relational discipline, embodied awareness, and ethical-professional judgment.

Learning methods are selected to help learners engage psychotherapeutic concepts not only as content to be understood, but as capacities to be cultivated within professional maturation.



WEEKLY / MODULE ARCHITECTURE

MODULE 1: 3-DAY INTENSIVE

BEC111: Foundations of the Becoming Method®

Serving as the 21-hour opening clinical immersion for BEC111, this intensive directly operationalizes the Becoming Method® for advanced trauma-informed practice:

- Day 1 Focuses on truth-telling and narrative expression as foundational to working with separation, disconnection, and loss.
- Day 2 Examines advanced reflective processes of psychological release, reorganization, and identity disruption.
- Day 3 Addresses personal responsibility, integration, and the practical return to relational coherence within active clinical cases.

Day 1 Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
Becoming Method® Training Manual; Video Demonstration #1	Intensive Reflection 1	BI: Domain 1 — Relational Personhood; Domain 2 — Attachment, Human Development, and the Arc of Healing; Domain 5 — Truth-Telling as a Condition of Healing	Controlled Acts — 1.4; General Conduct — 1.5; Seeking Consultation, Clinical Supervision, and Referral — 2.1; Consent — 3.2 CNO: Therapeutic Nurse-Client Relationship; Knowledge; Accountability; Ethics Standards.

Day 2 Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
Required Texts: Becoming Method® Training Manual; Video Demonstration #2	Intensive Reflection 2	BI: Domain 3 – Dignity as Inherent and Relational; Domain 4 – Wisdom as Inherent, Cultivated, and Revealed; Domain 7 – Humility, Partnership, and Ethical Use of Influence	General Conduct – 1.5; Conflict of Interest – 1.6; Dual Relationships – 1.7; Undue Influence and Abuse – 1.8; Seeking Consultation, Clinical Supervision, and Referral – 2.1 CNO: Therapeutic Nurse–Client Relationship; Knowledge; Accountability; Ethics Standards.
Day 3 Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
Required Texts: Becoming Method® Training Manual; Video Demonstration #3	Intensive Reflection 3	BI: Domain 5 – Truth-Telling as a Condition of Healing; Domain 9 – Accountability, Supervision, and Continuous Formation; Domain 10 – Continuous Integration, Clinical Discernment, and Scope of Practice	General Conduct – 1.5; Dual Relationships – 1.7; Seeking Consultation, Clinical Supervision, and Referral – 2.1; Confidentiality – 3.1; Clinical Records – 5.1 CNO: Therapeutic Nurse–Client Relationship; Knowledge; Accountability; Ethics Standards.

MODULE 2: Knowing the Story**Monthly ½ Day Seminar BEC111: Foundations of the Becoming Method®**

This module explores how trauma is encoded and expressed across memory, relationship, belief, and body:

- **Scope:** Examines narrative, psycholinguistic, somatic, cognitive-affective, and existential approaches to trauma integration.
- **Clinical Focus:** Deepens case conceptualization by analyzing how traumatic experience is carried in story, symbol, nervous system response, and meaning-making.
- **Practice Application:** Refines clinical judgment, relational discipline, and Safe and Effective Use of Self for advanced trauma practice.

Readings and Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
Vaaranen-Valkonen, N. (2021). Using the lifeline technique as part of Narrative Exposure Therapy for an adolescent victim of child sexual abuse. Helsinki, Finland: University of Helsinki. Farooq, R., Addy, C., Smyth, G., Appiah, A., & Kennedy, P. J. (2021). 'No one's gonna tell your story better than you are': The use of a narrative therapy approach informed by the Tree of Life with children and young people subject to sexual exploitation. Clinical Psychology Forum, 342, 24–34.	Written Reflection – Due Thursday at 11:59 PM Reflection Prompt: <i>What insights did you gain about the relationship between memory, embodiment, and meaning-making in trauma recovery?</i> <i>How do language, symbol, and energetic awareness interact in the healing process? How do they shape the therapist's presence and the client's movement toward wellbeing?</i>	BI: Domain 1 – Relational Personhood; Domain 2 – Attachment, Human Development, and the Arc of Healing; Domain 3 – Dignity as Inherent and Relational; Domain 4 – Wisdom as Inherent, Cultivated, and Revealed; Domain 5 – Truth-Telling as a Condition of Healing; Domain 7 – Humility, Partnership, and Ethical Use of Influence CNO: Therapeutic Relationship; Knowledge; Ethics Standards.	Controlled Acts – 1.4; General Conduct – 1.5; Conflict of Interest – 1.6; Dual Relationships – 1.7; Seeking Consultation, Clinical Supervision, and Referral – 2.1; Communicating Client Care – 3.3 Seeking Consultation, Clinical Supervision, and Consent – 3.2 CNO: Therapeutic Nurse-Client Relationship; Knowledge; Accountability; Ethics Standards.

Busch, B., & McNamara, T. (2020). Language and trauma: An introduction. *Applied Linguistics*, 41(3), 323–333.

<https://doi.org/10.1093/applin/amaa002>

Diamond, J. M. D. (1990). *Life energy: Using the meridians to unlock the hidden power of your emotions* (pp. 91–226). St. Paul, MN: Paragon House Publishers.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Viking. (Chapter 14—Language: Miracle and Tyranny)

Youtube Video
[Healing through Artistic Expression](#)

MODULE 3: Interoception and Proprioception**Monthly ½ Day Seminar BEC111: Foundations of the Becoming Method®**

This module explores how trauma is encoded and expressed across memory, relationship, belief, and body:

- Scope: Examines narrative, psycholinguistic, somatic, cognitive-affective, and existential approaches to trauma integration.
- Clinical Focus: Deepens case conceptualization by analyzing how traumatic experience is carried in story, symbol, nervous system response, and meaning-making.
- Practice Application: Refines clinical judgment, relational discipline, and Safe and Effective Use of Self for advanced trauma practice.

Readings and Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
Payne, P., Levine, P. A., & Crane-Godreau, M. A. (2015). Somatic experiencing: Using interoception and proprioception as core elements of trauma therapy. <i>Frontiers in Psychology</i>, 6, 93. https://doi.org/10.3389/fpsyg.2015.00093 YouTube Video Anchored - How to Befriend Your Nervous System Using Polyvagal Theory Self-Regulation & Finding Safety in Your Nervous System with Deb Dana Mindful Discoveries	Post-Class Written Reflection — Due Thursday at 11:59 PM How can awareness of the autonomic nervous system deepen therapeutic presence and guide the healing of trauma stored in the body? What happens when we locate trauma in the body rather than the story? How can focused	BI: Domain 2 — Attachment, Human Development, and the Arc of Healing; Domain 6 — Safety as Neuroceptive, Relational, and Co-Regulated; Domain 7 — Humility, Partnership, and Ethical Use of Influence; Domain 10 — Continuous Integration, Clinical Discernment, and Scope of Practice	Controlled Acts — 1.4; General Conduct — 1.5; Seeking Consultation, Clinical Supervision, and Referral — 2.1; Confidentiality — 3.1; Consent — 3.2; Electronic Practice — 3.4 CNO: Therapeutic Relationship; Knowledge; Accountability; Ethics Standards.

Dana, D. (2021).
Anchored: How to
befriend your nervous
system using
polyvagal theory.
Boulder, CO: Sounds
True. (Chapters 1–5).

D'Antoni, F., Matiz, A.,
Fabbro, F., &
Crescentini, C. (2022).
Psychotherapeutic
techniques for
distressing
memories: A
comparative study
between EMDR,
Brainspotting, and
Body Scan
Meditation.
International Journal
of Environmental
Research and Public
Health, 19(3), 1142.
<https://doi.org/10.3390/ijerph19031142>

Baumann, M. (2025).
Brainspotting as a
treatment modality
after trauma, for
emotional regulation,
or to unlock potential.
Psychotherapie
Forum.
<https://doi.org/10.1007/s00729-025-00274-6>

YouTube Video
[Self-Brainspotting demonstration](#)

Braining Spotting
Resources
<https://bspuk.co.uk/resources/>

presence and eye
position help
release false
beliefs stored in
subcortical
memory?

MODULE 4: Reorganizing Identity and Internal Coherence

Monthly ½ Day Seminar BEC111: Foundations of the Becoming Method®

This module examines frameworks for supporting identity reorganization, integration, and wholeness beyond simple symptom reduction:

- **Scope:** Covers Internal Family Systems (IFS), hemispheric integration, and brain-based perspectives on relational healing.
- **Clinical Focus:** Analyzes how protective strategies, internal parts, and disrupted meaning structures emerge and reorganize following trauma.
- **Practice Application:** Strengthens ethical discernment, cultural humility, and Safe and Effective Use of Self for advanced trauma practice.

Readings and Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
Sweezy, M., & Ziskind, E. L. (Eds.). (2013). Internal family systems therapy: New dimensions. Routledge. (introduction and chapter 1) Khalid-Khan, S., Dutta, S., & Lee, C. (2016). Internal Family Systems (IFS) therapy for posttraumatic stress disorder (PTSD) among survivors of multiple childhood trauma: A pilot effectiveness study. Journal of Aggression, Maltreatment & Trauma, 25(4), 408–425. https://doi.org/10.1080/10926771.2016.1143121	Post-Class Written Reflection — Due Thursday at 11:59 PM How does viewing the mind as a system of parts change your understanding of trauma and healing? How might Self-leadership, compassion, and internal reconciliation transform clinical practice and personal awareness? How do shifts in belief, perception, and hemispheric integration transform the	BI: Domain 4 — Wisdom as Inherent, Cultivated, and Revealed; Domain 6 — Safety as Neuroceptive, Relational, and Co-Regulated; Domain 7 — Humility, Partnership, and Ethical Use of Influence CNO: Therapeutic Relationship; Knowledge; Accountability; Ethics Standards.	General Conduct — 1.5; Conflict of Interest — 1.6; Dual Relationships — 1.7; Seeking Consultation, Clinical Supervision, and Referral — 2.1; Consent — 3.2; Communicating Client Care — 3.3 CNO: Therapeutic Relationship; Knowledge; Accountability; Ethics Standards.

Schore, A. N. (2022). Right brain-to-right brain psychotherapy: Recent scientific and clinical advances. *Annals of General Psychiatry*, 21(46). <https://doi.org/10.1186/s12991-022-00420-3>

Meares, R. (2016). Rebuilding the brain with psychotherapy: Integrating interpersonal neurobiology and psychodynamic theory. New York, NY: W. W. Norton & Company. (pp. 25–63).

YouTube Video

[Guided IFS Therapy Session / Exercise for Inner Healing | Dr. Richard Schwartz & Dr. Andrew Huberman](#)

brain's capacity for healing?

What role does therapist presence play in facilitating whole-brain synchronization and emotional congruence?

MODULE 5: Reintegration, Self-Stewardship, and Relational Coherence

Monthly ½ Day Seminar BEC111: Foundations of the Becoming Method®

This final module focuses on synthesis, reconnection, and long-term integration following complex trauma:

- **Scope:** Explores complex trauma, inner child work, neuroplasticity, contemplative practices, self-sabotage, and "homecoming" approaches.
- **Clinical Focus:** Analyzes how defensive adaptations, shame, and survival strategies can be compassionately re-framed to support inner protection and the reorganization of identity.
- **Practice Application:** Synthesizes course learning into advanced Safe and Effective Use of Self, strengthening ethical judgment, relational steadiness, and self-stewardship.

Readings and Resources	Assessment(s)	Becoming Institute (BI) Standards of Practice	Primary CRPO and CNO Standards Alignment
McGuire, K. N. (1991). Focusing inner child work with abused clients. <i>The Focusing Folio</i>, 11(3), 1–20. Hestbech, A. M. (2018). Reclaiming the inner child in cognitive-behavioral therapy: The complementary model of the personality. <i>American Journal of Psychotherapy</i>, 71(1), 21–27. https://doi.org/10.1176/appi.psychotherapy.20180008	How does the concept of homecoming deepen your understanding of healing as a return to self, community, and the wider human family? Drawing on this seminar's focus on connection, Ubuntu, and collective restoration, reflect on how truth-telling, conscious forgiveness, and reconciliation shape both	BI: Domain 3 — Dignity as Inherent and Relational; Domain 5 — Truth-Telling as a Condition of Healing; Domain 6 — Safety as Neuroceptive, Relational, and Co-Regulated; Domain 7 — Humility, Partnership, and Ethical Use of Influence	General Conduct — 1.5; Dual Relationships — 1.7; Undue Influence and Abuse — 1.8; Seeking Consultation, Clinical Supervision, and Referral — 2.1; Consent — 3.2; Communicating Client Care — 3.3; Clinical Records — 5.1

Morris, M. H., Kuratko, D. F., & Goldsby, M. G. (2025). Self-sabotaging behavior among poverty entrepreneurs: A transitions theory perspective. Small Business Economics. https://doi.org/10.1007/s11187-025-01088-1 Kets de Vries, M. F. (2023). The golden larva syndrome: Moving from self-sabotage to self-actualization. Bryant, T. (2022). <u>Homecoming: Healing trauma to reclaim your authentic self.</u> TarcherPerigee. TEDx Video <u>Transform Self-Sabotage Into Your Super Power</u> Elizabeth De Moraes TEDxFrisco <u>Breaking the Cycle of Self Sabotage</u> Tanya Chernova TEDxEtTagammo <u>Why we need to decolonize psychology</u> Thema Bryant TEDxNashville	personal healing and the ongoing formation of Safe and Effective Use of Self within the therapeutic relationship? How does self-sabotage serve as a protective strategy against shame and vulnerability? How can empathy, containment, and attuned boundaries transform defensive self-protection into compassionate self-regulation? How does the reintegration of the inner child contribute to healing complex trauma? How can therapists engage the wounded child state with both neurobiological understanding and spiritual compassion?		
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COURSE ASSESSMENT & EVALUATION OVERVIEW

Assessment evaluates advanced trauma-informed practice and clinical readiness through reflective discipline, ethical accountability, and clinical precision:

- **Regulatory & Professional Alignment:** Evaluates clinical conduct, professional ethics, and Safe and Effective Use of Self (SEUS) against standards set by CNO, CRPO, CNA, CFMHN, and Becoming Institute frameworks.

CORE ASSESSMENTS ARE MEASURED ACROSS THREE DOMAINS

Assessment	Percentage
Participation & Engagement: Demonstrating clinical presence, ethical judgment, and collaborative practice.	30%
Reflective Assignments: Integrating trauma-informed theory, diagnostic precision, and case conceptualization.	50%
Final Integrative Paper: Synthesizing clinical frameworks, decolonized practice principles, and SEUS application.	20%

Clinical Focus: Measures the learner's ability to apply advanced psychotherapeutic theory, relational awareness, and ethical practice directly to active client care.

BEC111: Foundations of the Becoming Method®

Graduate-level Training that builds your expertise as a trauma recovery specialist.

**ADVANCED EDUCATION.
CLINICAL EXCELLENCE.
LASTING IMPACT.**

NEXT COHORT: SEPT. 11, 2026



LEARN MORE & REGISTER HERE

CONTACT US



Website

becominginstitute.ca



Location

Unit 2 – 80 Devon Road,
Brampton, ON, L6P 5B3



Email

info@becominginstitute.ca



ABOUT US



The Becoming Institute is a social enterprise specializing in trauma-informed education, training, research, and evaluation. We exist to establish the conditions required for trauma-informed care to be delivered consistently and to make psychological health and safety an accountable foundation of public health systems.

OUR MISSION

To educate, empower, and mobilize the great healers of the 21st century—health professionals equipped with Indigenous knowledge, an advanced understanding of trauma recovery, and the skills to heal individuals, families, and communities.