

Brenda Smith-Chant



Psychology Professor at Trent University and Director of Research at SRI: Modelling the importance of the Self in Self-Reg®

Dr. Brenda Smith-Chant researches Dr. Stuart Shanker's Self-Reg® model and uses Self-Reg practices when teaching and mentoring her students and graduate students.

Why Self-Reg

"Self-Reg couldn't have more impact - and it will make you happier if you take the time to do the work for yourself. Self-Reg truly does start within yourself."

Big Picture

"The Self-Reg model allowed me to marry neuroscience with what we are seeing in cognition but also allows me to bring in the social, the role of the teacher, the role of the parent and interactions between all of these people as children learn."

Process at this Point

"We have to model Self-Reg. Although you can learn from the books, it's really in the process of doing and watching other people do it that you learn the most."

"I have incorporated Self-Reg thinking in how I do my exams, how I do assignments, how I organize my lectures, and how I mentor students. In my lab we take care of each other. We have weekly 'Self-Reg Status Update' meetings, where we discuss our stress balance, what we can do to manage our tensions when they are out of whack, how to best support each other, and practice empathy and compassion. When I have students, who are experiencing too much tension, we talk about what

are some ways we can reduce that tension and get you back to calm and alert. As a result, we do better work."

Challenges

"I had to realize that, although I am a researcher and have been involved with Self-Reg a long time, I still have lots of work to do on me and my own Self-Reg. And it's not selfish. It's actually going to make you more effective as a person who can support the Self-Reg of others."

"I need to embody more forgiveness for myself and I wish that gift for everyone."

Fond Memory

"I was talking to a Self-Reg colleague who is really into yoga and thought I would maybe take up yoga. But every time I would try I would have a stress response. The feedback I got was that perhaps it wasn't for me, but being me, I over thought it and tried to do mindfulness and to schedule myself better. Stuart heard this and just looked at me and said, 'you can't think yourself out of a stress response' and that is exactly what I was trying to do."

Hope!

"I overheard some of my graduate students talking and they said 'this is one lab where you can be a real person, a whole person.' Using Self-Reg, we do better work. In my lab students feel they have a safe space to go. As a result, I've got more students than I can handle, and I have students who are graduating and doing wonderful work."