THE MEHRIT CENTRE
JULY 1 – 31, 2020
SELF-REG SUMMER SYMPOSIUM 2020
ONLINE
PROGRAM
self-reg.ca
Welcome to our 6th Annual Self-Reg Summer Symposium (SRSS)!

An event like no other, SRSS attracts Self-Reggers from across the globe to live and learn Self-Reg together! Usually held at Trent University in Peterborough, Ontario, we have now moved our symposium online for the month of July in an effort to care for the health and well-being of our attendees and team.

Self-Reg offers incredible insight not only to the current times we face together, but also in our daily lives both personally and professionally. Our theme for this symposium, **Self-Reg, Equity and Well-Being**, is as important now as it has ever been. Self-Reg is vital for today’s children, communities and schools. Here at The MEHRIT Centre (TMC) we truly believe:

- The well-being of children is inseparable from the well-being of the critical adults in their lives
- Each individual, family, culture and community holds unique Self-Reg expertise

We may not be able to hop in a canoe together on the Otonabee River this year, but grab your notebooks, stories, yoga mats and sunglasses (Yes! You will still get that classic SRSS experience) and prepare to be blown away by the energy of our Self-Reg community and the awe-inspiring message of hope that Self-Reg brings.

**Our Program**

Whether you are new to Self-Reg or have already embarked on your Self-Reg Journey, we have designed our SRSS 2020 Program to be flexible to suit your interests and your busy schedule.

Join us for:

- Live inspirational keynotes and interactions with Drs. Stuart Shanker, Susan Hopkins, Jean Clinton and other Self-Reg experts from around the world.
- Renewing and deepening our understanding of Self-Reg theory and practice with numerous breakouts and activities to choose from and dynamic registration options to open up an SRSS experience for every budget.
- New content daily and weekly facilitated discussions throughout July for you to access whenever it’s convenient for you. All content will be available for viewing until the end of August 2020!
- The spark and the hope inspired by living and learning Self-Reg with a community of like-minded others.
Using the 4 **Self-Reg Journeys** as a guide, create a personalized SRSS experience tailored to your needs and learning goals.

**Seeds**
The Seeds stream is the “dipping your toe in the water” starting place for Self-Reg. Seeds journeys often evolve into Sunrise journeys.

*Look for:* our Self-Reg 101 series

**Sunrise**
The Sunrise stream is where intentional planning grows out of the grassroots dabbling into Self-Reg and its possibilities.

*Look for:* our TED-style Self-Reg talks and breakout sessions

**Quilt**
Quilts are Self-Reg plans that bring in the core principles and practices of Self-Reg but also piece together some combination of the related health, well-being, behaviour, and learning support programs already in use.

*Look for:* Our TED-style Self-Reg talks and facilitated small group workshop options

**Haven**
A Self-Reg Haven is a place where everyone feels safe in every way: physically, emotionally, socially, and culturally. Self-Reg is part of your foundational framework through which all else is framed.

*Look for: New for 2020,* our Self-Reg Master Classes for our Self-Reggers who have completed a Self-Reg Certificate Program with us

**Values • Inclusion • Self-Reg • Interdependent • Organic • Necessary**
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<td>Susan Hopkins Zoom, Yoga Pants &amp; Patchy WiFi: Reframing Our Upside Down World</td>
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<td>Ease In Period Connection Corner #1</td>
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<td>Welcome to SRSS from the TMC Team</td>
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<td>Stuart Shanker Keynote The Self-Reg Path Self-Reg Talks Well-Being #2 Equity &amp; Inclusion #2 Parent Night (FREE) Stories from Parents Around the Globe</td>
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<td>Self-Reg 101 Practice 1: Reframe the Behaviour Master Class Reframing Rationality</td>
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<td>Self-Reg Schools Seeds Journey Gold Self-Reg, Equity &amp; Well-Being Interactive Session My Self-Reg Profile Building A For Yourself Connection Corner #3</td>
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<td>Self-Reg 101 Practice 3: Reduce the Stress Load Master Class Reframing IQ</td>
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<td>Self-Reg Schools Quilt Journey Gold Self-Reg, Equity &amp; Well-Being Interactive Session My Self-Reg Profile Building B For Students Connection Corner #5</td>
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<td>Self-Reg 101 Practice 5: Respond: Restoration &amp; Resilience Master Class Reframing Anxiety</td>
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<td>Self-Reg Schools Haven Journey Gold Self-Reg, Equity &amp; Well-Being Interactive Session Connection Corner #9</td>
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**LEARN MORE or REGISTER TODAY** at self-reg.ca/SRSS2020

Take part online whenever is convenient for you until the end of August, with new content every day in July!

All live Keynotes and Panels will be recorded and made available for anytime viewing.

**Green Text** = Live  **Blue Text** = Pre-Recorded
# Self-Reg Activities

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<td>7</td>
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<td>Coffee &amp; Canvas</td>
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<td>9</td>
<td>10</td>
<td>Munchies &amp; Monopoly</td>
<td>Yoga Foundations</td>
<td>Virtual Campfire 8pm</td>
<td>Zentangle Session Activity 2</td>
<td>Zumba 5pm - 10pm</td>
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<td>12</td>
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<td>Zumba 9am - 2pm</td>
<td>Knitting &amp; Nattering 9am</td>
<td>Yogic Sleep Meditation (Yoga Nidra): Deep Relaxation for Integration</td>
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<td>Coffee &amp; Connecting 9am</td>
<td>Zentangle Session Activity 3</td>
<td>Gentle Yoga for the Nervous System</td>
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<td>Together in Rhythm 1pm</td>
<td>Community Beats Line Dancing</td>
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<td>Coffee &amp; Connecting 9am</td>
<td>Stretch and Strength Yoga</td>
<td>DIY Board Game Building Virtual Campfire 8pm</td>
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<td>Yoga and Breathwork Chair Practice</td>
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<td>Zumba 9am - 2pm</td>
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Green Text = Live  Blue Text = Pre-Recorded
**GOLD $895**

All Silver & Bronze content, plus...
- One on One Self-Reg Mentoring
- Exclusive Interactive SRSS Sessions and Content
- Priority Access to SRSS Master Classes
- Personalized Virtual Welcome Bag
- 10% off SRSS 2021

Available until June 22nd, 2020

**SILVER $595**

All Bronze content, plus...
- Access to Live Keynotes and Talks
- Seed, Sunrise, Quilt & Haven Breakouts, Including Talks on Anxiety, Autism and ADHD
- Master Classes & Small-Group Sessions
- Online Self-Reg Activities (e.g. yoga, art, etc.)
- Certificate of Attendance

**BRONZE $295**

- All Keynotes by Drs Shanker, Hopkins & Clinton
  
  Recorded Keynotes Released on Fridays

- Self-Reg 101 Sessions

- Parents Evening Content
Throughout this program you will see some of our favourite pictures from SRSS over the years. We may not be able to meet you on the ground in Peterborough, but we are still planning to bring you the same SRSS experience you have come to love over the past 6 years, full of Self-Reg activities and personalized learning options. SRSS is as much about living Self-Reg as learning.

Like our Self-Reg certificate courses, SRSS 2020 will be hosted through our online eSchool, accessible from anywhere in the world with a stable internet connection.

New Self-Reg content and activities will be available every day throughout July, as well as weekly facilitated discussions through our Connection Corner discussion area.

You will have access to all of the great SRSS content until **August 31st, 2020** to watch (or rewatch!) at your leisure.

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**Live Content**

- **Gold** and **Silver** Registrants will have access to a number of Live sessions hosted through the video conferencing platform **Zoom**.

  - All live Keynotes and Panel sessions will be recorded and made available for anytime viewing 48hrs later.

  - Keynotes, Master Classes, Panels, Small Groups, Interactive Sessions and some activities will be hosted live!

**Recorded Content**

- In addition to our live content, a number of our sessions will be recorded ahead of time: Our Opening Keynote on Canada Day (July 1st), Self-Reg 101 Series, Self-Reg Talks, Profile Building Sessions, Sunrise Breakouts and Self-Reg Journey Sessions.

  - Log in to our eSchool anytime before August 31st to catch all of SRSS's great content! No need to pick between sessions! You’re welcome to attend them all with **Gold** or **Silver** Registration.

  - Enjoy sessions and activities outdoors, with breakfast, or once the kids go to bed, whenever you’re free we’re ready for you!
• A high-speed internet connection

• A laptop or desktop computer with speakers - Content is accessible for most tablets and smartphones, though not preferred

• Google Chrome or Safari preferred browsers
Whether you are joining us from home in your PJs, from your bustling office, or from a patio in the sun, WELCOME to SRSS 2020! We are thrilled to have you joining us for this month of living and learning Self-Reg. Take this week to settle in and get comfortable with our online platform. Mosey around each section, say hello to your fellow attendees, share a bit about you and where you are from and watch TMC’s very own Susan Hopkins’ opening keynote.

**Live Sessions**
- Gold & Silver registrants are welcome to join these sessions live! Keynotes and Panel sessions will be recorded for anytime viewing 48 hours after the live session.

**Anytime Sessions**
- These sessions are pre-recorded so you can access them anytime after 12am EDT the day they are scheduled.

**Gold Registrants**
**Silver Registrants**
**Bronze Registrants**

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**WEDNESDAY, JULY 1**

Welcome to SRSS from The TMC Team! 🌈

**KEYNOTE: Zoom, Yoga Pants & Patchy WiFi: Reframing Our Upside-Down World** 🌈
with Dr. Susan Hopkins

Susan Hopkins will kick off our virtual symposium with an uplifting and energizing keynote that will focus on our somewhat upside-down world that we are navigating together. The pandemic has impacted so many aspects of the ways we live and work in our changed and increasingly virtual world. Susan will bring the calming Self-Reg lens to all of this and give us our first taste of how “Virtual SRSS” will provide the same energizing and affirming feelings of connectedness and wonder, not to mention the repeated aha moments, as our past summer symposia.

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**THURSDAY, JULY 2**

**CONNECTION CORNER #1** 🌈

Connection Corners: New for SRSS Online! Each week we will host 2 online, text-based discussions for you to reflect on your SRSS Self-Reg journey and connect with your SRSS peers. These discussions will be facilitated by our Self-Reg eSchool Course Facilitators and are open for all Gold and Silver registrants to take part.

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**FRIDAY, JULY 3**

**CONNECTION CORNER #2** 🌈
Embarking on our first full week together at SRSS, we dive straight in with our TED-style Self-Reg Talks on Equity & Inclusion and Well-Being from Self-Reggers around the globe. Join Stuart for his first Keynote of the symposium live on how the Self-Reg paradigm revolution has begun! For all registrants, whether Bronze, Silver or Gold, check out our first Self-Reg 101 sessions introducing The Shanker Method® and Practice 1: Reframing. For our seasoned Self-Reggers catch our Master Classes diving deeper into topics published in Dr. Shanker’s new book REFRAMED. And don’t forget our Self-Reg activities and much much more!

**MONDAY, JULY 6**

**Self-Reg 101: Introduction to the Self-Reg Framework**

*with Dr. Susan Hopkins*

Are you new to Self-Reg? Looking for a refresher? Are you an aspiring Self-Reg learning leader? The Self-Reg 101 series, offered throughout SRSS, offers a session for anyone hoping to focus on the foundations of Self-Reg. You will learn:

- Self-Reg is about understanding, not managing, behaviour
- Self-Reg is about the impact of stress—positive and negative—on behaviour and development across the five domains of self-regulation
- Self-Reg is about learning to distinguish between misbehaviour and stress behaviour
- Self-Reg is as much about yourself as it is the children in your care

**Zumba Class**

*with Ana Maria Zapata*

Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT. This is a limited pre-recorded session available for a five hour window. Have fun dancing and invite your family to join in with you!

**Master Class: Reframing Development**

*with Dr. Susan Hopkins | 11:00AM EDT*

In our first Master Class of SRSS2020, Susan Hopkins will dive deep into a whole new way of seeing human development, based on the science and theory of Self-Reg. Rooted in the Reframing Development chapter from Dr. Shanker’s new book, REFRAMED, Susan will transform your thinking and spark your curiosity as she reframes key aspects of child, adolescent and adult development.

- Developmental Determinism
- More on the crucial difference between self-control and self-regulation
- Temperament, including the key role of vagal tone
- The Self-Reg view of attachment
- Personality: a new perspective

**Master Classes:** New this year! SRSS Master Classes fill a new gap related to the growth of our community and their insatiable thirst for knowledge. Based on Dr. Shanker’s new book REFRAMED, these classes are open to any Gold and Silver registrants who have completed our Self-Reg Foundations, Leadership or Early Childhood Development certificate programs, and will go deeper into the science, theory and practice of Self-Reg. Pre-registration required: events@self-reg.ca.
Self-Reg Talks on Well-Being Stream 1, Session 1
with Brenda Smith-Chant
Compelling personal Self-Reg stories on the connections between Self-Reg and Well-Being to spark your imagination and offer new insights:

~ When Self-Reg Strikes Gold with Marie Edwards
How applying the process of Self-Reg saved a bad situation from getting worse and guided my 17 year old daughter and I out of the dark place we found ourselves in.

~ In Just a Short Time.... with Kim Smith
In just a short time people are hooked on Self-Reg! The suggestion of a book, seeing a teacher speak a gentle word to an upset child or attendance at a short workshop are ways that Self-Reg can be introduced. There are many ways to share Self-Reg with others and it doesn't take long to see the excitement and hear the plans being made to start the learning journey. This talk will share real examples of seeds planted with havens in sight.

~ Parenting in the Pandemic- Getting Through Tough Times by Focusing on Self-Reg with Tiffany Goulet
In this talk, I’ll share how my family navigated the big changes that came along with the Covid pandemic and how we can use this same approach to supporting our families in our day to day lives.

During this stressful time, my physician husband was busy prepping a hospital and his medical practice for Covid. I began teaching kindergarten online and supporting my own children as they moved to online learning. Also, during this time at home, my mother was injured in a fall and came to live with us while she healed.

The talk will center around the behaviours that we witness due to the changes that we were all processing and how we used the Self-Reg practices to recognize the stressors, reduce what we could, restore where we needed and to be well as we move through the process.

"I’m determined to overthrow deterministic thinking. The reason is because deterministic thinking stops you from thinking and asking why.”

~ Dr. Stuart Shanker ~
Self-Reg Talks on Equity & Inclusion Stream 2, Session 1 🌼 🌼
with Marie Edwards
Self-Reg experts share inspiring personal experiences and reflections about how Self-Reg helps us support Equity and Inclusion, enabling us to meet the needs of all people in various setting settings and contexts:

~ **Gaining a Deeper Understanding of Individuals Diagnosed with Autism Spectrum Disorder: A Self-Reg Perspective with Corrine Catalano**
Corrine will discuss the increasing prevalence of ASD and the importance of understanding the individual profile of each person with this diagnosis. She'll examine how the Self-Reg Framework helps us to reframe this diagnostic label and gain a deeper understanding of each individual with this diagnosis. She will be sharing stories of two children diagnosed with ASD with whom she has worked in school settings, one in preschool and one in middle school. There will be a focus on the important role both educators and parents played in learning to recognize their child's stressors and help reduce the stress through co-regulation.

~ **Age 6 - Self-Reg Equity and Well-being - Really? with Arlene Robinson**
Exploration from a principal perspective of two six year olds and the Self-Reg journey of both the children and the adults. A story that takes us through the chaos of school with relationship and hope.

~ **Growing a Self-Reg Community of Practice (CoP) with Cathy Lethbridge**
Our Self-Reg Community of Practice has continued to flourish despite job action and a global pandemic. This community of practice nurtures Self-Reg learning, growth and leadership between and among staff from all employee groups. Learn how to start one in your organization by hearing about what we did, what we learned and what we've modified along the way.

**Welcome to Zentangle Drawing with Toni Christie 🌼 🌼**
In this pre-recorded session, Toni will explain the practice of Zentangle drawing. Join her for this information session to prepare to participate in the interactive sessions in the coming weeks.
**Four Self-Reg School Streams: Seeds Journey**  
with Karen Braun  
Learn all about the Seeds Journey, where Self-Reg is an area of interest to you and your organization.  
- Getting started with Self-Reg learning and practice  
- Examples of what a Seeds Journey looks like  
- The Energy-Centred Teaching Model  
- Seeds strategies and tools

**Self-Reg, Equity & Well-Being: A Delegate Driven Session**  
11:00AM EDT  
Gold Self-Reg, Equity & Well-Being: A Delegate Driven Session: Molded by the meeting of great minds, these live unconference-style sessions are an interactive opportunity to raise and discuss your burning Self-Reg questions, “ah ha's and experiences that have arisen throughout your SRSS learning journey on our themes of Self-Reg, Equity & Well-Being. Attendees will submit their top 3 questions or topics of interest ahead of each session. Our TMC team will identify the most common areas of interest to be presented for unscripted live group dialogue.

**My Self-Reg Personal Profile Building: Session A - For Yourself**  
with Liz Shepherd  
With the guidance of a Self-Reg learning facilitator and TMC's 5-Step Profile tool, this workshop will help you build a personal Self-Reg profile taking you through the 5 Steps and 5 Domains of Shanker Self-Reg®. Reframe “misbehaviour”, identify and reduce your stressors, explore your mind-body connection and identify ways to proactively tackle stress.

**CONNECTION CORNER #3**  
Coffee & Canvas  
with Ashley Marcoux  
Join Ashley and some of the TMC team for a fun painting session. Anyone can join, no previous experience is needed.

For this session you'll need a canvas (or piece of thick paper), three brushes (a large one (about 1 inch wide), medium and a small one for finer details, a water cup, paper plate or something similar to put your paint on and paper towel or cloth to wipe your brushes on. You'll also need blue, black and white acrylic paint.

The session is pre-recorded so you can join in anytime. We can't wait to see what you create!
Coffee & Connecting | 9:00AM EDT
Join us for a morning chat with your favourite beverage before beginning your day!

KEYNOTE: The Self-Reg Path: The Paradigm Revolution Has Begun!
with Dr. Stuart Shanker | 10:00AM EDT
Stuart kicks-off his SRSS keynotes with the hopeful and inspiring message that Self-Reg provides us with the long sought-for means to “close the achievement gap.” The key is not yet another method for ramping up student effort, but a revolutionary new approach based on recent advances in neuroscience, physiology, and psychology.

Self-Reg Talks on Well-Being Stream 1, Session 2
with Brenda Smith-Chant
A new set of engaging TED-style talks by Self-Reg experts exploring the vital connections between Self-Reg and the well-being of children and adults:

~ How Self-Reg Can Enhance the Psychotherapeutic Relationship with Gabriela Michaca
Gabriela will share her experiences and aha moments from a Self-Reg psychotherapy process with an adult client dealing with ADHD and other problems such as a learning disorder, drugs, addictions, obesity and bankruptcy. Through this process of learning about Self-Reg the client has been able to reframe ADHD, improve his prosocial abilities and enhance his overall well-being.

~ The Power of a Self-Reg Reframe with Angie Rosati
See a child differently, see a different child. My PhD research was, in short, an attempt to test this idea. Could a brief self-reg professional learning session with early childhood educators produce a measurable change in their perceptions of children and their behaviour? And would these changes improve their relationships with children? In this talk, I will discuss the main findings of this study and what they mean for our work to create a just early education system.

~ The Prosocial Stress of Equity & Well-Being Work in Education: Reflections from a Self-Reg School Social Worker with Stefani Burosch
Social workers, by trade, are trained in critical and social justice perspectives and hold core values including a belief in the dignity and inherent worth of all persons. We are also trained to think systemically and to question issues of power and oppression in public institutions. In this talk, I will explore personal experiences of the prosocial stress involved in practicing social work within public education as it relates to the pursuit of equity and well-being for all students.

"Through understanding, everything changes. Your perception of the child is transformed."
~ Dr. Stuart Shanker ~
**WEDNESDAY, JULY 8**

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<th>Self-Reg Talks on Equity &amp; Inclusion Stream 2, Session 2 with Marie Edwards</th>
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<td>A new set of TED-style talks about how Self-Reg can help us celebrate diversity and enhance inclusion in a variety of settings. Hear from Self-Reg experts from various disciplines and contexts:</td>
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| ~ **Children's Voices and the Stories They Tell with Melissa Raine**  
  Many cultures recognize that having a voice and telling your own story in your own words are valuable for well-being. How does telling your own story contribute to self-regulation? Are our societies equitable enough for children's voices to be truly heard? |
| ~ **Self-Reg and Active Listening - What Children Are Really Trying to Tell Us with Hilarie McIntyre**  
  A candid chat about the similarities between Self-Reg and active listening for educators and how being a stress detective in the classroom is what your students need more of. |
| ~ **Being Still and Quiet is a Teaching Tool with Toni Christie**  
  Toni will share a personal experience to spark a reflection on how we often privilege language in our interactions with children and she will remind us how simply being still and quiet is sometimes the best way to connect with a child. |

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<th>Parent's Evening (Open to the Public, Free Session) Stories from Parents Around the Globe with Susan Hopkins + Parent Presenters</th>
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<td>Susan Hopkins will kick things off followed by several short talks where parents share their own transformative experiences and aha moments with Self-Reg Parenting.</td>
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<td>~ <strong>Progress not Perfection - A Parent's Journey with Jean Clinton</strong></td>
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| ~ **Self-Reg Stories from a Blended Family with Marie Edwards**  
  When one person understands and practices Self-Reg, how does this filter out to support others? Here are 3 stories of how Self-Reg has begun to grow in those around me. From the triune brain, to coregulation, to looking for stressors, self-reg can weave its magic when it is put into practice. |
| ~ **Polish Mums – Reframing Expectations with Natalia Fedan**  
  The various expectations on parenting are a huge source of stress, especially for young mothers, depleting their resources. Understanding the brain development and energy/tension flow helps to lower that stress considerably and help regulate both mother and child. |
| ~ **Picky, or stressed out? with John Hoffman**  
  John Hoffman will focus the Self-Reg lens on picky eating. He will share his observations and experiences as a parent and journalist and show us how Self-Reg helps explain why so many parents find picky eating advice so unhelpful. |
~ Reframing Cancer with your Child with Gabriela Michaca
Two years ago my husband was diagnosed with melanoma. This spring melanoma came back and on top of that we were confined because of COVID-19. However, even through the stressful moments, it's incredible seeing how my child was able to reframe her dad's disease, reduce her stressors and show great wisdom & empathy. Shanker Self-Reg® has allowed my family and I to grow through this process with love and kindness.

~ Cultivating a Deeper Connection - When Kids Feel Seen and Felt with Lisa Pinhorn
Time with our kids has many layers. Connection time is more than geography and is our most powerful parenting tool. There is a magical space that happens when we slow down, get curious, and really tune in with our kids. Attunement is a special micro-space that has a frequency. When you feel it you know it. We all deserve to be seen, felt and understood.

~ Parenting Post-Secondary Students in a Pandemic with Vicki Parnell
How one family turned an enormous negative stressor into a positive one, taking inspiration from an unlikely source - our provincial health officer.

Yoga Foundations
with Kristina Domsic
An introduction to some basic yoga postures and movements, with an emphasis on safety, alignment, and self care. This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you. If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, feel free to participate as you can!

"Once I started wearing Self-Reg glasses, everything about the way I saw the world changed. Sometimes the lenses get foggy and need a polish, other times I forget to put them on altogether. But the days I am wearing them and they are clear, it is incredible to notice what's possible."

~ Marie E. ~
Master Class: Reframing Rationality with Dr. Susan Shanker | 11:00AM EDT
Based on the chapter Age of Reason from REFRAMED, Susan will lead a thought-provoking Self-Reg exploration of rationality, a concept that is so central in our view of society and human behaviour.

- The roots of our ideas of rationality
- How the limbic system impacts our reasoning
- Nurturing rationality: what really matters
- How parents and teachers try to instill self-control and rationality
- Limbic brakes: how excess stress affects thinking and rationality
- Misbehaviour, stress behaviour, confabulation and lying

Self-Reg 101 Inquiry Practice 1: Reframe the Behaviour with Dr. Susan Hopkins
Launch your exploration of the “how” of Self-Reg

- Reframing is a game changer that helps us see a person’s behaviour and needs differently
- Reframing how we see a child or adult (including ourselves) who is stressed helps us see a child and their needs differently
- The importance of asking Why? and Why now? when considering the behaviour, well-being, learning and stress (positive and negative) of all children, youth and adults

DIY Board Game Building
Join Liz and Ashley as they discuss their favourite board games.

Virtual Campfire | 8:00PM EDT
Join us live for a virtual campfire. Grab your marshmallows, graham crackers and chocolate, and join us virtually for some campfire songs and discussion.
Self-Reg Talks on Well-Being Stream 1, Session 3 with Brenda Smith-Chant

Self-Reg experts will energize and inspire your thinking with a new series of short, engaging talks which explore the connections between Self-Reg understandings and practices and the well-being of all children and adults:

~ The Marriage of Counselling and Self-Reg: Integrating One with the Other with Chanel Houlahan

Self-Reg encapsulates so many of the elements essential to good counselling practice. One of the great contributions to this profession is that Self-Reg gives both a solid rationale (including the most up to date neuroscientific research) for the essential stages of counselling as well as a really adaptable set of processes to guide them. Stress has become widespread among young people as well as their families and Self-Reg provides powerful approaches to reduce that stress while helping people be more self-compassionate, calm, restoring and productive of more enjoyment of life. Self-Reg being a process makes it very amenable to the unique needs of individuals, family, school staff needs and so allows counselling to address the immediates as well as long term concerns and issues of all comers. This presentation will trace the use of Self-Reg as a process that enriches and further empowers people who come to us for counselling.

~ Forever Seeking: The Weird and Wonderful Ways Our Brains Try to Connect with Liz Shepherd

Explore some of the interesting ways our brains seek to connect with others, looking for cues of safety, not just threat. Be it over a video, with your pets or with inanimate objects, our limbic system is constantly connecting or at least attempting to connect with others.

~ Reframing Our Expectations as Parents with Vicki Parnell

Why the path to family well-being means asking "Why?" and "Why now?" - but not just about your child! This talk will focus on the many kinds of expectations parents and other caregivers may bring to Self-Reg, how they might be a hidden stressor on your family's Self-Reg journey, and how to turn your expectations around for optimal well-being.

Self-Reg Talks on Equity & Inclusion Stream 2, Session 3 with Marie Edwards

A new set of short, engaging talks by Self-Reg experts, who will share their experiences with Self-Reg-based practices that enhance efforts to create diverse, inclusive and equity-focused schools, institutions and communities:

~ The Self-Reg Gift of Seeing Strengths in Young Children with Complex Needs with Melissa Pinnell

Reflecting on previous experience supporting a preschooler with complex needs as he transitioned to kindergarten. Reframing stressors of the family, educators and the power of being able to see a child differently through soft eyes and an asset lens.
~ Grammy's Reflection with Marilyn Barros
Can my brain connect with my child/grandchild at a subconscious level? Digging deeper into Dr. Shanker’s book, Reframed, has allowed me to recognize and reflect on the concept of the Interbrain (that ‘blue tooth’ connection between caregiver and child) and how our brain’s resonate with each other at a sub-conscious level.

~ Changing Trajectories: A Self-Reg Approach to Helping Marginalized Children Succeed in School and Life with Claudio Moschella
Claudio believes his Self-Reg journey has affected the way he thinks about and addresses the challenges and needs of marginalized students. He will share how he applied a Self-Reg approach at his school in hopes of changing the trajectories of some of his youngest and most vulnerable students, so they will have a more equitable chance for success in school and life.

**CONNECTION CORNER #4**

**Zumba Class**
with Ana Maria Zapata
Enjoy a 1 hour zumba class anytime between **5:00PM - 10:00PM EDT**.

**Zentangle Session with Toni Christie**
Activity 2

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**JULY 13th - 17th**

After a good weekend’s rest, jump straight into SRSS Week 3 focusing on a number of Sunrise breakout sessions, including a unique look at the Sunrise Self-Reg Journey from the Self-Reg Schools: A Handbook for Educators. Tackle the importance of Limbic Breaks with Dr. Shanker in Wednesday’s keynote. And remember to hop on a zumba class or join in with any of our other Self-Reg activities with the whole family!

**MONDAY, JULY 13**

**Self-Reg 101: Self-Reg Inquiry Practice 2: Recognize Stress Across 5 Domains**
with Dr. Susan Hopkins
Dive into the second Self-Reg practice, Recognize the Stressors:

- The difference between positive and negative stress
- Examples of stressors, including hidden stressors, in all five domains
- The multiplying effect of stressors across domains
- The signs that tell us when a child is overstressed

**Zumba Class**
with Ana Maria Zapata
Enjoy a 1 hour zumba class anytime between **9:00AM - 2:00PM EDT**.
Master Class: The Joy and Pain of Maths: Reframing Math Anxiety

with Dr. Susan Hopkins | 11:00AM EDT

Join Susan Hopkins as she pulls back the curtain on the real reasons that so many of today's students are struggling with math. Based on content from Stuart Shanker’s new book REFRACTED.

- The problem with a self-control approach to improving math learning
- High Math Anxiety: what it is, what causes it and how it affects student’s concentration and effort
- The stress storm around math education
- Why math is a cognitive stress and the importance of reducing cognitive stress
- Math and limbic brakes
- The Self-Reg approach to math anxiety: transforming negative stress into positive stress

Haven

Zentangle Session with Toni Christie
Exploring new materials

TUESDAY, JULY 14

Knitting & Nattering with Liz Shepherd | 9:00AM EDT

Join Liz to chat and enjoy your morning cup of coffee or tea while working on your latest knitting project.

Sunrise

Four Self-Reg School Streams: Sunrise Journey

with Arlene Robinson

An in-depth look at the Sunrise Journey including:

- Examples of what the Sunrise Journey looks like
- Self-Reg sleuthing across the five domains
- The Calm Begets Calm Teaching Model
- Sunrise strategies and tools

Self-Reg, Equity & Well-Being: A Delegate Driven Session
11:00AM EDT

Sunrise

My Self-Reg Personal Profile Building: Session B - For Students

with Arlene Robinson

With the guidance of a Self-Reg learning facilitator and TMC’s 5 Step Profile tool, this workshop will help you learn how to build a Self-Reg profile for students in your care. Using the 5 Steps and 5 Domains of Shanker Self-Reg®, reframe their “misbehaviour” as stress behaviour, identify and reduce their stressors, explore their mind-body connection and identify ways to proactively tackle their stress.
THE 6TH ANNUAL ONLINE SRSS 2020: SELF-REG, EQUITY & WELL-BEING

TUESDAY, JULY 14

CONNECTION CORNER #5

Yogic Sleep Meditation (Yoga Nidra): Deep Relaxation for Integration
with Tiina Kivinen
This hypnotherapy inspired Yoga Nidra (yogic sleep) meditation supports your subconscious in integrating lessons, letting go of tension, and promoting self-healing and stress reduction through the power of conscious relaxation. As you relax in a comfortable position and listen to the voice of the guide, brain waves slow, the body relaxes, and one's inherent state of self healing and balance is brought to life. Regular practice of Yoga Nidra has the potential to improve the function of the vagus nerve, fostering more stress resilience and bringing the nervous system into the relaxation response. As well, when used during times of vigorous learning and engagement, such as during the Symposium, Yoga Nidra supports your ability to integrate what you are learning on a deeper level.

WEDNESDAY, JULY 15

Coffee & Connecting | 9:00AM EDT

KEYNOTE: What are “Limbic Brakes” and Why is this Idea so Important for Educators and Parents?
with Dr. Stuart Shanker | 10:00AM EDT
Dr. Stuart Shanker Our new Self-Reg paradigm reveals a new and better answer to an age-old question for all who care for or work with children and youth: How do I help the child who isn’t living up to their potential? Dr. Shanker will show us that the answer does not lie in “trying harder” or “increased motivation.” Rather, the key is learning to recognize and release the “limbic brakes” that have been impeding students’ ability to learn. You will learn about:

- The inverted v-curve in the work of Daniel Kahneman: the inescapable connection between effort, energy, tension
- The Red Brain’s history of effort: the Amygdala and Hippocampus keep a careful record of aversive learning experiences
- Limbic brakes and how they impact students effort and learning
- What happens when we “push” a student to override her limbic brakes
- The keys to releasing limbic brakes
Facilitated Small Groups Welcome
1:00PM EDT
Focusing on small group dialogue, participants will discuss their application of Self-Reg knowledge and practices in relation to topics in education and human development related to our theme of equity and well-being. There will be three small groups running each week, Early Years, Schools and Parents.

Gentle Yoga for the Nervous System with Tiina Kivinen
This gentle flowing class is a meditation in motion. Gentle postures and movements to stretch and release tension in the body, as well as meditation, relaxation and breathing to calm the mind and bring the nervous system into rest and digest. Breathing and moving, with awareness.

This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, feel free to participate as you can!

Zentangle Session with Toni Christie
Activity 3

Self-Reg 101 Self-Reg Inquiry Practice 3: Reduce the Stress Load with Dr. Susan Hopkins
Learn all about the third practice of Self-Reg: Reduce the stress:
- The impact of excess stress reduction on children’s thinking, behaviour and mood
- Individual variability in stress reactivity and vulnerability
- Reducing stress in group environments
- Reducing hidden stressors that only affect some people
- Reducing stresses that affect individuals
- The affect of our stress on the children we work with

Master Class - Reframing IQ with Brenda Smith-Chant | 11:00AM EDT
In this master class session, we will explore in-depth intelligence and IQ testing.
- Stress and IQ vInherent biases in IQ testing
- Cognitive Stress: biological and emotional factors
- Why not recognizing “limbic brakes” for what they are can impair/impede learning
- How to release a student’s limbic brakes
**THURSDAY, JULY 16**

**Together in Rhythm: Community Beats with Ora Goldin | 1PM EDT**
This will be an interactive, community building, rhythmical experience. Through connecting to the pulse, the unifying force that connects all living beings, and through facilitated activities, we will join together in rhythm as we elevate our mood, embrace joy and express ourselves freely. No previous drumming or musical experience required.

**Line Dancing with Marlene Maskell**
Join Marlene for a line dancing class. No previous experience needed, Marlene will take you through each step. All are welcome participate!

**FRIDAY, JULY 17**

**SRSS Full Circle Panel**
Moderated by Liz Shepherd, Panel includes Susan Hopkins + Special Guests 1:00PM EDT
Join us this Friday for a live panel discussion with a number of experienced, expert Self-Reggers (including some surprise guests!) who will review and reflect on the week’s proceedings, key concepts and implications. Live participants will have the opportunity to submit questions to clarify important ideas and share lessons learned.

**Zumba Class with Ana Maria Zapata**
Enjoy a 1 hour zumba class anytime between 5:00PM - 10:00PM EDT.

"Initially I came to Self-Reg to better understand my student’s behaviour and to help one in particular that was struggling, but what I found was I have gained much more insight into my own personal well-being."

~ Foundations Program Graduate ~
We are over halfway! Continuing with another science and personal Self-Reg packed week, join us for our Sunrise Reframing ADHD talk and a special keynote from the ever popular Jean Clinton. Keep an eye out for Stuart himself who will be hosting a live and interactive Master Class on Self-Reg for a Just Society.

MONDAY, JULY 20

Self-Reg 101 Self-Reg Inquiry Practice 4, Reflect: Enhance Stress Awareness with Dr. Susan Hopkins
Deepen your understanding of Self-Reg's fourth practice: Reflect.
- How to recognize when we (and the children we work with) are overstressed
- States of arousal (energy and tension) and how they affect stress reactivity and behaviour
- The importance of understanding what calm feels like
- The Self-Reg meaning of safety

Seeds

Master Class Creating a Just Society with Dr. Stuart Shanker | 10:00AM EDT
The Radical Enlightenment, a philosophical movement of the 17th and 18th centuries, helped to shape modern democracy. Currently, democracy is under threat to reactionary forces sweeping through the West. Why? Dr. Stuart Shanker will show us that the erosion of democracy is rooted in Enlightenment's strictly Blue Brain (rational) outlook. And the Self-Reg Paradigm Revolution amounts to a “Radical (Re) Enlightenment” that will help us shape the “Just Society” we aspire to.
- The core ideas of the Radical Enlightenment
- A Blue Brain-only perspective ignores key aspects of human behaviour and Decision-making
- The Triune Brain model presents a completely different perspective on why the Enlightenment dream failed, and how to re-ignite it.
- Self-Reg's role in the Radical (Re) Enlightenment that can help us preserve and reshape a truly “Just Society”

Haven

Zumba Class with Ana Maria Zapata
Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT.

Zentangle Session with Toni Christie
Activity 5

"There is no such thing as a lazy student.”
~ Dr. Stuart Shanker ~

THE 6TH ANNUAL ONLINE SRSS 2020: SELF-REG, EQUITY & WELL-BEING
### Self-Reg Schools Quilt Journey with Kim Smith
An in-depth exploration of the Quilt journey, where Self-Reg is infused in many aspects of your organizations' work, that you are linking together. You will learn:
- What a Quilt classroom or school looks like
- The RADAR Planning model for a Quilt journey
- Practicing Self-Reg in the Quilt journey
- Self-Reg Strategies for the Quilt Journey

### Self-Reg, Equity & Well-Being: A Delegate Driven Session
11:00AM EDT

### My Self-Reg Personal Profile Building: Session C - For Groups with TBC
With the guidance of a Self-Reg learning facilitator and TMC's 5 Step Profile tool, this workshop will help you learn how to build a Self-Reg profile for groups, e.g. classes, communities, groups of staff, etc. Using the 5 Steps and 5 Domains of Shanker Self-Reg®, reframe their “misbehaviour” as stress behaviour, identify and reduce their stressors, explore their mind-body connection and identify ways to proactively tackle their stress.

### CONNECTION CORNER #7

### Coffee & Canvas with Ashley Marcoux
Join Ashley and some of the TMC team for a fun painting session. Anyone can join, no previous experience is needed.

For this session you'll need a canvas (or piece of thick paper), three brushes (a large one (about 1 inch wide), medium and a small one for finer details, a water cup, paper plate or something similar to put your paint on and paper towel or cloth to wipe your brushes on. Paint colours that are needed TBC.

The session is pre-recorded so you can join in anytime. We can't wait to see what you create!

"SRSS is like adults sleep-away summer camp. We return each year to renew friendships, develop new ones and dive deep into learning about Self-Reg. There are all kinds of opportunities to get outdoors and do things but since we're adult and because this is Self-Reg, we get to choose what is restorative for us. Best week of the year!"

~ Cathy L. ~
KEYNOTE: The Early Years Last Forever
with Dr. Jean Clinton | 10:00AM EDT
Our foundational skills for self regulation begin in the early years by being coregulated by others. This key concept sometimes gets lost in the barrage of ‘build better brains!!’ Jean will talk about her passion that connection is key and that when little ones develop in loving predictable environments, their ability, particularly in the emotional domain to experience, manage and express those emotions flourishes and builds the foundation for positive mental health.

Facilitated Small Groups
1:00PM EDT
Focusing on small group dialogue, participants will discuss their application of Self-Reg knowledge and practices in relation to topics in education and human development related to our theme of equity and well-being.

Stretch and Strength Yoga
with Kristina Domsic
This class offers strengthening and uplifting postures. Through the lens of alignment-based yoga, we will balance focused muscular engagement with active stretching, mindful strength, as well as breath and body awareness.

This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, feel free to participate as you can!
### THURSDAY, JULY 23

**Seeds**

**Self-Reg 101 Practice 5: Respond: Restoration & Resilience**

*with Dr. Susan Hopkins*

Come and explore the 5th practice of Self-Reg: Reflect

- Not just coping: the importance of recovery and restoration
- The impact of energy depletion on children and adults
- Activities that reduce tension and restore energy
- Individual differences and variability in restoration

**Master Class Reframing Anxiety**

*with Paula Jurczak | 11:00AM EDT*

Diving deeper into the Self-Reg theory and neuroscience for our seasoned Self-Reg learners, this master level session expands on and goes beyond concepts introduced on July 17th’s introductory session on the Self-Reg view of Anxiety. Full talk description coming soon.

**DIY Board Game Building**

Join Liz as she shares how to make your own board game at home!

**Virtual Campfire | 8PM EDT**

### FRIDAY, JULY 24

**Sunrise**

**Reframing ADHD**

*with Karen Braun*

Through the lens of Self-Reg and looking at the impact of excess stress on children's attention, concentration and activity levels.

**SRSS Full Circle Panel**

*Moderated by Liz Shepherd, Panel includes Susan Hopkins + Special Guests 1:00PM EDT*

Join us this Friday for a live panel discussion with a number of experienced, expert Self-Reggers (including some surprise guests!) who will review and reflect on the week’s proceedings, key concepts and implications. Live participants will have the opportunity to submit questions to clarify important ideas and share lessons learned.

**CONNECTION CORNER #8**

**Zumba Class**

*with Ana Maria Zapata*

Enjoy a 1 hour zumba class anytime between 5:00PM - 10:00PM EDT.

**Zentangle Session with Toni Christie**

Activity 6
After a long month of smiling faces, relaxing yoga, invigorating keynotes and Self-Reg learning, this week celebrates the close of our incredible and unique online SRSS experience, which will inspire you both personally and professionally for years to come. But it is not over yet! Kick off the week with our much anticipated Reframing Autism sunrise breakout session. Catch our Self-Reg Haven breakout and enjoy our closing keynote from Dr. Shanker on why we truly believe in No Child Left Behind.

**MONDAY, JULY 27**

**Zumba Class**
with Ana Maria Zapata
Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT.

**Reframing Autism**
with Gerard Costa and Corinne Catalano
The Self-Reg perspective on ASD including a close look at the impact of excess stress on the social/emotional development, relationships and learning of children with ASD.

**TUESDAY, JULY 28**

**Self-Reg Schools Haven Journey**
with Cathy Lethbridge
In this session we will outline a path and process that will help educational leaders embed Self-Reg in schools and other educational settings, including:

- The five look-fors in a Self-Reg Haven
- Examples of what the Haven Journey looks like
- The WINDOWS Model for building home-school relationships in a Haven Journey
- Practicing Self-Reg in the Haven stream
- Self-Reg Strategies for the Haven journey

**Self-Reg, Equity & Well-Being: A Delegate Driven Session**
11:00AM EDT

**CONNECTION CORNER #9**

**Meditation and Breathwork for Balance and Resilience**
with Tiina Kivinen
A guided meditation and breathwork session that offers tools to bring awareness, presence, and peace into your day to day. Yogic teachings that are easeful and accessible, and have the potential to make a powerful impact. Consistency compounds, so be sure to try this session more than once!
KEYNOTE: No Child Left Behind
with Stuart Shanker | 10:00AM EDT
Two variables define the Victorian view of educational achievement: native intelligence and character. We will have looked at the first factor in the Tuesday lecture, and now in this lecture we look at the second. In place of the standard view that “under-performing” students are lagging because of a lack of effort, we look at the neurophysiological reasons why the exact opposite is the case: namely, that they are working far too hard. As a result of this dramatic reframing, Self-Reg then establishes guidelines for “reducing the effort” they are expending by releasing their limbic brakes and thus "potentiating the student's academic potential."

Facilitated Small Groups
1:00PM EDT
Focusing on small group dialogue, participants will discuss their application of Self-Reg knowledge and practices in relation to topics in education and human development related to our theme of equity and well-being.

Yoga and Breathwork Chair Practice
with Tiina Kivinen
A user friendly, accessible practice that you can enjoy from a chair. Simple guided movements to release tension and improve body awareness, breathwork to calm the nervous system, and a short and sweet meditation.

This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, please feel free to participate as you can!

THURSDAY, JULY 30

Congratulations Corner #10

Pace and Peacefulness | 1PM EDT
with Ora
Through sound, rhythm, breath and presence we will spend time together in an engaging meditation to lower stress, boost our mood and help us connect more deeply to the peace within.

We will explore what it means to notice and honour where we are in any given moment with loving kindness and curiosity.

~ Self-Reg, Equity & Well-Being in Leadership Talks with Susan Hopkins
~ Self-Reg in Preservice Teacher Education with Marie Edwards
How do we educate our preservice teachers about Self-Reg? After 30 years in teaching and administration in schools, the last 10 practising and improving my own Self-Reg knowledge and skills, I have been able to work with preservice teachers in 2 universities. In this presentation, I share how I have used Self-Reg to frame 6 key teacher education topics including: learning communities, cultures and climates, classroom management, student engagement, planning and assessment, teacher professionalism, and teacher resilience.

~ One Size Doesn't Fit All: Co-Regging Communication with Liz Shepherd
Read through my inbox and you will see 100 different voices. Some formal, some excitable, some laden with emojis, some to the point. Communicating with every different individual on our team has me take on a different voice, a voice that suits them. In this Self-Reg Talk I will dive into why

~ How Self-Reg Helped Prepare Me for Year 2020 with Claudio Moschella
As a first year Principal entering the 2019-2020 school year I could not possibly predict the challenges I was about to face let alone the challenge of being a first year Principal. In this talk I will share how a Self-Reg Leadership approach helped me survive a year of new learning in a new school, Ontario Job action, school closures due to COVID-19 and being a present husband and father of a 5 and 2 year old.

FRIDAY, JULY 31

SRSS Closing Panel
Moderated by Liz Shepherd, Panel includes Susan Hopkins + Special Guests 1:00PM EDT
Join us for a live panel discussion, full circling our SRSS experience together with a number of experienced, expert Self-Reggers (including some surprise guests!) who will review and reflect on our SRSS learning Journey over the last month. Live participants will have the opportunity to submit questions to clarify important ideas and share lessons learned.

Thank You & Goodbye from the TMC Team

Zumba Class
with Ana Maria Zapata
Enjoy a 1 hour zumba class anytime between 5:00PM - 10:00PM EDT.

"When I look back over my life there is very little I would change. The one thing that I would change, if I could, would be to have learned about Self-Reg much earlier in my life (even as a child). It has made such a difference to the way I see and interact with the world."

~ Marie E. ~
BIOGRAPHIES

Dr. Stuart Shanker, D.Phil
Founder & Chief Executive Officer, The MEHRIT Centre

Dr. Stuart Shanker (D.Phil) is a Distinguished Research Professor Emeritus of Philosophy and Psychology and the CEO of The MEHRIT Centre, Ltd. His latest book, Self-Reg Schools: A Handbook for Educators, co-authored with Susan Hopkins is a follow-up to Calm, Alert and Learning: Classroom Strategies for Self-Regulation. His book, Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage With Life (2016), still garners enthusiastic reviews and media attention throughout North America and has been published in the UK, the US, Poland, Germany, South Korea, The Netherlands, and the Czech Republic. In 2012 Dr. Shanker founded The MEHRIT Centre as a Self-Reg learning and information centre. Stuart commits considerable time to bringing the research and science of Self-Reg to parents, early childhood educators, teachers, educational leaders, health practitioners and communities through his writings, presentations, online courses, webinars, social media and a blog entitled, “The Self-Reg View”.

Dr. Susan Hopkins, Ed.D.
Executive Director, The MEHRIT Centre

A passionate advocate for children, families, schools and communities, Dr. Susan Hopkins leads Dr. Stuart Shanker’s organization, The MEHRIT Centre (TMC) as Executive Director. Over the course of Susan’s career, she has worked in every area of education from the early years to post-secondary and across contexts from Italy to the Northwest Territories. Susan led the territorial implementation of the Early Development Instrument (EDI), co-authored the Government’s Early Childhood Framework and developed the NWT play and culture-based kindergarten curriculum. From that, she took leadership of the Planning, Research, and Evaluation division for the Department of Education before taking the lead at the Society of Safe and Caring Schools and Communities, Alberta. Under Susan’s leadership, The MEHRIT Centre continues to develop as a highly respected, accessible, and successful centre for teaching and learning Self-Reg. Just released, co-authored with Dr Stuart Shanker is Self-Reg Schools: A Handbook for Educators (Pearson 2019).

Dr. Jean M. Clinton, BMus MD FRCP(C)
Clinical Professor McMaster University, Department of Psychiatry and Behavioural Neurosciences

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster University, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and The Hospital for Sick Children. She is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for over 30 years. Dr. Clinton was appointed as an education advisor to the Premier of Ontario and the Minister of Education 2014 - 2018.

Dr. Clinton is renowned nationally and internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy, including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.
BIographies

Angie Rosati  
Professor of Early Childhood Education at Sheridan College

Angie has been interested in the impact of early schooling experience on the developmental pathways of children for as long as she can remember. Angie writes policy papers and op-ed pieces for an array of educational organizations and regularly delivers workshops to early childhood educators, community leaders, and college professors on the topics of Self-Regulation and the Neurobiology of Behaviour. Angie's PhD research demonstrates that when educators are given the self-reg tools to reframe child behaviour as a neurophysiological phenomenon, their perception and practices change and their relationships with children improve. Angie is working toward the day when the science of self-regulation becomes an embodied aspect of all educational systems and is hopeful that when all children come to be viewed through a Self-Reg lens by the important people in their lives, they will be freed to experience the promise of their potential.

Arlene Robinson  
Elementary School Principal

Arlene is an elementary school principal with more than 25 years in education, wife and mother of two. She has been searching for more effective ways to support students to their fullest potential in spite of what lies in their life path. For Arlene, the Self-Reg is the answer to this search and she is finding the learning journey to be beneficial both personally and professionally, and believes everyone can benefit from this learning.

Cathy Lethbridge

Cathy has been an educator for 34 years with the Simcoe County DSB, the past 16 years as a principal. In her current role as Central Principal of Well-being K-12, she is responsible for the development and implementation of programs that support the well-being of students and staff across the system. Cathy coaches staff, students and families to use Self-Reg practices to enhance their well-being and to support student achievement. She actively applies Shanker Self-Reg in both her personal and professional life and believes in the power of Self-Reg to change trajectories no matter a person’s age or stage in life. Cathy enjoys facilitating online courses for the Mehrit Centre and presenting at various conferences and events. She is so grateful for all the amazing people she has met through the Mehrit Centre since she attended the first SRSS in 2015.

Chanel Houlahan

Chanel is a Guidance Counsellor and Family Therapist for children and adults from 3-18 years old in a New Zealand school. He works closely with co-counsellors, nursing colleagues and Deans. Chanel was introduced to Self-Reg by Norah Fryer, and combines Self-Reg with CBT, DBT and Mindfulness in his practice. Additionally, Chanel runs Self-Reg parenting courses, consults staff about Self-Reg, and uses Self-Reg in his counselling with students, parents and staff.
Claudio Moschella

Claudio is currently an elementary school administrator in the Peel District School Board. He has always had a keen interest in understanding behaviour specifically that of elementary school aged children. Since he has come in contact with Shanker Self-Reg he has been a strong advocate in bringing to light a growth mindset in understanding stress behaviour versus misbehaviour. Self-Regulation has given him the tools to support the most challenging of behaviours and he also recognizes the positive personal impact this learning has had on him as a husband, father, friend and school leader. What helps Claudio stay calm and alert: Meditation, organizing and cleaning something, time with family and friends, and yard work, to name a few.

Gabriela Michaca

I'm 47 years old. I'm passionate of Self-Reg since the first book I read and me and my family are self-reggers as philosophy of life. I love to read and learn about neuroscience and nature of humans been. I'm married with a healing man, usually called critical care physician and we are an adoptive family of a 10 years old girl. Professionally, I'm a school neuropsychologist with a MD in psychoanalytic research. Since 2014 I became an ICDL DIR/Floortime training leader and read about Dr. Shanker's work. That discovery led me to do Foundations Certification and Become certified facilitator since 2017. I work in private practice with children, teens and adults with neurodiverse conditions, I run a family centered clinic with a relationship and developmental approach to help families to find self-reg strategies for them and their children. I'm Mexican, from Mexico City, and I have 8 years living in los Cabos. I'm glad to participate in this revolutionary paradigm.

Corinne Catalano

Ph.D., DIR-C, IMHM-C

As Assistant Director for Consultation Services at the Montclair State University Center for Autism and Early Childhood Mental Health, Corinne supports families, teachers and other staff members in school districts and community settings throughout New Jersey. Her primary areas of professional formation are focused on autism spectrum disorder, inclusion, infant and early childhood mental health, and emotional well-being. Corinne is the project manager for the NJ Inclusive Education Technical Assistance (NJIE TA) project, a partnership between the NJ Department of Education, Montclair State University and its subcontracted agency, the NJ Coalition for Inclusive Education. She also provides statewide professional development/technical assistance in the areas of social & emotional development and inclusion of young children with disabilities in childcare and early learning programs as part of Grow NJ Kids, the state's Early Childhood Quality Rating Improvement System (QRIS).

Corinne serves as faculty for Montclair State University's Developmental Models of Autism Intervention Graduate Certificate Program and is a faculty member for the Infant and Early Childhood Development (IECD) Ph.D. program at Fielding Graduate University.

Corinne completed her Ph.D. in Teacher Education and Teacher Development at Montclair State University and her research is focused on teacher self-efficacy and inclusion of young children with autism spectrum disorder. She has an Infant Mental Health Certificate from The Institute for Clinical Studies of Infants, Toddlers and Parents and was awarded the IMHM® Mentor-Clinical endorsement in infant mental health in NJ. She completed the DIR/Floortime certificate program as well as the Self-Reg® Foundations Course and has contributed to several books including Autism: The Movement Sensing Perspective (eds. Torres & Whyatt, 2018) and Self-Reg Schools: A Handbook for Educators (Shanker & Hopkins, 2019). She currently serves on the board of directors of two non-profits; Spectrum Works and Beyond My Battle.
BIOGRAPHIES

Gerard Costa

Dr. Gerard Costa is a licensed developmental psychologist and founding director of the Center for Autism and Early Childhood Mental Health and Professor of Early Childhood, Elementary and Literacy Education at Montclair State University. He holds certificates in the Brazelton Touchpoints model, DIR-C®, and Infant Mental Health. He was appointed by two governors to the New Jersey Council for Young Children. He teaches in the Infant and Early Childhood Development (IECD) doctoral program at Fielding University, served on the Advisory Board of the Interdisciplinary Council on Development and Learning (ICDL) under Dr. Stanley Greenspan and is currently President of the ICDL Board of Trustees. He has presented on autism, infant mental health, professional and human development throughout the United States and world, and has published papers and book chapters in these areas.

Hilarie McIntyre

Self-Reg Champion and Facilitator

Hilarie is passionate about early childhood development and has been an Early Childhood Educator for over 20 years. She is also a wife, mother of two and friend. She currently works in a Full Day Kindergarten Classroom for the York Region District School Board. Where she focuses on age-appropriate program planning that promotes each child’s physical, cognitive, language, emotional, social and creative development and well-being.

After hearing about Self-Reg from her teaching partner, she decided to dive right into the Self-Reg®Foundations program. Where she found a deep passion for Shanker Self-Reg®. So much so, that she decided to continue her Self-Reg journey and complete the Self-Reg® Facilitators program.

John Hoffman

John has had three distinct careers that have blended together at times: roots musician, stay-at-home father and freelance writer. A former long-time columnist and feature writer for Today’s Parent, John now specializes in knowledge translation, blogging and writing for not-profit organizations like The MEHRIT Centre, The Psychology Foundation of Canada and Dad Central Ontario.

Kim Smith

Kim is a wife and mother and has been an elementary educator for over 30 years with the York Region District School Board, 18 of those years as a Principal. She has a Master’s degree in education, is a Cognitive Coach and is also trained in Adaptive Schools and Mindfulness. Kim has been inspired by the work of Stuart Shanker and strives to create a haven in her school for students, staff and parents. She believes that self-reg is the way to finding calmness and comfort in our fast paced world and looks for ways of sharing this with others. What helps Kim stay calm and alert: Spending time with her family and friends, reading a good book, yoga and crossfit.
BIOGRAPHIES

Lisa Pinhorn

Lisa is a holistic family interventionist with Feeding Futures, a private practice she co-founded with her sister. Feeding Futures supports families and professionals to improve the day-to-day lives of children with Autism, anxiety, ADHD, OCD, and developmental trauma. She has over 25 years of non-profit community work, public speaking, and is an advocate for children and their families. Lisa holds a Bachelor of Child Studies specializing in Developmental Disabilities from Mount Saint Vincent University, and a Masters of Education from Memorial University of Newfoundland and Labrador, in Adult Education. Lisa is a firm believer that empowered parents, holistic care, and empathic relationships are powerful, and often missing pieces of pediatric interventions and care. She knows firsthand the challenges of parenting a child on the autism spectrum.

Liz Shepherd

**Director, Operations The MEHRIT Centre**

Prior to completing her MSc in Psychology at Trent University, Liz was deeply involved in voluntary work both in the USA and the UK. Her voluntary experience ranged from working at an animal shelter to acquiring resources and funds to support local youth. Her passion for volunteering, helping and understanding others led her to pursue a career in psychology and makes her a natural Self-Regger. After several years with The MEHRIT Centre, Liz has been lucky enough to have dipped her toes into all aspects of Self-Reg as well as the how tos of helping run a business. Liz has also worked as a research assistant for the Self-Reg Institute.

Marie Edwards

Currently living in Nova Scotia, Canada, Marie is a full time PhD candidate. Her research seeks to understand how teachers in a regional low socioeconomic school context develop and apply self-regulation knowledge and skills to manage stress. Leading up to this, she has enjoyed 27 years in education across a diversity of roles. This has included being the classroom teacher of Kindergarten to Grade 7 learners, specialist teacher of Music and PE, school counsellor, Vice Principal and Principal. Her interest in self-regulation was ignited in 2010 after hearing Dr Shanker’s keynote speech at a conference in Victoria, British Columbia. Since this time she has furthered her curiosity and understanding of self-regulation through her educational practice, completing a Masters of Educational Leadership investigating self-regulation and the learning environment, as well as completing various self-regulation courses.

Marilyn Barros

Marilyn is a spouse, a mom, a grandmother, a friend, all these come first! (the order depends on the day) Marilyn’s background consists of 40+ years of supporting children and adults with diverse abilities and mental health concerns. A sample of the career environments have been education, vocational centres, occupational therapy assistant, childcare, support worker across Saskatchewan, Alberta and Ontario. Marilyn has roots in places with wide open spaces and is drawn to these environments for her own self-reg – walking, yoga, learning, music, gardening, reading, spending precious time with family and friends help to keep Marilyn grounded.
Melissa Raine

Melissa’s research background is in medieval English literature. After becoming an Associate Investigator with the Centre for the History of Emotions in Australia for a project on children’s voices in medieval narratives, she became aware that the key questions she was asking – When do children have voices? What are they permitted/expected to say? What do their voices tell us about the culture they inhabit and how it understands childhood? – were as relevant for living children as for the imaginary children of the texts she was researching. As a result, she expanded her project into a symposium in 2016, “Children’s Voices in Contemporary Australia”. This coincided with her learning at The MEHRIT Centre, which informed the shape and questions that were considered on the day. Melissa continues to work on both projects as well as being a mother to 2 sons.

Paula Jurczak

Paula Jurczak is a Registered Clinical Counselor, Registered Social Worker, DIR Clinician and Training Leader and Self-Regulation Consultant in BC specializing in assessment and treatment of infants, children and adolescents with complex mental health issues, specialized medical conditions and special needs. Paula holds a Masters Degree in Counseling Psychology and a Bachelors Degree in Social Work. Paula uses a strength based, family centered multidisciplinary approach and her work is informed by current research and evidence based intervention. Paula maintains a private practice using DIR and Self-Regulation models to support individuals experiencing attachment and regulatory challenges, behavioral and emotional difficulties, autism and neurodevelopmental disorders and mental health issues. She is the Dean of eLearning for The Mehrit Centre (TMC) and works collaboratively to support Self-Regulation in schools, organizations, health and social service agencies across Canada. Paula Jurczak also presents internationally and provides psychoeducational workshops, reflective parent coaching, online support services and support groups and consultation to hospitals, mental health clinics, preschools and schools.

Stefani Burosch

Stefani is a Doctoral student in Educational Leadership at the University of Western Ontario. She is a Registered Social Worker and holds a Master of Social Work degree from Wilfrid Laurier University as well as a Bachelor of Science degree in Zoology from the University of Guelph. Stefani currently works full time as a school social worker. She is also a part-time college professor, and a learning facilitator for The MEHRIT Centre (TMC). She is a partner to her wonderful husband, a loving Aunt to her 9 nieces and nephews, a caregiver to 5 furry four-legged friends, and a lover of exploring the wilderness. Stefani is passionate about the power and potential of public education to create social and ecological justice and sustainable well-being for all. She is inspired by divergent and disruptive thinkers and is committed to ongoing learning and action to shift the paradigms that underpin our social, political and economic institutions toward a future of mutual flourishing.

Melissa Pinnell

For over 13 years Melissa has been a teacher of exceptional students and has worked with children and young adults ranging in age from 7 weeks to 20 years in school and community settings. Her specialties are Special Education, Reading and working with the deaf. Melissa continues to be amazed by the variety of situations in which Self-Reg can play a critical role, believing that Self-Reg can be the missing piece in combining scientific research and the unique needs of every learner.
BIOGRAPHIES

**Tiffany Goulet**

Tiffany Goulet is a full time Kindergarten teacher, parent of twins, blogger/speaker, yoga teacher and passionate self-regger. She has completed the Self-Reg Facilitator's course and is a 500 hr certified yoga teacher who been working to facilitate growth in the education system over the past 4 years. Tiffany has spoken at many conferences including SRSS 2019, A Mindful Society 2020, the Ontario Teacher's Federation-Curriculum Forum and works regularly with school boards to develop capacity and a better understanding of Self-Reg.

In 2018-2019, she led her team and school board in a $30 000 project to support staff to understand mindfulness and Self-Reg and the place they play in supporting students in the education system. The learning she has facilitated has been transformative in the school in everything from the design of spaces, to language being used to the redesigning of the kindergarten transition plan. Her work has been published in the International Journal of Holistic Early Learning and Development as well as the Canadian Yogi Journal.

Tiffany believes wholeheartedly in helping all people to reach their inner potential. She sees the impacts that excessive stress and dysregulation can have on this growth process and is committed to changing this in whatever capacity possible. She loves and lives Self-Reg and what keeps her restored is spending time at the lake with her family, yoga and sitting in silence.

**Toni Christie**

*Director of the Childspace Early Childhood Institute in Wellington, NZ.*

She is passionate about early childhood education, leadership, environments, infants, teamwork, communication, and advocacy for children, families, and early childhood educators. Toni holds a Master of Education with merit from Victoria University in Wellington. Toni enjoys her many roles in life as wife, mother, author, keynote speaker, marriage celebrant, Justice of the Peace, editor, musician, artist, and mentor. She loves to sing, dance, and play with her family, friends, and colleagues every day!

**Vicki Parnell**

Vicki is the administrator of the Self-Reg Parenting group on Facebook. She works as an RDI Certified Consultant and Special Needs Resource Navigator, offering parent support and personalized intervention for families throughout British Columbia who have been affected by autism and other neurodevelopmental differences. Vicki is also a student at Simon Fraser University, doing research in early social development. She is the proud mother of two fantastic young adults, and in her spare time can be found reading space opera, inconsistently practicing the piano, or trying out recipes from her cookbook collection.
Ana Maria Zapata

I started doing zumba 7 years ago, when I decided to stop smoking. Little did I know it was the beginning of a very fun adventure and a journey of learning. Thanks to zumba I have learned to dance like no one is watching, enjoy my own company, and have the pleasure of making others smile. I’ve been teaching for 5 years now and even taught through my two pregnancies till my due date! No wonder why my babies love to dance and move with me. I look forward to helping you smile through your day and let loose of your body and mind for an hour.

Kristina Domsic

Kristina's teaching style is strongly rooted in safe alignment and open heartedness. In 2014 she completed a 200-hour yoga teacher training program in alignment-based hatha yoga at Queen Street Yoga, in Kitchener. Since then, she has dabbled in studying and teaching various degrees of hatha, vinyasa, and restorative yoga practices, as well as meditation, ayurveda and the Tensegrity Repair Series. Kristina is a strong believer in the need for us to unplug and reconnect with ourselves, our communities, and the natural world that we are a part of. Through her yoga offerings, Kristina hopes to cultivate strength, peacefulness, and laughter. An ecologist by day, and forest therapy guide in her spare time, Kristina cares deeply for the environment. She is always up for a hike, bike, or paddle, and loves to learn about herbal remedies and traditional plant uses.

Marlene Maskell

Marlene is a line dance, couples and clogging instructor. She was the co-owner of Coyote Cave dance club in Peterborough for 24 years before recently retiring. She still enjoys teaching though!

Ora Goldin

Ora is an interactive drum and rhythm circle facilitator for community and wellness events. Her passion for rhythm, wellbeing and building community spirit led her to create her company Living Rhythm. She is committed to offering quality programming for all ages and abilities that provide an opportunity for healing, self-expression, self-empowerment and having a whole lot of fun using rhythm as the tool. Ora is a certified holistic practitioner and has had extensive international training as a drum circle and Health Rhythms facilitator.

Tiina Kivinen

Tiina is a Yoga guide and relaxation artist. She is the director of Peterborough Living Yoga and teaches Yoga Teacher Trainings, workshops and retreats in Ontario Canada and Costa Rica. She has been teaching and exploring many diverse approaches and styles of yoga for the past 16 years, and is currently inspired by the power of relaxation practices in restoring balance and regulating the nervous system, specializing in empowering and inspiring Yoga for all levels, Yoga Nidra (yogic sleep), and Hypnotherapy. Find out more about Tiina's offerings at www.Living.Yoga