



The MEHRIT Centre



2021 COURSE CALENDAR

www.self-reg.ca

FOUNDATIONS CERTIFICATE PROGRAM

Level 1 Certificate Program | \$500 - \$1,695

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.

	Jan. 2021	March 2021	May 2021	July 2021	Sept. 2021	Nov. 2021
Ease In	Jan. 7, 2021	Mar. 4, 2021	May 6, 2021	Jul. 1, 2021	Sept. 2, 2021	Oct. 28, 2021
Module 1	Jan. 12, 2021	Mar. 9, 2021	May 11, 2021	Jul. 6, 2021	Sept. 7, 2021	Nov. 2, 2021
Module 2	Jan. 19, 2021	Mar. 16, 2021	May 18, 2021	Jul. 13, 2021	Sept. 14, 2021	Nov. 9, 2021
Module 3	Jan. 26, 2021	Mar. 23, 2021	May 25, 2021	Jul. 20, 2021	Sept. 21, 2021	Nov. 16, 2021
Module 4	Feb. 2, 2021	Mar. 30, 2021	Jun. 1, 2021	Jul. 27, 2021	Sept. 28, 2021	Nov. 23, 2021
Module 5	Feb. 9, 2021	Apr. 6, 2021	Jun. 8, 2021	Aug. 3, 2021	Oct. 5, 2021	Nov. 30, 2021
Module 6	Feb. 16, 2021	Apr. 13, 2021	Jun. 15, 2021	Aug. 10, 2021	Oct. 12, 2021	Dec. 7, 2021
Course End	Feb. 22, 2021	Apr. 19, 2021	Jun. 21, 2021	Aug. 16, 2021	Oct. 18, 2021	Dec. 13, 2021

EARLY CHILDHOOD DEVELOPMENT

Level 1 Certificate Program | \$745

Our 3-module online course explores child development from birth to age 10. It gives learners a new and more complete understanding of the factors that affect early development, by looking at development and learning through the lens of Self-Reg. Self-Reg is Dr. Stuart Shanker's framework for understanding stress and managing energy and tension, in order to support self-regulation.

As we know, young children are already capable. Our job as adults is to create the relationships and experiences that enable all children explore and grow their capabilities. Supporting their self-regulation—understanding and addressing children's stress (and our own)—is the key.

	Jan. 2021	Apr. 2021	Jul. 2021	Oct. 2021
Ease In	Jan. 14, 2021	Apr. 1, 2021	Jul. 8, 2021	Oct. 7, 2021
Module 1	Jan. 19, 2021	Apr. 6, 2021	Jul. 13, 2021	Oct. 12, 2021
Module 2	Jan. 26, 2021	Apr. 13, 2021	Jul. 20, 2021	Oct. 19, 2021
Module 3	Feb. 2, 2021	Apr. 20, 2021	Jul. 27, 2021	Oct. 26, 2021
Module 4	Feb. 9, 2021	Apr. 27, 2021	Aug. 3, 2021	Nov. 2, 2021
Module 5	Feb. 23, 2021	May 11, 2021	Aug. 17, 2021	Nov. 16, 2021
Module 6	Mar. 2, 2021	May 18, 2021	Aug. 24, 2021	Nov. 23, 2021
Module 7	Mar. 9, 2021	May 25, 2021	Aug. 31, 2021	Nov. 30, 2021
Module 8	Mar. 16, 2021	Jun. 1, 2021	Sept. 7, 2021	Dec. 7, 2021
Module 9	Mar. 30, 2021	Jun. 15, 2021	Sept. 21, 2021	Jan. 4, 2022
Module 10	Apr. 6, 2021	Jun. 22, 2021	Sept. 28, 2021	Jan. 11, 2022
Module 11	Apr. 13, 2021	Jun. 29, 2021	Oct. 5, 2021	Jan. 18, 2022
Module 12	Apr. 20, 2021	Jul. 6, 2021	Oct. 12, 2021	Jan. 25, 2022
Course End	Apr. 26, 2021	Jul. 12, 2021	Oct. 18, 2021	Jan. 31, 2022

LEADERSHIP FOR SELF-REG SCHOOLS

Level 1 Certificate Program | \$850

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.

	Feb. 2021	May 2021	Aug. 2021
Ease In	Feb. 4, 2021	May 6, 2021	Aug. 19, 2021
Module 1	Feb. 9, 2021	May 11, 2021	Aug. 24, 2021
Module 2	Feb. 16, 2021	May 18, 2021	Aug. 31, 2021
Module 3	Feb. 23, 2021	May 25, 2021	Sept. 7, 2021
Module 4	Mar. 2, 2021	Jun. 1, 2021	Sept. 14, 2021
Module 5	Mar. 9, 2021	Jun. 8, 2021	Sept. 21, 2021
Module 6	Mar. 16, 2021	Jun. 15, 2021	Sept. 28, 2021
Module 7	Mar. 30, 2021	Jun. 29, 2021	Oct. 5, 2021
Module 8	Apr. 6, 2021	Jul. 6, 2021	Oct. 12, 2021
Module 9	Apr. 13, 2021	Jul. 13, 2021	Oct. 19, 2021
Module 10	Apr. 20, 2021	Jul. 20, 2021	Oct. 26, 2021
Module 11	Apr. 27, 2021	Jul. 27, 2021	Nov. 2, 2021
Module 12	May 4, 2021	Aug. 3, 2021	Nov. 9, 2021
Course End	May 10, 2021	Aug. 9, 2021	Nov. 16, 2021

SELF-REG LEARNING FACILITATOR'S CERTIFICATE

Level 2 | Certificate Program \$2,195

For those looking to dive deeper in their Shanker Self-Reg® learning and be equipped with the tools to bring Self-Reg to those in their community and care, the Self-Reg Facilitator's Program is a fantastic next step. Anyone who has completed the Foundations Program, Early Childhood Development Program or Leadership for Self-Reg Schools Program and is interested in taking their Self-Reg expertise to the next level may apply. The demand for Shanker Self-Reg® learning informed by The MEHRIT Centre is growing.

Further ground your understandings of the Shanker Self-Reg® science and research foundations of The Shanker Method®. Develop expertise in the Self-Reg Framework and application of the Shanker Method®. Apply the Shanker Method® to case studies across a range of contexts. Research, plan, develop, deliver*, assess and evaluate Self-Reg workshops.

	Feb. 2021	June 2021	Oct. 2021
Ease In	Feb. 4, 2021	Jun. 10, 2021	Oct. 7, 2021
Module 1	Feb. 9, 2021	Jun. 15, 2021	Oct. 12, 2021
Module 2	Feb. 16, 2021	Jun. 22, 2021	Oct. 19, 2021
Module 3	Feb. 23, 2021	Jun. 29, 2021	Oct. 26, 2021
Module 4	Mar. 2, 2021	Jul. 6, 2021	Nov. 2, 2021
Ease In	Mar. 18, 2021	Jul. 22, 2021	Nov. 18, 2021
Module 5	Mar. 23, 2021	Jul. 27, 2021	Nov. 21, 2021
Module 6	Mar. 30, 2021	Aug. 3, 2021	Nov. 30, 2021
Module 7	Apr. 6, 2021	Aug. 10, 2021	Dec. 7, 2021
Module 8	Apr. 13, 2021	Aug. 17, 2021	Dec. 14, 2021
Ease In	Apr. 29, 2021	Sept. 2, 2021	Jan. 6, 2022
Module 9	May 4, 2021	Sept. 7, 2021	Jan. 11, 2022
Module 10	May 11, 2021	Sept. 14, 2021	Jan. 18, 2022
Module 11	May 18, 2021	Sept. 21, 2021	Jan. 25, 2022
Module 12	May 25, 2021	Sept. 28, 2021	Feb. 1, 2022
Ease In	Jun. 10, 2021	Oct. 7, 2021	Feb. 17, 2022
Module 13	Jun. 15, 2021	Oct. 12, 2021	Feb. 22, 2022
Module 14	Jun. 22, 2021	Oct. 19, 2021	Mar. 1, 2022
Module 15	Jun. 29, 2021	Oct. 26, 2021	Mar. 8, 2022
Module 16	Jul. 6, 2021	Nov. 2, 2021	Mar. 15, 2022
Ease In	Jul. 22, 2021	Nov. 18, 2021	Mar. 31, 2022
Module 17	Jul. 27, 2021	Nov. 21, 2021	Apr. 5, 2022
Module 18	Aug. 3, 2021	Nov. 30, 2021	Apr. 12, 2022
Module 19	Aug. 10, 2021	Dec. 7, 2021	Apr. 19, 2022
Module 20	Aug. 17, 2021	Dec. 14, 2021	Apr. 26, 2022
Ease In	Sept. 2, 2021	Jan. 6, 2022	May 12, 2022
Module 21	Sept. 7, 2021	Jan. 11, 2022	May 17, 2022
Module 22	Sept. 14, 2021	Jan. 18, 2022	May 24, 2022
Module 23	Sept. 21, 2021	Jan. 25, 2022	May 31, 2022
Module 24	Sept. 28, 2021	Feb. 1, 2022	Jun. 7, 2022
End	Oct. 4, 2021	Feb. 7, 2022	Jun. 13, 2022

REFRAMED: MASTERS IN SELF-REG REFRAMING

Level 2 Certificate Program | \$2,195

A new certificate program coming Fall 2020 for Self-Reggers looking to dive deeper into the psychological and philosophical underpinnings of Shanker Self-Reg® presented in Dr. Shanker's book REFRAMED: Self-Reg for a Just Society. Explore how together we can potentiate a child's potential.

This is a Level 2 course for graduates of our Foundations, Leadership and/or Early Childhood Development Program.

	Feb. 2021	Sept. 2021
Ease In	Feb. 4, 2021	Sept. 16, 2021
Intro	Feb. 9, 2021	Sept. 21, 2021
Module 1	Feb. 23, 2021	Oct. 5, 2021
Module 2	Mar. 9, 2021	Oct. 19, 2021
Module 3	Mar. 23, 2021	Nov. 2, 2021
Module 4	Apr. 6, 2021	Nov. 16, 2021
Module 5	Apr. 20, 2021	Nov. 30, 2021
Module 6	May 18, 2021	Jan. 4, 2022
Module 7	Jun. 1, 2021	Jan. 18, 2022
Module 8	Jun. 15, 2021	Feb. 1, 2022
Module 9	Jun. 29, 2021	Feb. 15, 2022
Module 10	Jul. 13, 2021	Mar. 1, 2022
Module 11	Jul. 27, 2021	Mar. 15, 2022
Course End	Aug. 9, 2021	Mar. 28, 2022

ONGOING OFFERINGS

Parenting Course | \$149

Our Parenting Course is designed for parents to dip their toes into Shanker Self-Reg and learn some of the basics and how they apply to parenting. This course is one of the shortest and best value that we offer. 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://shop.self-reg.ca/collections/online-courses/products/self-reg-parenting-course>

The Stressed Detective | \$35*

Enter the noir world of Detective Bradford Cannon working tirelessly to identify the sender of a mysterious gift that 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. This course has 2 streams designed for Families to do with kids or for Educators.

***Plus** Co-Reg Community Membership - Try your 3 month free trial today!

<https://www.coregcommunity.com/the-stressed-detective>

Living, Learning & Linking Program: Level 2 Certificate Program | \$800 - \$2,195

Recently revamped for the 2020/21 school year to the Living, Learning & Linking Program (previously known as our Master's Modules Program). Build on your understandings of Self-Reg from the Foundations Certificate Program with a self-paced 30 module program that offers you a range of opportunities to go deeper into the science, the practice, and the leadership of Self-Reg with Dr. Shanker and the TMC team.

<https://shop.self-reg.ca/products/living-learning-linking-program>

PROFESSIONAL LEARNING SERIES

Self-Reg 101 For All | \$600/team of 25

Moving away from exclusively a classroom focus, this PLS series will focus on Self-Reg 101 for non-school groups. Be that corporate, law enforcement, legal, government or research teams, Susan Hopkins will guide you through both the 5 Domains (Biological, Emotion, Cognitive, Social & Prosocial) and the 5 Steps (Reframe, Recognize, Reduce, Reflect & Respond) of the Shanker Self-Reg® Framework.

Self-Reg Framework 101 | \$600/team of 25

This webinar series, hosted by Dr. Susan Hopkins, explains the science and theory behind Self-Reg, focusing on being a stress detective in the 5 Domains of stressors: Biological, Emption, Cognitive, Social & Prosocial. Explore the inpart these stressors have on the stressloads of the children and staff in our care. Reducing these energy zapping stressors frees up valuable energy for learning.

The Shanker Method 101 | \$600/team of 25

Designed to build on the Self-Reg Framework 101 series or be taken as a stand alone offering, this webinar-based course dives into the 5-Step Shanker Method® at the heart of Self-Reg Practice with the 5 Steps. Reframe the behaviour. Recognize & Reduce the Stressors. Reflect: enhance stress awareness. Respond: develop personal strategies for resilience and restoration.



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