



The MEHRIT Centre

2022
COURSE CALENDAR

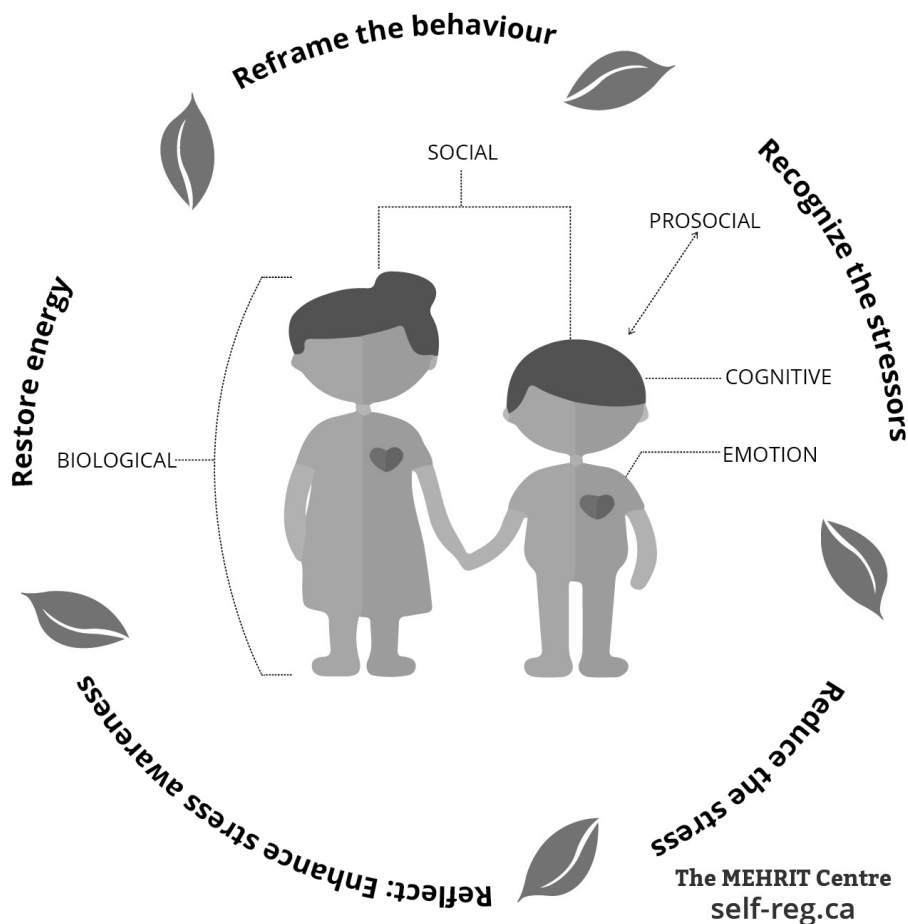
self-reg.ca

WHAT IS SELF-REG?

Shanker Self-Reg® is a process for enhancing self-regulation by understanding and dealing with stress. It is a valuable and accessible framework for children, youth, and adults as well as people who care about and work with them. Educators, mental health professionals, parents, leaders and businesses from across Canada and around the world are using Self-Reg to address behavioural, emotional and social problems and improve outcomes for all.

The practice of Shanker Self-Reg® helps people understand and respond to others (and themselves) by considering self-regulation across five interrelated domains—Biological, Emotion, Cognitive, Social and Prosocial—using The Shanker Method®:

1. **REFRAME** the behavior.
2. **RECOGNIZE** the stressors (across the five domains).
3. **REDUCE** the stress.
4. **REFLECT**: enhance stress awareness.
5. **RESTORE**: develop personalized strategies to promote resilience and restoration.



The MEHRIT Centre is Dr. Stuart Shanker's organization dedicated to understanding how we all respond to stress in the same way: we thrive when it is positive, we struggle when it is excessive. We offer Self-Reg Learning through a variety of online programs & courses, events, presentations, blogs and resources. Learn more at self-reg.ca.

COURSE STARTS AT A GLANCE

2022

LEVEL 1

CERTIFICATE PROGRAMS

SELF-REG FOUNDATIONS CERTIFICATE PROGRAM

January 6, 2022
March 3, 2022
May 5, 2022
July 7, 2022
September 1, 2022
October 27, 2022

EARLY CHILDHOOD DEVELOPMENT PROGRAM

January 13, 2022
April 7, 2022
June 30, 2022
October 6, 2022

LEADERSHIP FOR SELF-REG SCHOOLS PROGRAM

January 27, 2022
May 12, 2022
August 18, 2022

START TODAY

SELF-REG PARENTING COURSE
FEELING STRESSED: A SELF-REG COURSE FOR TEENS
SELF-REG MILITARY PARENTING COURSE
PROFESSIONAL LEARNING SERIES
7 DAY CHALLENGE

LEVEL 2

CERTIFICATE PROGRAMS

SELF-REG LEARNING FACILITATOR'S PROGRAM

February 3, 2022
June 23, 2022
November 4, 2022

REFRAMED: MASTERS OF SELF-REG REFRAMING PROGRAM

March 10, 2022
October 20, 2022

LIVING, LEARNING & LINKING PROGRAM START ANYTIME!

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FOUNDATIONS CERTIFICATE PROGRAM

LEVEL 1 CERTIFICATE PROGRAM

\$1,695 Full Program or \$500 Per Course

The Self-Reg Foundations Certificate, our flagship Self-Reg Program, has been a game-changer for thousands 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
- the importance of relationships in self-regulation and learning

Over 1500 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.

PROGRAM OUTLINE

FOUNDATIONS 1:

The Bio Domain: The Brain, Stress and Self-Regulation

1. The Dawning of Relationships
2. The Nature of Stress
3. The Problem of Excessive Stress
4. The Cascading Effects of Excessive Stress
5. The Brain's Reward System
6. Self-Reg Method Step 1: Reframing the Behaviour

FOUNDATIONS 2:

Self-Reg and Emotional, Social, Cognitive and Pro-Social Well-Being

1. Self-Reg in Dynamic Systems and the Biological Domain
2. Self-Reg in the Emotion Domain
3. Self-Reg in the Cognitive Domain
4. Self-Reg in the Social Domain
5. Self-Reg in the Pro-Social Domain
6. 5 Steps of Shanker Self-Reg Method

FOUNDATIONS 3:

Self-Reg and Mental Health Across the Lifespan

1. Autism
2. "The Anxiety Epidemic"
3. Self-Reg and Adolescence
4. Self-Reg Across the Lifespan
5. Self-Reg and Mindfulness
6. Self-Regulation vs. Self-Control

FOUNDATIONS 4:

The Shanker Self-Reg Method in Context

4 Course Stream Options:

- A. Educator Stream:** Self-Reg as a Universal Platform in Education
- B. Self-Reg Specialist Stream:** Applying Shanker Self-Reg
- C. Early Years/Parent-Stream:** Parenting with a Self-Reg Mindset
- D. Personal Self-Reg Stream:** My Self-Reg

FOUNDATIONS CERTIFICATE PROGRAM

2022 Foundations Certificate Program Start Dates

	January 2022	March 2022	May 2022	July 2022	September 2022	October 2022
Ease In	Jan. 6, 2022	Mar. 3, 2022	May 5, 2022	July 7, 2022	Sept. 1, 2022	Oct. 27, 2022
Module 1	Jan. 11, 2022	Mar. 8, 2022	May 10, 2022	July 12, 2022	Sept. 6, 2022	Nov. 1, 2022
Module 2	Jan. 18, 2022	Mar. 15, 2022	May 17, 2022	July 19, 2022	Sept. 13, 2022	Nov. 8, 2022
Module 3	Jan. 25, 2022	Mar. 22, 2022	May 24, 2022	July 26, 2022	Sept. 20, 2022	Nov. 15, 2022
Module 4	Feb. 1, 2022	Mar. 29, 2022	May 31, 2022	Aug. 2, 2022	Sept. 27, 2022	Nov. 22, 2022
Module 5	Feb. 8, 2022	Apr. 5, 2022	June 7, 2022	Aug. 9, 2022	Oct. 4, 2022	Nov. 29, 2022
Module 6	Feb. 15, 2022	Apr. 12, 2022	June 14, 2022	Aug. 16, 2022	Oct. 11, 2022	Dec. 6, 2022
Course End	Feb. 21, 2022	Apr. 18, 2022	June 20, 2022	Aug. 22, 2022	Oct. 17, 2022	Dec. 12, 2022

Timing: 4-6 hours/week, whenever suits your schedule. The full program takes 8 months.

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EARLY CHILDHOOD DEVELOPMENT PROGRAM

LEVEL 1 CERTIFICATE PROGRAM

\$745 Full Program

Dr. Stuart Shanker says ECEs (early childhood educators) have the most important job in the world. Therefore, one of the best ways to invest in our children's future is to invest in our ECEs. The Self-Reg in Early Childhood Development Program is a great way to do just that.

Our 3-course online program 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 to explore and grow their capabilities. Supporting their self-regulation—understanding and addressing children's stress (and our own)—is the key.

The program is relevant for all professionals and parents who care for and work with young children, including children with special needs and challenges. Over 500 passionate learners have completed this course: ECEs, educational assistants, K-3 teachers, researchers, principals, speech language pathologists, psychologists and behaviour specialists. Join us and discover the core underpinnings of Self-Reg. Learn new ways to understand and respond to challenges in behaviour, temperament, learning and much more.

PROGRAM OUTLINE

COURSE 1:

Self-Reg in the Early Years

1. Moving Beyond Deterministic Thinking
2. The Interbrain and Self-Reg
3. The Interbrain in Early Childhood Education
4. The Triune Brain and Self-Reg

COURSE 2:

Self-Reg Reframe of Human Development

5. Optimal Self-Regulation: Seeking Red Brain - Blue Brain Balance
6. Reframing Temperament
- 7: Reframing Attachment
8. Reframing Personality

COURSE 3:

The Inestimable Impact of the Self-Reg ECE

9. Unpacking Intelligence
10. Reframing Intelligence
11. Foundations Building
12. The Self-Reg ECE

EARLY CHILDHOOD DEVELOPMENT PROGRAM

2022 Early Childhood Development Program Start Dates

	January 2022	April 2022	June 2022	October 2022
Ease In	Jan. 13, 2022	Apr. 7 2022	Jun. 30 2022	Oct. 6, 2022
Module 1	Jan. 18, 2022	Apr. 12 2022	July 5 2022	Oct. 11, 2022
Module 2	Jan. 25, 2022	Apr. 19 2022	July 12 2022	Oct. 18, 2022
Module 3	Feb. 1, 2022	Apr. 26 2022	July 19 2022	Oct. 25, 2022
Module 4	Feb. 8, 2022	May 3 2022	July 26 2022	Nov. 1, 2022
Module 5	Feb. 22, 2022	May 17 2022	Aug. 9 2022	Nov. 15, 2022
Module 6	Mar. 1, 2022	May 24 2022	Aug. 16 2022	Nov. 22, 2022
Module 7	Mar. 8, 2022	May 31 2022	Aug. 23 2022	Nov. 29, 2022
Module 8	Mar. 15, 2022	Jun. 7 2022	Aug. 30 2022	Dec. 6, 2022
Module 9	Mar. 29, 2022	Jun. 21 2022	Sept. 13 2022	Jan. 10, 2023
Module 10	Apr. 5, 2022	Jun. 28 2022	Sept. 20 2022	Jan. 17, 2023
Module 11	Apr. 12, 2022	July 5 2022	Sept. 27 2022	Jan. 24, 2023
Module 12	Apr. 19, 2022	July 12 2022	Oct. 4 2022	Jan. 31, 2023
Course End	Apr. 25, 2022	July 18 2022	Oct. 10 2022	Feb. 6, 2023

Timing: 3-5 hours/week, whenever suits your schedule. The full program takes just over 3 months.

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LEADERSHIP FOR SELF-REG SCHOOLS PROGRAM

LEVEL 1 CERTIFICATE PROGRAM

\$850 Full Program

Every educational leader has always had the same goal: a school in which everyone flourishes – not just academically, but socially, psychologically and morally. It's the HOW that has always proved challenging, and now more so than ever. School leaders today are confronted with behavioural, emotional, and cognitive challenges far in excess of what their predecessors had to contend with. It is the 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.

This program is applicable to any leader; be that in schools, HR, business or elsewhere.

PROGRAM OUTLINE

COURSE 1:

1. Leadership for Self-Reg Schools – Why it Matters
2. Triune Brain and Interbrain: Self-Reg Schools Foundations
3. Thayer Matrix for School Leaders
4. Hierarchy of Stress at a Whole School Level

COURSE 2:

5. The Self-Reg Framework: 5 Practices in Schools
6. The Seeds Journey
7. The Sunrise Journey
8. The Quilt Journey

COURSE 3:

9. All Means All - Anxiety
10. All Means All - Autism
11. All Means All - ADHD
12. The Haven Journey

LEADERSHIP FOR SELF-REG SCHOOLS PROGRAM

2022 Leadership for Self-Reg Schools Program Start Dates

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

Timing: 4-6 hours/week, whenever suits your schedule. The full program takes just over 3 months.

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SELF-REG LEARNING FACILITATOR'S PROGRAM

LEVEL 2 CERTIFICATE PROGRAM (requires prior completion of a Level 1 Certificate Program)
\$2,195 Full Program

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 Self-Reg Foundations, Early Childhood Development and/or Leadership Certificate 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.

To meet the demand and our mission of grounding living and learning in self-regulation we are offering this program so that champions in Shanker Self-Reg® knowledge translation* will be widely available. Through this program:

- 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.
- Earn a Self-Reg Learning Facilitator Certificate.
- Be eligible to apply for presenter and facilitator positions available with TMC - *Canada only

*Please see TMC's Terms of Use – this program does not grant certificate holders the use of Shanker Self-Reg® Trademarks, IP, copyright or other resources for for-profit usage.

This program is comprised of 6x facilitated courses of 4 modules each. Each course follows the same module structure:

- Pre-Module Quiz or Task
- Module 1: Digging Deeper
- Module 2: Applying the Science (individuals)
- Module 3: Applying the Science (groups)
- Module 4: Extending the Learning
- Post-Module Quiz or Task

PROGRAM OUTLINE

1. The Shanker Method 1: Read and Reframe the Behaviour
2. The Shanker Method 2: Recognize the Stressors
3. The Shanker Method 3: Reduce the Stress
4. The Shanker Method 4: Reflect, Enhance Stress Awareness
5. The Shanker Method 5: Restore, Develop Personalized Strategies (Resilience & Restoration)
6. Full Circle

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SELF-REG LEARNING FACILITATOR'S PROGRAM

		Feb. 2022	June 2022	Nov. 2022
Course 1	Ease In	Feb. 3, 2022	June 23, 2022	Nov. 3, 2022
	Module 1	Feb. 8, 2022	June 28, 2022	Nov. 8, 2022
	Module 2	Feb. 15, 2022	July 5, 2022	Nov. 15, 2022
	Module 3	Feb. 22, 2022	July 12, 2022	Nov. 22, 2022
	Module 4	Mar. 1, 2022	July 19, 2022	Nov. 29, 2022
Course 2	Ease In	Mar. 17, 2022	Aug. 4, 2022	Jan. 12, 2023
	Module 5	Mar. 22, 2022	Aug. 9, 2022	Jan. 17, 2023
	Module 6	Mar. 29, 2022	Aug. 16, 2022	Jan. 24, 2023
	Module 7	Apr. 5, 2022	Aug. 23, 2022	Jan. 31, 2023
	Module 8	Apr. 12, 2022	Aug. 30, 2022	Feb. 7, 2023
Course 3	Ease In	Apr. 28, 2022	Sept. 15, 2022	Feb. 23, 2023
	Module 9	May 3, 2022	Sept. 20, 2022	Feb. 28, 2023
	Module 10	May 10, 2022	Sept. 27, 2022	Mar. 7, 2023
	Module 11	May 17, 2022	Oct. 4, 2022	Mar. 14, 2023
	Module 12	May 24, 2022	Oct. 11, 2022	Mar. 21, 2023
Course 4	Ease In	June 9, 2022	Oct. 27, 2022	April 6, 2023
	Module 13	June 14, 2022	Nov. 1, 2022	April 11, 2023
	Module 14	June 21, 2022	Nov. 8, 2022	April 18, 2023
	Module 15	June 28, 2022	Nov. 15, 2022	April 25, 2023
	Module 16	July 5, 2022	Nov. 22, 2022	May 2, 2023
Course 5	Ease In	July 21, 2022	Jan. 12, 2023	May 18, 2023
	Module 17	July 26, 2022	Jan. 17, 2023	May 23, 2023
	Module 18	Aug. 2, 2022	Jan. 24, 2023	May 30, 2023
	Module 19	Aug. 9, 2022	Jan. 31, 2023	June 6, 2023
	Module 20	Aug. 16, 2022	Feb. 7, 2023	June 13, 2023
Course 6	Ease In	Sept. 1, 2022	Feb. 23, 2023	June 29, 2023
	Module 21	Sept. 6, 2022	Feb. 28, 2023	July 4, 2023
	Module 22	Sept. 13, 2022	Mar. 7, 2023	July 11, 2023
	Module 23	Sept. 20, 2022	Mar. 14, 2023	July 18, 2023
	Module 24	Sept. 27, 2022	Mar. 21, 2023	July 25, 2023
	END	Oct. 3, 2022	Mar. 27, 2023	July 31, 2023

Timing: 5 hours/week, whenever suits your schedule. The full program takes 8-9 months.

REFRAMED: MASTERS IN SELF-REG REFRAMING PROGRAM

LEVEL 2 CERTIFICATE PROGRAM (requires prior completion of a Level 1 Certificate Program)
\$1,695 Full Program

Stuart Shanker's new book, *Reframed*, the culmination of his career's work, marries his lifelong vision of a truly Just Society with his voluminous knowledge of the neuroscience of stress and human development. In our newest, and most advanced, online program, *Reframed: Masters of Self-Reg Reframing*, Dr. Shanker will take learners on a deep and exciting dive that will enable them to not only deepen their Self-Reg knowledge and practice but also show them how they can become builders of a Just Society.

The Reframed Course has been designed to give learners a behind-the-scenes look, as it were, at the thinking that went into the writing of this book. Stuart goes over the most important ideas in each chapter and the background material that shaped his thinking on the subject. The learner is taken on a guided tour of the major recent advances in neuroscience, physiology, psychology and clinical practice that serve as the foundation of Self-Reg. Maybe most important of all is to see how Stuart views Self-Reg as the basis for the philosophical vision of a Just Society that has governed his thinking from the very start.

Reframed will explore the content of REFRAMED in 13x 2-week modules, one for each of the book's chapters.

Dr. Shanker will provide a detailed introduction to each module that will lead learners into reflective discussions as well as live small groups in the latter modules, which will be recorded and shared within each cohort of learners.

PROGRAM OUTLINE

1. The Science of Self-Reg
2. Reframing Human Nature
3. Reframing Development
4. The Age of Reason(s)
5. Blue Brain vs. Red Brain
6. Reframing IQ
7. The Joy and Pain of Math
8. No Child Left Behind
9. Becoming Free: The Teen Years
10. Reframing Virtue
11. Creating a Just Society
12. Conclusion

REFRAMED: MASTERS IN SELF-REG REFRAMING PROGRAM

2022 Reframed: Masters in Self-Reg Reframing Program Start Dates

	March 2022	October 2022
Ease In	Mar. 10, 2022	Oct. 20, 2022
Intro	Mar. 15, 2022	Oct. 25, 2022
Module 1	Mar. 29, 2022	Nov. 8, 2022
Module 2	Apr. 12, 2022	Nov. 22, 2022
Module 3	Apr. 26, 2022	Dec. 6, 2022
Module 4	May 10, 2022	Jan. 10, 2023
Module 5	May 24, 2022	Jan. 24, 2023
Module 6	June 14, 2022	Feb. 7, 2023
Module 7	June 28, 2022	Feb. 21, 2023
Module 8	July 12, 2022	Mar. 14, 2023
Module 9	July 26, 2022	Mar. 28, 2023
Module 10	Aug. 9, 2022	Apr. 11, 2023
Module 11	Aug. 23, 2022	Apr. 25, 2023
End	Sept. 5, 2022	May 8, 2023

Timing: 5 hours/week, whenever suits your schedule. The full program takes 6 months.

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LIVING, LEARNING & LINKING PROGRAM

LEVEL 2 CERTIFICATE PROGRAM (requires prior completion of a Level 1 Certificate Program)
\$1,695 Full Program or \$645 Per Course

Individual module webinars are available for 72hr rental with a membership on our Co-Reg Community [here](#). Individual module webinar rental does not count towards a program certificate.

Build on your understandings of Self-Reg from one of our Level 1 Self-Reg Certificates with the Living, Learning & Linking Certificate Program, 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, the TMC Team & Self-Reg Community.

This unique program is comprised of 30 stand-alone modules of learning, each taking approximately 3-5 hours to complete through a combination of videos, readings, and pre- and post-module tasks. After registering, you will have 1 year to access all the course content and materials and to complete the full program.

Although self-paced, this program has a dedicated facilitator, who will respond to quiz content in the Living and Learning modules, discussions in the Linking modules and guide you through the development of your very own module as your final program project.

PROGRAM OUTLINE

COURSE 1: LIVING - Self-Reg lived experience from experts in their field.

- No Child Left Behind
- Self-Reg and Resilience
- Trauma and the Child: Why The Shanker Method® Matters
- Self-Reg and Cognitive Behavioural Therapy
- CPS: The Intersection Between Stuart Shanker and Ross Greene
- When Tomorrow Never Comes: Self-Reg and Perseverance
- Reframing Autism
- Reframing Anxiety
- Reframing Rationality
- Self-Reg Path to (Re-)Enlightenment

COURSE 2: LEARNING - Diving deeper into the Self-Reg Science with Dr. Stuart Shanker

- Self-Reg View of Temperament
- The Triune Brain
- Reframing Math Anxiety
- Lazy or Limbic
- The Importance of Limbic Braking
- Self-Reg View of Lying
- Self-Reg and ADHD
- Reframing IQ
- The Self-Reg View of Perseverance
- Creating a Just Society

COURSE 3: LINKING - A series of interactive and facilitated modules where learners get to apply their Self-Reg learning by linking to their context.

- Linking: Well-Being
- Linking: Equity & Inclusion
- Reframe
- Recognize
- Reduce
- Reflect
- Respond
- Profile Building
- Build Your Own Module: Planning
- Build Your Own Module: Filming & Sharing

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RENT HERE

PROFESSIONAL LEARNING SERIES

START TODAY

\$600/series per team of 25 (email info@self-reg.ca for large group pricing)

\$35 for individuals with a Co-Reg Community Membership

Looking for low-cost, high-impact learning opportunities for your team that can either be done in person or online? Or to dip your toes into Self-Reg as an individual? With 3 different series to choose from, our Professional Learning series may be right for you.

PROGRAM OUTLINE

SELF-REG 101 FOR ALL

This new entry in our Professional Learning Series offers a focused introduction to Self-Reg for any group looking to learn more about understanding and managing energy, tension and stress: health care, mental health, government, law enforcement or corporate teams. Susan Hopkins will guide you through 5 Domains (Biological, Emotion, Cognitive, Social & Prosocial) and the 5 Steps (Reframe, Recognize, Reduce, Reflect & Respond) of the Shanker Self-Reg® Framework. This is a fantastic Self-Reg Introductory Course.

GROUP REGISTRATION

INDIVIDUAL REGISTRATION

FRAMEWORK 101

This six-session online course is a great way to introduce Self-Reg to your team. Dive into the 5 Domains of Self-Reg (Biological, Emotion, Cognitive, Social & Prosocial) and some Self-Reg basics with Dr. Susan Hopkins. The design is intended for learning over six separate sessions to allow time for reflective practice in between each module.

GROUP REGISTRATION

INDIVIDUAL REGISTRATION

THE SHANKER METHOD 101

This six-session online course intends to build on our Framework 101 Professional Learning course but can also be taken as a standalone option for teams interested in focusing on learning the 5 Step Method of Self-Reg; Reframe, Recognize, Reduce, Reflect & Respond. This method is really the heart of Self-Reg and builds on understanding of stressors across the five domains (Biological, Emotion, Cognitive, Social & Prosocial).

GROUP REGISTRATION

INDIVIDUAL REGISTRATION

START TODAY

SELF-REG PARENTING COURSE

\$149 or Group Purchasing Options from \$199 - \$1,499

Join Stuart Shanker, Susan Hopkins, Jean Clinton & Vicki Parnell in our ten-module, video-based Self-Reg Parenting Course, 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.

The Self-Reg Parenting Program, delivered through TMC's e-School, explains the principles of Shanker Self-Reg®, and practical ways parents can use Self-Reg to:

- gain a whole new understanding of their child's behaviour and how to respond to it.
- learn the impacts of excess stress on children's behaviour and mood.
- come to grips with their own stress and how it affects their parenting.
- identify and address the subtle and hidden stressors that affect children in ways that parents might not realize.
- find out how other parents use Self-Reg strategies to deal with real-life parenting situations and problems.

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FEELING STRESSED: A SELF-REG COURSE FOR TEENS

\$50 (equity pricing available)

Group Purchasing Options from \$250 - \$600

The teenage years are a crucial stage in human development. Not only are young people making the all-important transition between childhood and adulthood, they are becoming more active agents in shaping their own lives. How do we support them at this key point in their development, when so many teens are struggling with anxiety, depression, self-doubt and emerging addictions? How do we help teens recognize the influences on their thinking, mood, behaviour and choices: influences they are often unaware of. Dr. Stuart Shanker says the key is helping adolescents understand stress, how they are affected by excess stress and what they can do about it.

Feeling Stressed is a new TMC course that will help teenagers truly understand stress and how they are influenced by it, while giving them the tools to respond to, and even thrive in the face of the stresses in their lives. Learners will be guided through a 15 module video and activity-based, online program that shows teens how Self-Reg can help them:

- reframe their own behaviour and emotions so they can understand when their actions and moods are caused by excess stress
- recognize and reduce stress, including hidden stressors and that young people don't recognize as sources of excess stress that create inner tension and drain their energy
- discover what true calm really feels like and how to return to a calm state after stressful situations
- restore their zest for life by learning how to restore the brain/body energy that is burned in dealing with excess stress

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START TODAY

SELF-REG MILITARY PARENTING COURSE

\$149 or Group Purchasing Options from \$199 - \$1,499

Self-Reg Military Parenting is a specially designed online course that helps parents apply Shanker Self-Reg in everyday parenting along with the unique challenges faced by military families.

Developed in collaboration with the Trenton Military Family Resource Centre, this 6-module, video-based course is an adaptation of our popular Self-Reg Parenting Course, which has helped hundreds of parents understand and address how excess stress affects both children and parents, and what to do about it. Once purchased you will have access to this self-paced course for 6 months.

Self-Reg Military Parenting covers the core principles of Shanker Self-Reg®, and how they relate to parenting today's children, along with specific challenges related to school, transitions, parenting from afar and behaviour.

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THE STRESSED DETECTIVE

\$35 *Plus Co-Reg Community Membership - Membership is FREE!

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.

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SELF-REG 7 DAY CHALLENGE

Dip your toes into Self-Reg with Dr. Stuart Shanker through this unique mini-course challenge offering. This challenge is a great addition to any of our Face-to-Face (or virtual) workshops and presentations to tackle some Self-Reg basics, but also a fantastic stand-alone offering for those who are new to Self-Reg.

Over the 7 days you will explore stressors across the 5 domains (Biological, Emotion, Cognitive, Social and Prosocial) and learn the 5 Steps of Shanker Self-Reg®. Access a daily Self-Reg video with Dr. Stuart Shanker and options to explore, practice and test your own Self-Reg.

REGISTER HERE

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