



The MEHRIT Centre

2022/23

Course Calendar

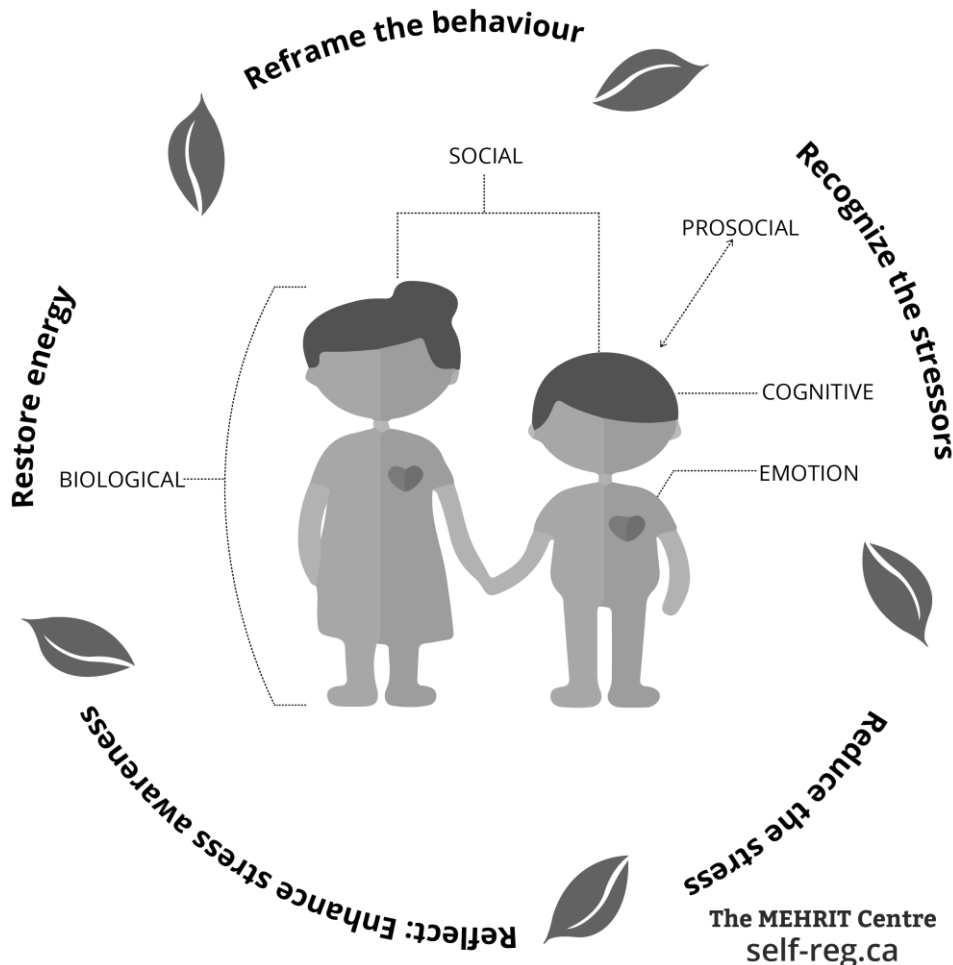
SELF-REG.CA/ONLINE

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.



PROGRAM STARTS AT A GLANCE

LEVEL 1

CERTIFICATE PROGRAMS

SELF-REG FOUNDATIONS CERTIFICATE PROGRAM

September 1, 2022

October 27, 2022

January 5, 2023

March 2, 2023

May 4, 2023

EARLY CHILDHOOD DEVELOPMENT PROGRAM

October 6, 2022

January 19, 2023

April 6, 2023

LEADERSHIP FOR SELF-REG SCHOOLS PROGRAM

October 20, 2022

February 2, 2023

May 11, 2023

LEVEL 2

CERTIFICATE PROGRAMS

*Requires the completion of a
Level 1 Certificate Program*

SELF-REG LEARNING FACILITATOR'S CERTIFICATE PROGRAM

November 3, 2022

February 9, 2023

REFRAMED: MASTERS OF SELF- REG REFRAMING CERTIFICATE PROGRAM

October 20, 2022

LIVING, LEARNING & LINKING CERTIFICATE PROGRAM

Start Anytime!

EQUITY PRICING

For those paying out of pocket we will be reserving 2x equity priced spots at 33% off for each certificate program cohort.

Apply [HERE](#)

GROUPS

Custom Start Dates & Discounts

For those with a large group of 25+ learners, we are able to offer private cohorts with a start date of your choosing. Simply reach out to info@self-reg.ca and we can collaborate with you to set this up.

Groups of 5+ are eligible for a **10% discount** on certificate programs.

SELF-REG FOUNDATIONS

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 2,000 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 & 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 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 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 4:

The Shanker Self-Reg Method in Context

4 Course Stream Options:

- a) Educator Stream:
- b) Self-Reg Specialist Stream:
- c) Early Years/Parent-Stream
- d) Personal Self-Reg Stream

SELF-REG FOUNDATIONS

2022/23 FOUNDATIONS CERTIFICATE PROGRAM START DATES

	SEPTEMBER 2022	OCTOBER 2022	JANUARY 2023	MARCH 2023	MAY 2023
EASE IN	Sept 1	Oct 27	Jan 5	Mar 2	May 4
MODULE 1	Sept 6	Nov 1	Jan 10	Mar 7	May 9
MODULE 2	Sept 13	Nov 8	Jan 17	Mar 14	May 16
MODULE 3	Sept 20	Nov 15	Jan 24	Mar 21	May 23
MODULE 4	Sept 27	Nov 22	Jan 31	Mar 28	May 30
MODULE 5	Oct 4	Nov 29	Feb 7	Apr 4	Jun 6
MODULE 6	Oct 11	Dec 6	Feb 14	Apr 11	Jun 13
END	Oct 17	Dec 12	Feb 20	Apr 17	Jun 19

REGISTER HERE

EARLY CHILDHOOD DEVELOPMENT

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.

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

2022/23 ECD CERTIFICATE PROGRAM START DATES

	OCTOBER 2022	JANUARY 2023	APRIL 2023
EASE IN	Oct 6, 2022	Jan 19, 2023	Apr 6, 2023
MODULE 1	Oct 11	Jan 24	Apr 11
MODULE 2	Oct 18	Jan 31	Apr 18
MODULE 3	Oct 25	Feb 7	Apr 25
MODULE 4	Nov 1	Feb 14	May 2
MODULE 5	Nov 15	Feb 28	May 16
MODULE 6	Nov 22	Mar 7	May 23
MODULE 7	Nov 29	Mar 14	May 30
MODULE 8	Dec 6	Mar 21	Jun 6
MODULE 9	Jan 10	Apr 4	Jun 20
MODULE 10	Jan 17	Apr 11	Jun 27
MODULE 11	Jan 24	Apr 18	Jul 4
MODULE 12	Jan 31	Apr 25	Jul 11
END	Feb 6, 2023	May 1, 2023	Jul 17, 2023

REGISTER HERE

LEADERSHIP FOR SELF-REG SCHOOLS

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

2022/23 LEADERSHIP CERTIFICATE PROGRAM START DATES

	OCTOBER 2022	FEBRUARY 2023	MAY 2023
EASE IN	Oct 20, 2022	Feb 2, 2023	May 11, 2023
MODULE 1	Oct 25	Feb 7	May 16
MODULE 2	Nov 1	Feb 14	May 23
MODULE 3	Nov 8	Feb 21	May 30
MODULE 4	Nov 15	Feb 28	Jun 6
MODULE 5	Nov 22	Mar 7	Jun 13
MODULE 6	Nov 29	Mar 14	Jun 20
MODULE 7	Dec 6	Mar 28	Jul 4
MODULE 8	Jan 10	Apr 4	Jul 11
MODULE 9	Jan 17	Apr 11	Jul 18
MODULE 10	Jan 24	Apr 18	Jul 25
MODULE 11	Jan 31	Apr 25	Aug 1
MODULE 12	Feb 7	May 2	Aug 8
END	Feb 13, 2023	May 8, 2023	Aug 14, 2023

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SELF-REG LEARNING FACILITATOR'S

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 (see TMC's Terms of Use) 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

PROGRAM OUTLINE

COURSE 1: The Shanker Method 1: Read and Reframe the Behaviour

COURSE 2: The Shanker Method 2: Recognize the Stressors

COURSE 3: The Shanker Method 3: Reduce the Stress

COURSE 4: The Shanker Method 4: Reflect, Enhance Stress Awareness

COURSE 5: The Shanker Method 5: Restore, Develop Personalized
Strategies (Resilience & Restoration)

COURSE 6: Full Circle

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SELF-REG LEARNING FACILITATOR'S

2022/23 FACILITATOR'S CERTIFICATE PROGRAM START DATES

	NOVEMBER 2022	FEBRUARY 2023
COURSE 1: EASE IN	Nov 3, 2022	Feb 9, 2023
MODULE 1	Nov 8	Feb 14
MODULE 2	Nov 15	Feb 21
MODULE 3	Nov 22	Feb 28
MODULE 4	Nov 29	Mar 7
COURSE 2: EASE IN	Jan 12, 2023	Mar 23, 2023
MODULE 5	Jan 17	Mar 28
MODULE 6	Jan 24	Apr 4
MODULE 7	Jan 31	Apr 11
MODULE 8	Feb 7	Apr 18
COURSE 3: EASE IN	Feb 23, 2023	May 4, 2023
MODULE 9	Feb 28	May 9
MODULE 10	Mar 7	May 16
MODULE 11	Mar 14	May 23
MODULE 12	Mar 21	May 30
COURSE 4: EASE IN	Apr 6, 2023	Jun 15, 2023
MODULE 13	Apr 11	Jun 20
MODULE 14	Apr 18	Jun 27
MODULE 15	Apr 25	Jul 4
MODULE 16	May 2	Jul 11
COURSE 5: EASE IN	May 18, 2023	Sept 7, 2023
MODULE 17	May 23	Sept 12
MODULE 18	May 30	Sept 19
MODULE 19	June 6	Sept 26
MODULE 20	June 13	Oct 3
COURSE 6: EASE IN	June 29, 2023	Oct 19, 2023
MODULE 21	July 4	Oct 24
MODULE 22	July 11	Oct 31
MODULE 23	July 18	Nov 7
MODULE 24	July 25	Nov 14
END	Jul 31, 2023	Nov 20, 2023

REFRAMED: MASTERS IN SELF-REG REGRAMING

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 REGRAMING

2022/23 REFRAMED CERTIFICATE PROGRAM START DATES

	OCTOBER 2022
EASE IN	Oct 20, 2022
MODULE 1	Oct 25
MODULE 2	Nov 8
MODULE 3	Nov 22
MODULE 4	Dec 6
MODULE 5	Jan 10, 2023
MODULE 6	Jan 24
MODULE 7	Feb 7
MODULE 8	Feb 21
MODULE 9	Mar 14
MODULE 10	Mar 28
MODULE 11	Apr 11
MODULE 12	Apr 25
END	May 8, 2023

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SELF-PACED LEARNING OFFERINGS

LIVING, LEARNING & LINKING CERTIFICATE



LEVEL 2 CERTIFICATE PROGRAM
\$1,695 Full Program
\$645/Course

SELF-REG PARENTING COURSE



AN INTRO TO SELF-REG FOR PARENTS
\$149 Full Course
Equity Pricing Available
Groups from \$199

FEELING STRESSED

A SELF-REG COURSE FOR TEENS



AN INTRO TO SELF-REG FOR TEENS
\$50 Full Program
Equity Pricing Available
Groups from \$250

SELF-REG MILITARY PARENTING COURSE



AN INTRO TO SELF-REG FOR MILITARY FAMILIES
\$149 Full Course
Groups from \$199

7 DAY SELF-REG CHALLENGE



A SELF-REG 7 DAY SPARK COURSE
\$30 Full Course

SELF-REG 101 FOR ALL

PROFESSIONAL LEARNING SERIES



SELF-REG 101 PROFESSIONAL LEARNING SERIES
\$600/group of 25
\$35 Individual Access

SELF-REG FRAMEWORK 101

PROFESSIONAL LEARNING SERIES



SELF-REG 101 INTRO TO THE 5 DOMAINS
\$600/group of 25
\$35 Individual Access

THE SHANKER METHOD 101

PROFESSIONAL LEARNING SERIES



SELF-REG 101 INTRO TO THE 5 STEPS
\$600/group of 25
\$35 Individual Access

CHECK OUT THE SHANKER SELF-REG[®] LEARNING HUB

FOR MORE SELF-REG LEARNING
 - Summer Symposium
 - Individual Webinars
 - Podcasts & More