



The MEHRIT Centre

2023

Course Calendar

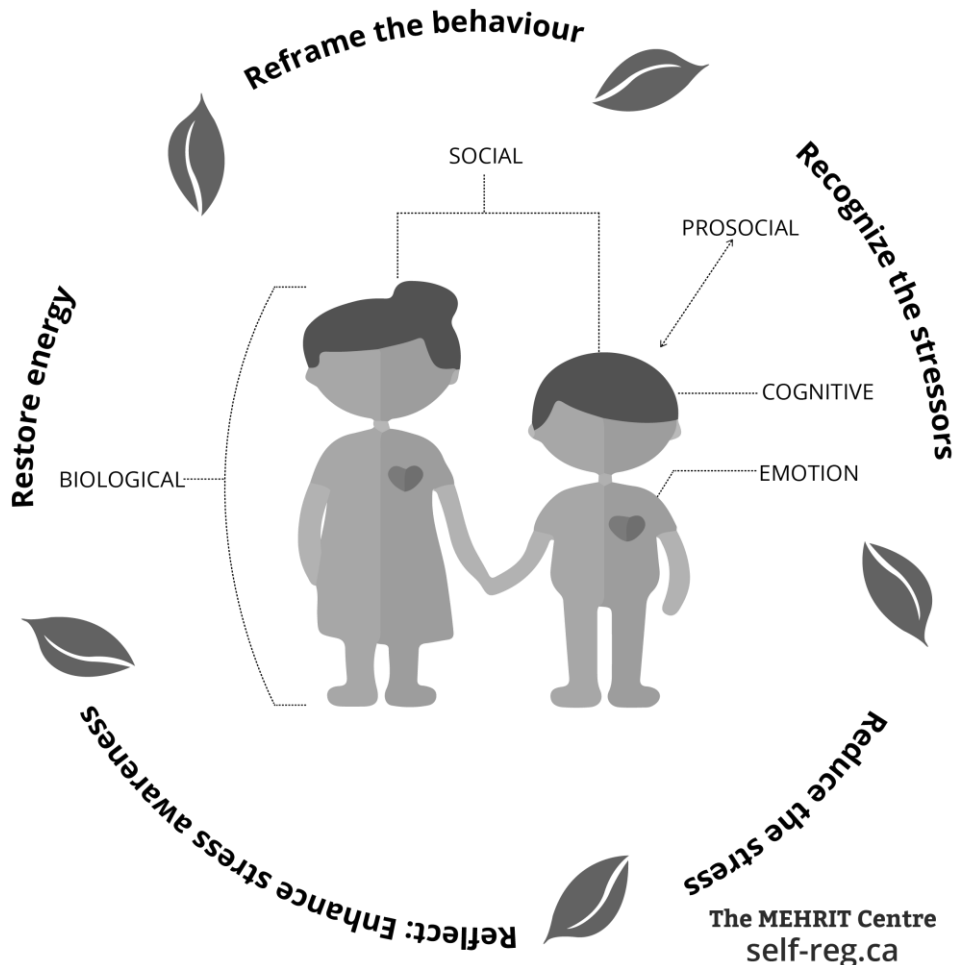
SELF-REG.CA/ONLINE

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

January 5, 2023
March 2, 2023
May 4, 2023
August 31, 2023
October 26, 2023

EARLY CHILDHOOD DEVELOPMENT PROGRAM

January 19, 2023
April 6, 2023
October 5, 2023

LEADERSHIP FOR SELF-REG SCHOOLS PROGRAM

February 2, 2023
May 11, 2023
August 24, 2023

LEVEL 2

CERTIFICATE PROGRAMS

*Requires the completion of a
Level 1 Certificate Program*

SELF-REG LEARNING FACILITATOR'S CERTIFICATE PROGRAM

February 9, 2023
October 12, 2023

LIVING, LEARNING & LINKING CERTIFICATE PROGRAM

Start Anytime!

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.

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**](#)

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

2023 FOUNDATIONS CERTIFICATE PROGRAM START DATES

	JANUARY 2023	MARCH 2023	MAY 2023	AUGUST 2023	OCTOBER 2023
EASE IN	Jan 5	Mar 2	May 4	Aug 31	Oct 26
MODULE 1	Jan 10	Mar 7	May 9	Sept 5	Oct 31
MODULE 2	Jan 17	Mar 14	May 16	Sept 12	Nov 7
MODULE 3	Jan 24	Mar 21	May 23	Sept 19	Nov 14
MODULE 4	Jan 31	Mar 28	May 30	Sept 26	Nov 21
MODULE 5	Feb 7	Apr 4	Jun 6	Oct 3	Nov 28
MODULE 6	Feb 14	Apr 11	Jun 13	Oct 10	Dec 5
END	Feb 20	Apr 17	Jun 19	Oct 16	Dec 11

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

2023 ECD CERTIFICATE PROGRAM START DATES

	JANUARY 2023	APRIL 2023	OCTOBER 2023
EASE IN	Jan 19, 2023	Apr 6, 2023	Oct 5, 2023
MODULE 1	Jan 24	Apr 11	Oct 10
MODULE 2	Jan 31	Apr 18	Oct 17
MODULE 3	Feb 7	Apr 25	Oct 24
MODULE 4	Feb 14	May 2	Oct 31
MODULE 5	Feb 28	May 16	Nov 14
MODULE 6	Mar 7	May 23	Nov 21
MODULE 7	Mar 14	May 30	Nov 28
MODULE 8	Mar 21	Jun 6	Dec 5
MODULE 9	Apr 4	Jun 20	Jan 9
MODULE 10	Apr 11	Jun 27	Jan 16
MODULE 11	Apr 18	Jul 4	Jan 23
MODULE 12	Apr 25	Jul 11	Jan 30
END	May 1, 2023	Jul 17, 2023	Feb 5, 2024

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

2023 LEADERSHIP CERTIFICATE PROGRAM START DATES

	FEBRUARY 2023	MAY 2023	AUGUST 2023
EASE IN	Feb 2, 2023	May 11, 2023	Aug 24, 2023
MODULE 1	Feb 7	May 16	Aug 29
MODULE 2	Feb 14	May 23	Sept 5
MODULE 3	Feb 21	May 30	Sept 12
MODULE 4	Feb 28	Jun 6	Sept 19
MODULE 5	Mar 7	Jun 13	Sept 26
MODULE 6	Mar 14	Jun 20	Oct 3
MODULE 7	Mar 28	Jul 4	Oct 17
MODULE 8	Apr 4	Jul 11	Oct 24
MODULE 9	Apr 11	Jul 18	Oct 31
MODULE 10	Apr 18	Jul 25	Nov 7
MODULE 11	Apr 25	Aug 1	Nov 14
MODULE 12	May 2	Aug 8	Nov 21
END	May 8, 2023	Aug 14, 2023	Nov 27, 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

2023 FACILITATOR'S CERTIFICATE PROGRAM START DATES

	FEBRUARY 2023	OCTOBER 2023
COURSE 1: EASE IN	Feb 9, 2023	Oct 12, 2023
MODULE 1	Feb 14	Oct 17
MODULE 2	Feb 21	Oct 24
MODULE 3	Feb 28	Oct 31
MODULE 4	Mar 7	Nov 7
COURSE 2: EASE IN	Mar 23, 2023	Jan 4, 2024
MODULE 5	Mar 28	Jan 9
MODULE 6	Apr 4	Jan 16
MODULE 7	Apr 11	Jan 23
MODULE 8	Apr 18	Jan 30
COURSE 3: EASE IN	May 4, 2023	Feb 15, 2024
MODULE 9	May 9	Feb 20
MODULE 10	May 16	Feb 27
MODULE 11	May 23	Mar 5
MODULE 12	May 30	Mar 12
COURSE 4: EASE IN	Jun 15, 2023	Mar 28, 2024
MODULE 13	Jun 20	Apr 2
MODULE 14	Jun 27	Apr 9
MODULE 15	Jul 4	Apr 16
MODULE 16	Jul 11	Apr 23
COURSE 5: EASE IN	Sept 7, 2023	May 9, 2024
MODULE 17	Sept 12	May 14
MODULE 18	Sept 19	May 21
MODULE 19	Sept 26	May 28
MODULE 20	Oct 3	Jun 4
COURSE 6: EASE IN	Oct 19, 2023	Jun 20, 2024
MODULE 21	Oct 24	Jun 25
MODULE 22	Oct 31	Jul 2
MODULE 23	Nov 7	Jul 9
MODULE 24	Nov 14	Jul 16
END		

SELF-PACED LEARNING OFFERINGS

LEVEL 2 CERTIFICATE PROGRAM

\$1,695 Full Program

\$645/Course

SELF-REG PARENTING COURSE

\$149 Full Course

Equity Pricing Available

Groups from \$199

FEELING STRESSED: A SELF-REG COURSE FOR TEENS

\$50 Full Program

Equity Pricing Available

Groups from \$250

SELF-REG MILITARY PARENTING COURSE

\$149 Full Course

Groups from \$199

SELF-REG 7 DAY CHALLENGE

\$30 Full Course

SELF-REG 101 FOR ALL PROFESSIONAL LEARNING SERIES

\$600/group of 25

\$35 Individual Access

SELF-REG FRAMEWORK 101: INTRO TO THE 5 DOMAINS

\$600/group of 25

\$35 Individual Access

THE SHANKER METHOD 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