



The MEHRIT Centre



2020 Course Calendar

www.self-reg.ca

Foundations Certificate Program

Foundations, our flagship Self-Reg course, has been a game-changer for hundreds of learners, bringing them to an entirely new understanding of what makes people tick. In this four-course, online program, Stuart Shanker and Susan Hopkins take you deep into the science of self-regulation and stress including how the brain/body stress system works, how stress affects children's behaviour and moods, the difference between misbehaviour and stress behaviour and the importance of relationships in self-regulation and learning.

Over 1000 teachers, mental health professionals, health professionals and parents have taken this course. Many say it has changed their outlook on children, their work and their own well-being.

	January 2020	March 2020	May 2020	July 2020	September 2020	November 2020
Ease In	January 2, 2020	March 5, 2020	May 7, 2020	July 2, 2020	September 3, 2020	November 5, 2020
Module 1	January 7, 2020	March 10, 2020	May 12, 2020	July 7, 2020	September 8, 2020	November 10, 2020
Module 2	January 14, 2020	March 17, 2020	May 19, 2020	July 14, 2020	September 18, 2020	November 17, 2020
Module 3	January 21, 2020	March 24, 2020	May 26, 2020	July 21, 2020	September 22, 2020	November 24, 2020
Module 4	January 28, 2020	March 31, 2020	June 2, 2020	July 28, 2020	September 29, 2020	December 1, 2020
Module 5	February 4, 2020	April 7, 2020	June 9, 2020	August 4, 2020	October 6, 2020	December 8, 2020
Module 6	February 11, 2020	April 14, 2020	June 16, 2020	August 11, 2020	October 13, 2020	December 15, 2020
Course End	February 17, 2020	April 20, 2020	June 22, 2020	August 17, 2020	October 19, 2020	December 21, 2020

Early Childhood Development Program

If you are an experienced ECE you have undoubtedly encountered children with all kinds of different temperaments. And, no doubt, you have likely worked with some tots whose temperaments would be described as “difficult.” What do we make of kids like that, or more to the point, how do we work with them? Dr. Stuart Shanker reframes the idea of difficult temperament and much more in TMC’s online course for early childhood educators. This course will show you how to revolutionize your practice by understanding, and responding to, the unique and sometimes hidden stressors that shape the caregiving and learning experiences — and hence, the temperaments of the children you work with.

	January, 2020	April, 2020	July, 2020	September 2020
Ease In	January 9, 2020	April 2, 2020	July 16, 2020	September 10, 2020
Module 1	January 14, 2020	April 7, 2020	July 21, 2020	September 15, 2020
Module 2	January 21, 2020	April 14, 2020	July 28, 2020	September 22, 2020
Module 3	January 28, 2020	April 21, 2020	August 4, 2020	September 29, 2020
Module 4	February 4, 2020	April 28, 2020	August 11, 2020	October 6, 2020
Module 5	February 18, 2020	May 12, 2020	August 25, 2020	October 20, 2020
Module 6	February 25, 2020	May 19, 2020	September 1, 2020	October 27, 2020
Module 7	March 3, 2020	May 26, 2020	September 8, 2020	November 3, 2020
Module 8	March 10, 2020	June 2, 2020	September 15, 2020	November 10, 2020
Module 9	March 24, 2020	June 16, 2020	September 29, 2020	November 24, 2020
Module 10	March 31, 2020	June 23, 2020	October 6, 2020	December 1, 2020
Module 11	April 7, 2020	June 30, 2020	October 13, 2020	December 8, 2020
Module 12	April 14, 2020	July 7, 2020	October 20, 2020	December 15, 2020
Course End	April 20, 2020	July 13, 2020	October 26, 2020	December 21, 2020

Facilitator's Program

Certification in The Shanker Method® is the next level of learning available for those interested in becoming a certified Shanker Self-Reg® Learning Facilitator. Anyone who has completed the Foundations Program or Early Childhood Development Program and is interested in taking his or her Self-Reg expertise to the next level may apply. The demand for Shanker Self-Reg® Specialists from the MEHRIT Centre is growing.

	February 2020	May 2020	October 2020
Reframe Ease In	February 20, 2020	May 14, 2020	October 1, 2020
Module 1	February 25, 2020	May 19, 2020	October 6, 2020
Module 2	March 3, 2020	May 26, 2020	October 13, 2020
Module 3	March 10, 2020	June 2, 2020	October 20, 2020
Module 4	March 17, 2020	June 9, 2020	October 27, 2020
Recognize Ease In	April 2, 2020	June 25, 2020	November 12, 2020
Module 5	April 7, 2020	June 30, 2020	November 17, 2020
Module 6	April 14, 2020	July 7, 2020	November 24, 2020
Module 7	April 21, 2020	July 14, 2020	December 1, 2020
Module 8	April 28, 2020	July 21, 2020	December 8, 2020
Reduce Ease In	May 14, 2020	August 6, 2020	January 7, 2021
Module 9	May 19, 2020	August 11, 2020	January 12, 2021
Module 10	May 26, 2020	August 18, 2020	January 19, 2021
Module 11	June 2, 2020	August 25, 2020	January 26, 2021
Module 12	June 9, 2020	September 1, 2020	February 2, 2021
Reflect Ease In	June 25, 2020	September 17, 2020	February 18, 2021
Module 13	June 30, 2020	September 22, 2020	February 23, 2021
Module 14	July 7, 2020	September 29, 2020	March 2, 2021
Module 15	July 14, 2020	October 6, 2020	March 9, 2021
Module 16	July 21, 2020	October 13, 2020	March 16, 2021
Respond Ease In	August 6, 2020	October 29, 2020	April 1, 2021
Module 17	August 11, 2020	November 3, 2020	April 6, 2021
Module 18	August 18, 2020	November 10, 2020	April 13, 2021
Module 19	August 25, 2020	November 17, 2020	April 20, 2021
Module 20	September 1, 2020	November 24, 2020	April 27, 2021
Full Circle Ease In	September 17, 2020	January 7, 2021	May 13, 2021
Module 21	September 22, 2020	January 12, 2021	May 18, 2021
Module 22	September 29, 2020	January 19, 2021	May 25, 2021
Module 23	October 6, 2020	January 26, 2021	June 1, 2021
Module 24	October 13, 2020	February 2, 2021	June 8, 2021
Course End	October 20, 2020	February 8, 2021	June 14, 2021

Leadership Program

Every educational leader has always had the same goal: a school in which everyone flourishes – not just academically, but socially, psychologically and morally. It's the HOW that has always proved challenging, and now more so than ever. School leaders today are confronted with behavioural, emotional, and cognitive challenges far in excess of what their predecessors had to contend with. It is a HOW that requires, not just inspirational rhetoric and fortitude, but a deep understanding of why these problems are occurring and how they can be met and mastered.

This 12-module program has been developed specifically for school leaders: with the knowledge and guidelines needed for their school to become a centre of deep learning, in all its many facets.

	Cohort 2 January, 2020	Cohort 3 April, 2020	Cohort 4 September, 2020
Ease In	January 9, 2020	April 9, 2020	September 10, 2020
Module 1	January 14, 2020	April 14, 2020	September 15, 2020
Module 2	January 21, 2020	April 21, 2020	September 22, 2020
Module 3	January 28, 2020	April 28, 2020	September 29, 2020
Module 4	February 4, 2020	May 5, 2020	October 6, 2020
Module 5	February 11, 2020	May 12, 2020	October 13, 2020
Module 6	February 18, 2020	May 19, 2020	October 20, 2020
BREAK	February 25, 2020	May 26, 2020	October 27, 2020
Module 7	March 3, 2020	June 2, 2020	November 3, 2020
Module 8	March 10, 2020	June 9, 2020	November 10, 2020
Module 9	March 17, 2020	June 16, 2020	November 17, 2020
Module 10	March 24, 2020	June 23, 2020	November 24, 2020
Module 11	March 31, 2020	June 30, 2020	December 1, 2020
Module 12	April 7, 2020	July 7, 2020	December 8, 2020
Course End	April 13, 2020	July 13, 2020	December 14, 2020

Ongoing Offerings

These courses are available for purchase and available to start at any time.

Parenting Course

The ten-module, video-based Self-Reg Parenting Course is designed to help parents apply Shanker Self-Reg® in their day-to-day parenting. Register at any time you like to take the content at your own convenience over a 6-month period.

<https://self-reg.ca/learn/self-reg-parenting-course>

Professional Learning Series

Self-Reg Framework 101

This six-session mini-course is a great way to introduce Shanker Self-Reg® to your team. The 40-minute webinar-based sessions are provided by TMC specialists with a welcome from Dr. Stuart Shanker. The design is intended for learning over six separate sessions to allow time for reflective practice in between each module.

The Shanker Method 101

This six session mini-course from TMC specialists, with a welcome from Dr. Stuart Shanker, provides teams with an introduction to Dr. Shanker's Five-Step Self-Reg Method through 40-minute webinars. This mini-course intends to build on PLS 1 but can also be taken as a stand alone option for teams interested in focusing on learning the Shanker Method® as a first area of focus. This method is really the heart of Shanker Self-Reg® and builds on understanding of stressors across the five domains (biological, emotion, cognitive, social, prosocial).

<https://self-reg.ca/professional-learning/>

The Stressed Detective

Enter the noir world of a Stress Detective working tirelessly to identify the sender of a mysterious gift which sends anyone who comes into contact with it into a limbic state. Through a series of videos and activities, the learner will be immersed into the world of Self-Reg.

<https://self-reg.ca/stressed-detective/>

Reflective Parent Webinar Series

In this series, Dr. Shanker focuses on Self-Reg Parenting and working with parents of children across a variety of age groups and contexts. There are five different webinar options, each approximately 60 minutes each.

<https://self-reg.ca/learn/self-reg-webinar-series/>



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