



Grounding living and learning in self-regulation

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Shanker Self-Reg® Trademark Approved for Canada

The MEHRIT Centre (TMC) is pleased to announce that the trademark Shanker Self-Reg® has been registered in Canada. Shanker Self-Reg® is a powerful method for understanding and managing both positive and negative stress, developed by Dr. Stuart Shanker, based on the latest findings in neuroscience, psychology and psychophysiology.

Shanker Self-Reg® refers to all aspects of Dr. Shanker's approach, popularly known as Self-Reg, including the five-domain self-regulation framework and The Shanker Method®, Dr. Shanker's five-step method for considering self-regulation across five interrelated domains: biological, emotion, cognitive, social, and prosocial. The trademark, The Shanker Method®, was previously registered in both Canada and the United States.

These trademarks represent the brand of The MEHRIT Centre, and give the centre the exclusive right to use or approve their use with respect to services, products and learning opportunities. Our website and printed materials are currently being updated to reflect this new designation.

For more information about Shanker Self-Reg® and The Shanker Method® please visit the [TMC website](http://www.self-reg.ca) or contact TMC by emailing info@selfreg.ca.