For Immediate Release: June 19, 2023

9th Annual Self-Reg Symposium to Focus on Dysregulated Kids

From July 4-6, 2023, Dr. Stuart Shanker and Dr. Susan Hopkins will welcome educators, parents and various professionals who work with children and families to the 9th annual Self-Reg Summer Symposium (SRSS), at Trent University in Peterborough, Ontario.

Shanker Self-Reg® is Dr. Shanker’s five-practice method for dealing with stress to help people experience calm in mind and body and maintain or restore their energy in ways that help them be productive, content and engaged in growth, learning, relationships and navigating challenges. Dr. Shanker is the founder and visionary of The MEHRIT Centre (TMC) and Dr. Hopkins serves as Executive Director.

Since 2015, TMC has been teaching people who care for and work with children and youth to help them become better equipped to support the development of self-regulation in children, and, in particular, how to support children who are dysregulated due to high levels of excess stress.

This year’s symposium theme: We are the Strategy: Co-regulation with Dysregulated Kids, is vitally important in today’s world says Dr. Shanker. “When we say children are dysregulated we mean that they are dealing with high levels of stress. As a result their ability to pay attention, learn and interact socially — their entire well-being in fact — is impaired because their brains and bodies are burning up most of their energy trying to deal with the excess stress.”

Dr. Shanker maintains that dysregulation caused by excess stress, rather than disobedience or “poor choices,” are at the root of many of the behaviour, mood and motivation problems we are seeing in today’s children. “If we want to help these children and address the explosion of behaviour and mental health problems in today’s children and youth we need to deal with their dysregulation before we try to reach and influence them through teaching and other cognitive methods.”

Dr. Hopkins adds, "The best way to help dysregulated children and youth is to help them feel calm and capable, and that happens in the context of supportive relationships — how we interact with them. That’s why we chose “We Are The Strategy” as the name for this year’s symposium. This annual event is an important part of our work to help educators, mental
health professionals and parents learn new and more helpful ways to understand and respond to children dealing with excess stress.”

This theme will be explored in various sessions over the three day symposium, anchored by keynotes from Shanker, Hopkins, and child psychiatrist and author, Dr. Jean Clinton. Other sessions will also feature talks and workshops led by Self-Reg educators and practitioners from across Canada and around the world, who will share how they integrate Self-Reg into their professional and personal lives, and the difference that has made.

More information, including how to register for SRSS, can be found on The MEHRIT Centre website: self-reg.ca/srss/

At a Glance: Summer Self-Reg Symposium, July 4-6 2023, Trent University, Peterborough, Ontario
About Self-Reg and The MEHRIT Centre

What We Do
At The MEHRIT Centre, we use the Shanker Self-Reg® Framework as a basis for teaching people who care for and work with children and youth – parents, early years professionals and school teams – so they are better equipped to support dysregulated kids.

Self-Reg Is
A five-step method (and framework) to deal with stress so that we experience calm in mind and body and, from there, begin to restore energy physiologically, emotionally, psychologically and socially.

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Stuart Shanker (DPhil)
Founder & Visionary

Susan Hopkins, EdD
Executive Director
Susan has over 25 years of experience in all levels of education, including roles as teacher, vice-principal, curriculum developer, and inclusion coordinator. Through her work in Canada and internationally with The MEHRIT Centre, Susan’s leadership has advanced Shanker Self-Reg® learnings, amplifying Self-Reg initiatives that support children, adults and communities. Susan co-authored the Self-Reg Schools Handbook for Educators with Dr. Stuart Shanker.

For interviews with Dr. Shanker or Dr. Hopkins contact: info@self-reg.ca