



The MEHRIT Centre

2022/23

Course Calendar

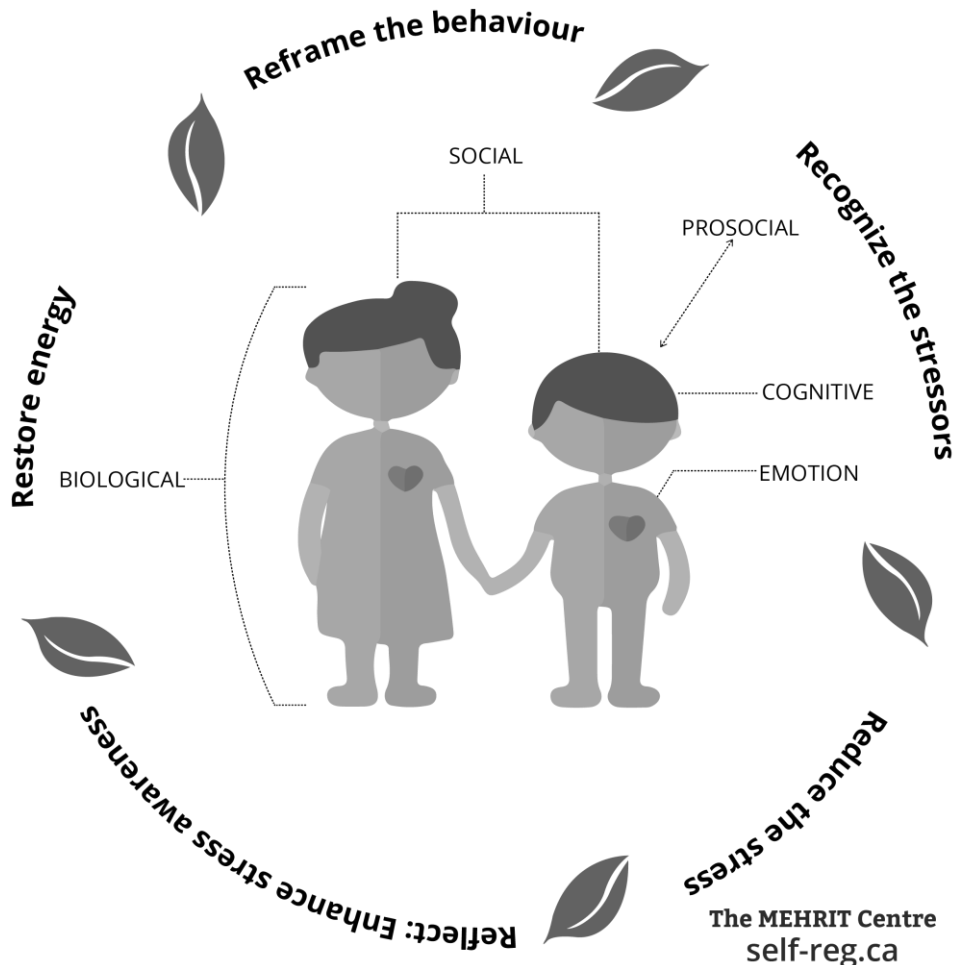
SELF-REG.CA/ONLINE

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.



The MEHRIT Centre
self-reg.ca

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 |

REGISTER HERE

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

REGISTER HERE

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 |

REGISTER HERE

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