

SELECTED WORK · NO. 03

Rooted

Spiritual Formation for the Next Generation

A university-ready, three-credit formation course that takes trauma-informed healing wisdom and redeploys it upstream, as preventative formation for emerging adults, delivered Canvas-native for any institution to adopt.

CLIENT Restoration Resources · Dr. Adrienne Binder

SCOPE Curriculum, instructor toolkits, LMS build, institutional licensing

FORMAT Three-credit undergraduate course · Canvas-delivered · sixteen weeks

■ *Roots that last a lifetime.*

THE BRIEF

Healing wisdom, redeployed upstream

The earlier Restoration Resources work met people after the wound. The brief here was to take the same trauma-informed, theologically grounded material and move it upstream, into the years just before adulthood, as **formation rather than repair**.

The target is Christian universities, most of which lack a robust first-year formation curriculum that integrates emotional health, biblical identity, and trauma awareness. To live in that world, the course had to be academically legitimate, catalog-ready, outcomes-based, and gradebook-weighted, and portable enough to drop into any institution's learning management system.

Narrative Studio built the full course: the curriculum, the unit and lesson architecture, the instructor toolkits, the reusable Canvas lesson pattern, and the licensing model that lets a university adopt it. What follows is a representative selection.

16 WEEK SEMESTER	4 UNITS	3 CREDIT HOURS	1 RULE OF LIFE CAPSTONE
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You are not diluting the message. You are redeploying it upstream. The healing content becomes preventative formation for young adults.

THE REFRAME

From repair to formation

The course did not water down the healing material. It redirected it. The same depth, aimed at a younger reader at an earlier moment, becomes preventative formation instead of recovery. The reframe is the strategy, and it runs through every theme of the course.

THEME	FROM, THE HEALING FOCUS	TO, THE FORMATION FOCUS
Identity	Who you are after trauma	<i>Who you are becoming in Christ</i>
Relationships	Breaking unhealthy cycles	<i>Building safe, life-giving relationships</i>
Purpose	Recovering your voice	<i>Discovering your calling</i>
Wholeness	Healing what was lost	<i>Living with integrity and intention</i>

Positioned as a first-year seminar, a Christian formation elective, or a student-success course, Rooted fills a gap most Christian universities feel but few have filled: a holistic formation curriculum that takes the inner life as seriously as the syllabus.

Most Christian universities lack a robust first-year formation curriculum. This becomes the standard that fills the gap.

THE ARCHITECTURE

Four units, one semester

A sixteen-week semester organized into four units that move from the inside out: identity first, then formation, then relationships, then purpose. Each unit carries its own lessons, readings, and reflective practice, and the whole arc culminates in a capstone the student carries past graduation.

01**Rooted in Identity**

*Who God says you are, before the world says otherwise.
Identity as the unshakable foundation.*

02**Formed From Within**

*Emotional and spiritual formation as the slow, sacred
work of becoming whole in heart and mind.*

03**Relationships that Reflect Christ**

*Safe people, healthy boundaries, and the tools for life-
giving connection and repair.*

04**Living with Purpose**

*Calling, resilience, and a life of intention, the outflow of a
rooted inner life.*

17**Capstone, Rooted for Life: Designing Your Rule of Life**

*A final project that gathers identity, formation, relationships, and calling into a living trellis, a personal rhythm of grace built
to support formation long after the course ends.*

INSIDE A LESSON

Every lesson, the same rhythm

Each lesson is built on a single reusable Canvas page pattern, so students always know where they are: watch, learn, read, reflect, discuss, practice, advance. Consistency is the pedagogy. Here is the anatomy of one built lesson page.

UNIT 1 · LESSON 1

Becoming Rooted in Who You Are



WATCH · THE ROOTS OF IDENTITY

KEY TEACHING POINTS

Identity is received, not achieved. Belonging precedes behavior. Whatever defines you will direct you.

REFLECT & RESPOND

Journal: What truth about who God says I am needs to take deeper root? Submit to Reflection Journal 1.

ROOTED PRACTICE

Workbook: the Truth Card exercise, a believed lie on one side, God's truth on the other.

READINGS

Rooted: Building a Life That Lasts, Ch. 1. Ephesians 2:10; Psalm 139.

DISCUSSION

Who told you that? Post your response and reply to two classmates.

NEXT STEP

Continue to Lesson 2, Rooted in Awe: Knowing the God Who Knows You.

A built lesson page in the reusable Rooted Canvas template

FOR THE INSTRUCTOR

Built for whoever teaches it

Adoption only works if a professor can pick it up and teach with confidence. Every unit ships with an instructor toolkit: a session flow with timing, teaching notes and key insights, discussion prompts, reflection activities, coaching tips, and a scholarly reading list. A sample session flow from Unit 1:

SEGMENT	FOCUS	TIME
Welcome	Introduce theme, build connection	<i>5 min</i>
Identity in Christ	Imago Dei and Ephesians 2:10	<i>10 to 15 min</i>
Fragile Foundations	The unstable sources of worth	<i>10 min</i>
Lies vs. Truth	False self and true self	<i>15 min</i>
Reflection	Guided journaling or small group	<i>10 to 15 min</i>

Alongside the flow, each toolkit carries verbatim lesson scripts, editable slide decks, facilitator guides with pacing cues, student workbook pages, rubrics, and a recommended reading list drawn from formation scholarship: Nouwen, Willard, Thompson, Tozer, and Barton. The teaching posture is named explicitly, belonging before behavior, and held all the way through.

THE CANVAS BUILD

Delivered LMS-native

A university does not run on a marketing platform. It runs on a learning management system. Rooted was built to live inside Canvas: modules hold pages, discussions, assignments, and quizzes; videos embed inline; and every assessment feeds the gradebook. This is the capability that sets the build apart from a ministry funnel.

Unit 1 · Rooted in Identity	
PAGE	Welcome from Dr. Adrienne Binder
VIDEO	The Roots of Identity
PAGE	False Self vs. True Self
DISCUSSION	Who Told You That?
ASSIGNMENT	Reflection Journal 1, My Current Foundation
Unit 2 · Formed From Within	
VIDEO	The Process of Formation
PAGE	Renewing the Mind and Healing the Heart
QUIZ	Formation Check, low-stakes knowledge review

The full course exports as a Canvas import package (.imscc). Standards-based and gradebook-ready, it loads into any institution's Canvas, or Moodle, in an afternoon.

THE ACADEMIC SPINE

Catalog-ready

The course was written to survive a curriculum committee. It carries a course code, credit hours, measurable learning outcomes, a weighted assessment scheme, and a required text, the same spine any registrar expects.

COURSE AT A GLANCE

Title Rooted: Spiritual Formation for the Next Generation

Code ROOT 201 · Christian Life & Formation

Credits 3 credit hours, undergraduate

Delivery Online, hybrid, or classroom, Canvas-integrated

Required text Rooted: Building a Life That Lasts

ASSESSMENT

Reflection Journals	30%
Discussions	20%
Final Project, My Rooted Life Plan	30%
Reading Engagement	20%

LEARNING OUTCOMES

- 1 Articulate their identity in Christ as the foundation for spiritual growth.
- 2 Explain how spiritual and emotional formation interact in personal development.
- 3 Demonstrate awareness of relational patterns and apply healthy communication skills.
- 4 Identify their gifts, values, and purpose through reflective exercises.
- 5 Develop a personal Rule of Life for sustainable faith and wholeness.

Outcomes map cleanly to assignments, and assignments map to the gradebook. The course reads as scholarship because it is grounded in doctoral work, not assembled from secondary sources.

ADOPTION

Built to be licensed

The course was packaged for institutions, not individuals. A university receives the full instructor kit, the Canvas import files, and onboarding support, under a per-student royalty, per term. A pilot section is the easy onramp.

TIER	ENROLLMENT	ROYALTY
Pilot	One section, one term	\$79 / student
Tier 1	1 to 99 students	\$199 / student / term
Tier 2	100 to 299 students	\$149 / student / term
Tier 3	300 or more students	\$99 / student / term

Every tier includes the instructor guide, slide decks, assignment sheets, rubrics, discussion prompts, the digital student workbook, and the Canvas-ready import files. Add-ons extend the reach: a print workbook bundle, a virtual guest lecture or chapel talk, and a faculty workshop. Implementation support covers the .imsc import, a quick-start guide, faculty onboarding, and office hours through the first two weeks of launch.

License is term-bound and course-specific. Materials may be adapted locally, never redistributed externally. Counts run on verified enrollment at the census date, aggregate only, no student-identifiable data.

WHAT DISTINGUISHES THE WORK

Three things

Three things separate this work from the slide-deck-and-workbook courses most formation programs ship.

Dissertation-grade, trauma-informed pedagogy

The course is grounded in doctoral work in trauma-informed Christian leadership. The same rigor that addresses the wound is aimed earlier, as formation, with a method that leads with belonging before behavior. It is scholarship translated into a teachable form, not a synthesis of other people's books.

Faculty-ready, not just student-facing

Most curricula stop at the student. Rooted ships the instructor kit too: verbatim scripts, editable slide decks, facilitator guides with pacing, rubrics, session timing, and a scholarly reading list. A professor can adopt it and teach it well without rebuilding it first.

LMS-native and portable

Built as a Canvas course and exported as a standards-based import package, it drops into any institution's learning management system and feeds the gradebook on day one. The licensing model is part of the build, not an afterthought, which is what makes the course adoptable at scale.

THE STUDIO

Narrative Studio

Narrative Studio is the curriculum and platform development practice within Restoration Resources. We help practitioners, healers, and ministry leaders give their expertise a teachable form: framework, curriculum, brand, and the system to deliver it, scaled to what each engagement needs.

Rooted is a Restoration Resources course, built and ready for institutional adoption. Where the Ascribe Healing Hub build showed a ministry platform on Go High Level, this one shows the academic capability: a full, catalog-ready course delivered Canvas-native, with the instructor kit and licensing model that let a university run it. Different delivery, same standard of work.

CONTACT

Adrienne Binder

Founder, Restoration Resources
abinder@restorationresources.org

LEARN MORE

[restorationresources.org / narrativestudio](https://restorationresources.org/narrativestudio)

Course

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