

BECOMING
INSTITUTE

Mindful Fitness Program

A 16-week program designed to help you feel safe enough to fall in love with life — and to laugh again.

You do not have to navigate this process *alone.*



BECOMING INSTITUTE

BECOMING INSTITUTE INC.

"Choosing to seek support is a significant and brave decision."

Welcome to Becoming. We are glad you are here.

Taking this step requires courage. Reaching out often means recognizing that the survival strategies that kept you safe in the past may no longer be serving you the way they once did. By stepping through this door, you are making space for something new.

Right now, you might be wondering if real relief is actually possible for you. We want you to know: **you do not have to navigate this process alone.**

What Lies Ahead

This guide is your roadmap for the next 16 weeks. It is designed to offer clarity and predictability by outlining:

01 How we work together to support gentle nervous system regulation

02 Who your dedicated care team is, their credentials, and how we support you

03 Our commitments to you, alongside what we will build together in this space

Healing does not happen all at once, and it does not follow a linear path. We are committed to moving at a pace that feels safe and manageable for you.

> *Take whatever time you need with this guide. When you are ready, let's begin.*

03 YOUR JOURNEY

Where you are in your journey.

You have already taken the hardest steps. Here is the path from your first application to the end of your 16 weeks.

STEP 01 · SELF-REFERRAL

COMPLETE

You reached out

A short online application — no doctor's referral needed. The program is free for eligible residents of our service area (page 4).

STEP 02 · INTAKE & CONSENTS

COMPLETE

We set things up together

Your privacy agreement (PHIPA), the limits of confidentiality, our 48-hour cancellation policy, and confirmation that there are no fees.

STEP 03 · ORIENTATION

YOU ARE HERE

This guide

Meet your care team, learn how each 90-minute session works, and keep your 24/7 crisis resources close.

STEP 04 · WEEKS 1–3

AHEAD

Safety

Grounded in polyvagal theory and the science of psychological safety: gentle nervous system regulation, building trust, and setting your intentions.

STEP 05 · WEEKS 4–10

AHEAD

Trauma recovery

One-on-one deep work with the Becoming Method® — paced emotional and somatic processing.

STEP 06 · WEEKS 11–16

AHEAD

Live

Small-group coaching to hold your gains, build community connection, and link with wrap-around supports.

04 ELIGIBILITY

Who this program is for.

Offered at no cost to adults who meet the following criteria.

01 · AGE

Adults 18+

Adults 18 years of age or older.

02 · WHO WE SERVE

Equity-deserving groups

Including BIPOC, 2SLGBTQIA+, newcomers, and marginalized individuals.

03 · WHAT YOU MAY BE FACING

Trauma-related conditions

Depression, anxiety, PTSD, or other trauma-related conditions.



04 · WHERE YOU LIVE

Residing within our expanded service area: **Peel Region, the GTA, Simcoe County, Durham, or Halton.**

The GTA includes the City of Toronto and York Region. Simcoe County includes Barrie and Orillia. ● Becoming Institute, Brampton.

Boundaries © OpenStreetMap contributors

INCOME & ECONOMIC BARRIERS

This includes individuals receiving provincial or federal income support, as well as any individuals facing systemic economic and social barriers.

OW | ODSP | WSIB | EI

Not sure if you qualify? Call or text the care team at **742-247-1418** — we are happy to talk it through.

05 YOUR CARE TEAM

In experienced hands.



Your therapist is a **Registered Nurse** — someone who has spent years caring for people in hospitals, clinics, and community settings — now completing advanced training as a **Nurse Psychotherapist specializing in Trauma Recovery**.

Your therapist practises under the direct clinical supervision of **Dr. Joan Samuels-Dennis, Nurse Psychotherapist and Clinical Lead** of Becoming Institute. Your care is reviewed in clinical supervision every two weeks, so your therapist is always growing — and you are always held.

Learner, yes. Beginner, no.

You are not meeting someone new to caring for people. You are meeting an experienced nurse who has chosen to go deeper — into the trauma recovery work that changes lives.

> *"You are the great healer in this relationship, and we are your guides.*

06 WHAT TO EXPECT

What the 16 weeks look like.

Weeks
1–3

Safety

Grounded in **polyvagal theory** and the **science of psychological safety**. You will learn how your nervous system moves between safety, stress, and shutdown, and practise cues of safety. Nothing is rushed.

Weeks
4–10

Trauma recovery

One-on-one deep work using the Becoming Method® and its conscious forgiveness process — paced emotional and somatic work toward *"I know who I am. I know my why."*

Weeks
11–16

Live

Small-group coaching focused on holding your gains, community connection, and stepping fully into your life.

YOUR SESSIONS

90 minutes each, offered online or in person. Every session follows the same gentle nine-step cycle, so you always know what comes next — turn the page to see it.

Ubuntu

Healing here is whole-person: **physical, mental, and spiritual**. In the spirit of Ubuntu — *I am because we are* — you don't walk this road alone.

07 INSIDE EACH SESSION

Your session journey.

Each session of the Becoming Method® follows the same nine-step cycle — a predictable rhythm that moves from safety, to inquiry, to release and renewal.



PHASE 1 · SAFETY, STORY & INTENTION

1. **Rapport building & update**
   We reconnect and catch up.
2. **Exploring your present challenge**
   What is weighing on you right now.
3. **Setting your session intention**
   A clear anchor for the work ahead.

PHASE 2 · GENTLE INQUIRY

4. **Consciousness, goals & balance**
   Naming where you are today, without judgment.
5. **Denial assessment & attuning**
   Gently noticing what may be hard to look at.

PHASE 3 · RELEASE & RENEWAL

6. **Conscious forgiveness**
   The heart of the session, paced with care.
7. **Reflection & integration**
   Making meaning of what surfaced.
8. **Post-session emotional release**
   Feelings may keep moving after we finish — this is normal.
9. **Renewal, restoration, awakening**
   Returning to yourself, a little lighter.

YOUR SESSION INTENTION

It is my intention to _____
for the purpose of _____.

FOR EXAMPLE

"It is my intention to reclaim my voice and speak my truth for the purpose of establishing healthy, life-giving boundaries."

08 WORKING TOGETHER

What we ask of each other.

Your therapist commits to you

- Keeping what you share **confidential** — within the limits below
- Coming prepared, honest, and fully present
- Bringing your care to clinical supervision so it keeps deepening
- Respecting your pace — you decide what happens, every step

We ask of you

- Show up — for yourself, on time, ready to begin
- Be open and honest, even when it's uncomfortable
- Tell us what's working and what isn't
- Practise between sessions — healing continues at home

PLEASE READ

Confidentiality has limits we want you to know.

01
If someone may be seriously harmed

02
If a child or vulnerable person is at risk

03
If a health professional has been sexually inappropriate with you

04
If a court orders disclosure

Your care is also discussed — without identifying details beyond what supervision requires — with your therapist's clinical supervisor.

And beyond psychotherapy, we can help connect you with:

HOUSING | INCOME | HEALTH | SAFETY | COMMUNITY SUPPORTS

09 QUESTIONS

Questions you may have.

How can I get the most from the program?

- **Share as openly as feels safe.** Honesty about your thoughts, feelings, and experiences often opens the way to deeper insight.
- **Bring your goals.** Your intake form invites you to name up to five goals for therapy; they set the intentions for our sessions.
- **Stay curious when it feels uncomfortable.** With your therapist beside you, discomfort can become a doorway to growth.

How will I know it is working?

Each session leaves you with an insight you can use. You may begin to recognize your triggers and have ways to cope, find it easier to share feelings and resolve conflict, and notice more moments of calm and joy. Progress is rarely a straight line — tell your therapist what you notice, including any concerns.

What if difficult emotions come up?

- **Let feelings be there.** Pushing emotions away can make them stronger; notice them at a pace that feels manageable.
- **Practise self-compassion.** Comfort yourself the way you would comfort a friend going through a hard time.
- **Reach out between sessions.** The care team can help with coping strategies. In crisis, call or text 988.

Is the spiritual part religious?

No. Healing here honours the physical, mental, and spiritual, but we do not practise religious rituals. Instead, we make room for reflection, meaning, and connection with the deepest part of yourself.

> *"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power."*
>
> LAO TZU, TAO TE CHING

10 BEGIN

Come as you are.

For your first session, bring three things. That's all you need.

01	02	03
Yourself	**Your honesty**	**Your intention**

CALL OR TEXT THE CARE TEAM

742-247-1418

Monday to Friday, 9 AM to 5 PM

WRITE TO US

careteam@becominginstitute.ca

Questions along the way are always welcome.

No cost to you

There are no fees for any part of the program.

48-hour notice

If you need to cancel or reschedule, please let us know 48 hours ahead.

Your privacy

Your health information is protected under PHIPA (Ontario).

BECOMING INSTITUTE

Becoming Institute Inc.
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988

CALL OR TEXT · 24/7

In crisis, reach out right away.

Your therapist isn't available around the clock. If you feel you may act on thoughts of harming yourself, **call or text 988** (Suicide Crisis Helpline) any time — or go to your local hospital emergency department.