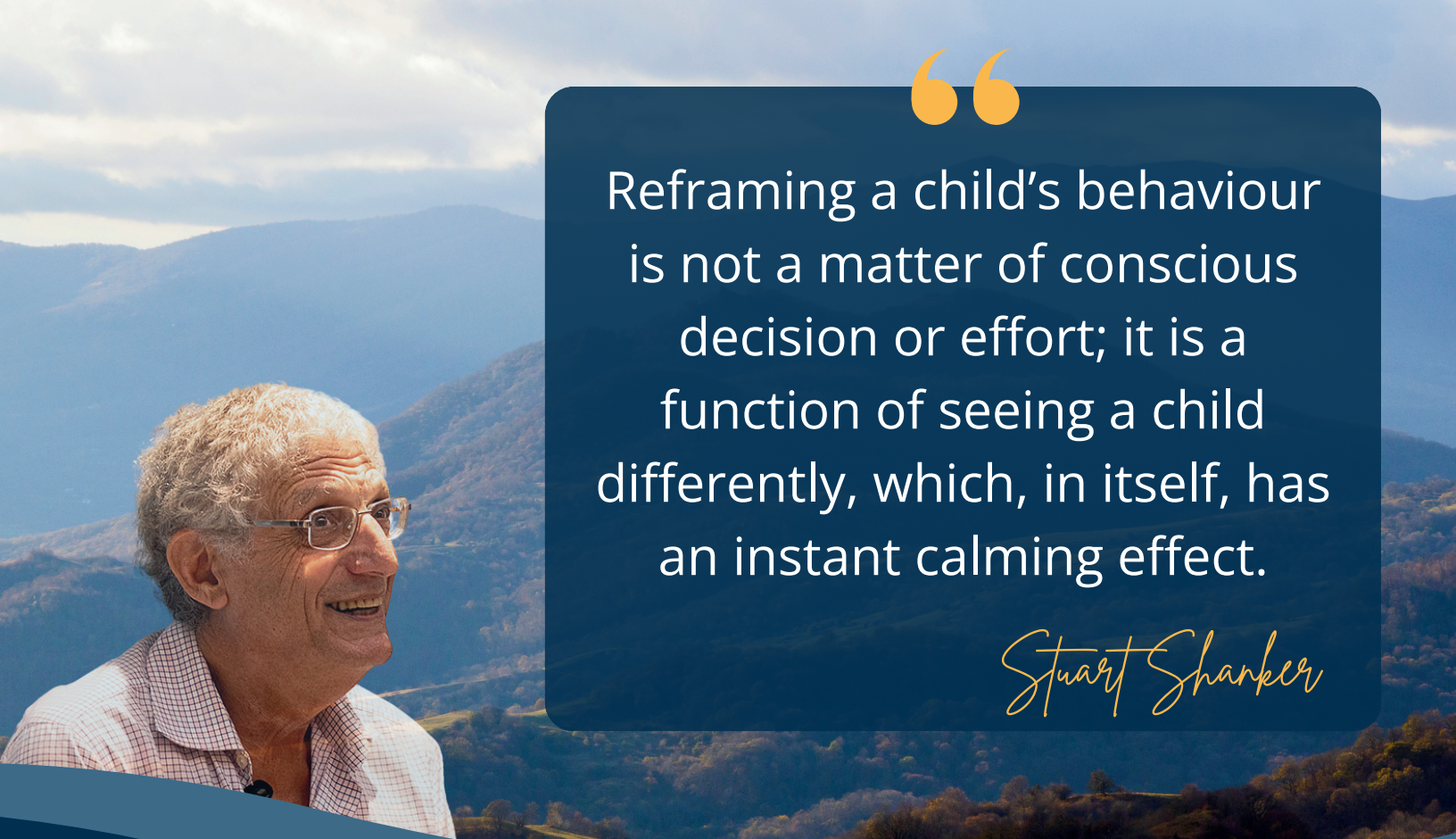




“

Reframing a child's behaviour is not a matter of conscious decision or effort; it is a function of seeing a child differently, which, in itself, has an instant calming effect.

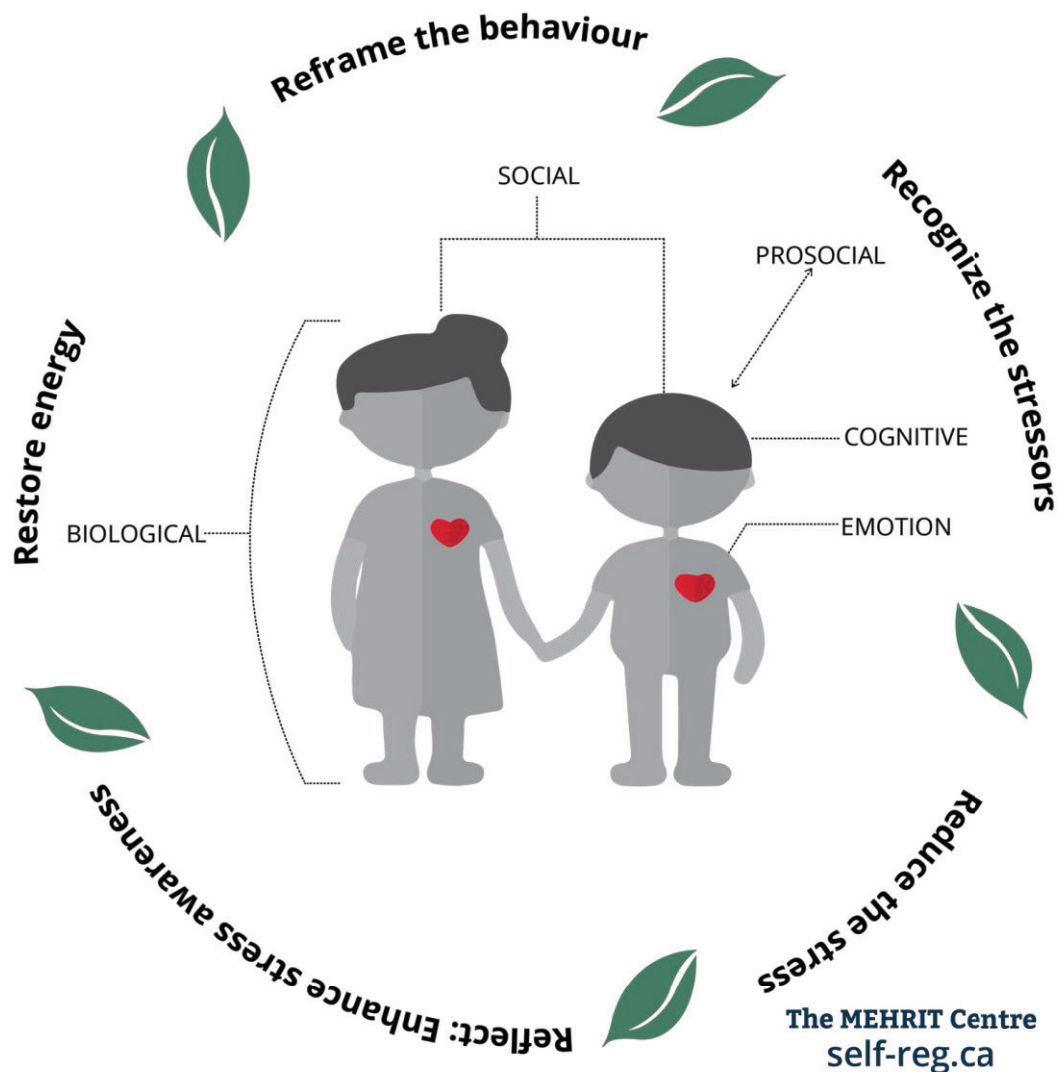
Stuart Shanker

2025 Course Calendar

WHAT IS SELF-REG?

Shanker Self-Reg® is a powerful framework for enhancing self-regulation by understanding and addressing stress across five interconnected domains: biological, emotion, cognitive, social, and prosocial. Created by renowned Canadian expert Dr. Stuart Shanker (DPhil), Self-Reg equips educators, mental health professionals, parents, and leaders around the world with tools to transform behavioural, emotional, and social challenges into opportunities for growth. By uncovering the hidden stressors beneath difficult behaviours, Self-Reg empowers people to thrive—even in the most demanding situations.

1. **REFRAME** the behaviour.
2. **RECOGNIZE** the stressors (across the five domains).
3. **REDUCE** the stress load and the stress response.
4. **REFLECT**: enhance brain-body stress state awareness.
5. **RESTORE**: energy, balance, relationships, focus, empathy and hope.



PROGRAM STARTS AT A GLANCE

LEVEL 1

CERTIFICATE PROGRAMS

SELF-REG FOUNDATIONS CERTIFICATE

- January 2, 2025
- March 6, 2025
- May 8, 2025
- August 28, 2025
- October 30, 2025

SELF-REG EARLY CHILDHOOD DEVELOPMENT

- January 23, 2025
- April 3, 2025
- July 10, 2025
- October 16, 2025

SELF-REG AND LEADERSHIP IN SCHOOLS

- February 13, 2025
- June 12, 2025
- November 6, 2025

SELF-REG FOR EDUCATION ASSISTANTS

- January 9, 2025
- May 15, 2025
- September 11, 2025

LEVEL 2

CERTIFICATE PROGRAMS

Prerequisite: A Level 1 Certificate

SELF-REG LEARNING FACILITATOR CERTIFICATE PROGRAM

- May 29, 2025
- November 20, 2025

GRAY BRAIN SCIENCE and BEHAVIOUR

- January 16, 2025
- August 7, 2025

LIVING, LEARNING & LINKING CERTIFICATE PROGRAM

- Start Anytime!

ASK COURSES:

APPLIED SELF-REG KNOWLEDGE

ENHANCING RESILIENCE

- February 27, 2025
- October 9, 2025

REFRAMING BULLYING

- January 30, 2025
- September 25, 2025

REFRAMING MORAL WELLBEING

- Coming fall, 2025

GROUPS Custom Start Dates & Discounts

For groups of 25+, private cohorts can be arranged with flexible start dates—contact info@self-reg.ca to set this up.

Groups of 5+ receive 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 FOR EDUCATION ASSISTANTS

LEVEL 1 CERTIFICATE PROGRAM

\$745 CAD FULL PROGRAM

Education Assistants (EAs) serve as the unsung heroes of the educational system, providing invaluable support to students with unwavering dedication, knowledge, and heart. From guiding students in their earliest learning stages to navigating the complexities of secondary education, their influence reverberates throughout every classroom and corridor, profoundly shaping the educational journey of countless students.

In the course "Self-Reg for Education Assistants," participants embark on a transformative journey spanning 12 modules over 3 months. Learners will:

- Delve into the nuances of Shanker Self-Reg®.
- Refine their abilities in reframing behaviour, identifying and mitigating stressors, and enhancing brain-body state awareness.
- Participants will learn techniques for restoring energy, focus, relationships, and hope.
- By the journey's end, participants will enhance their understanding and application of Self-Reg and develop a comprehensive toolkit of new strategies and insights to apply in their daily work and within their schools.

PROGRAM OUTLINE

Module 1: Self-Reg for EAs

Module 2: Reframing Behaviour

Module 3: Co-Reg and Dysregulated Students

Module 4: Recognizing Stressors

Module 5: Co-Reg and Stress Detecting

Module 6: Reducing the Stress Load

Module 7: Co-Reg and Going Beyond Coping

Module 8: Reflective Practice and Stress States

Module 9: Reflect ~ Co-Reg

Module 10: Restore

Module 11: Restoring Co-Regulation

Module 12: Integration and Conclusion

By the journey's end, participants will enhance their understanding and application of Self-Reg as Education Assistants and develop a comprehensive toolkit of new strategies and insights to apply in their daily work and within their schools.

This course is a collaboration between The MEHRIT Centre and Kristin Wiens, whose book, specifically for Education Assistants, is an integral component of this content.

SELF-REG FOR EDUCATION ASSISTANTS

LEVEL 1 CERTIFICATE PROGRAM

2025 SELF-REG FOR EDUCATION ASSISTANTS START DATES

	January 2025	May 2025	September 2025
EASE IN	Jan 9	May 15	Sept 11
MODULE 1	Jan 14	May 20	Sep 16
MODULE 2	Jan 28	May 27	Sep 23
MODULE 3	Feb 4	Jun 3	Sep 30
MODULE 4	Feb 11	Jun 10	Oct 7
MODULE 5	Feb 18	Jun 17	Oct 14
MODULE 6	Feb 25	Jun 24	Oct 21
MODULE 7	Mar 11	Jul 8	Nov 4
MODULE 8	Mar 18	Jul 15	Nov 11
MODULE 9	Mar 25	Jul 22	Nov 18
MODULE 10	Apr 1	Jul 29	Nov 25
MODULE 11	Apr 8	Aug 5	Dec 2
MODULE 12	Apr 15	Aug 12	Dec 9
END	Apr 21	Aug 18	Dec 15

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

2025 ECD CERTIFICATE PROGRAM START DATES

	January 2025	April 2025	July 2025	October 2025
EASE IN	Jan 23	Apr 3	Jul 10	Oct 16
MODULE 1	Jan 28	Apr 8	Jul 15	Oct 21
MODULE 2	Feb 4	Apr 15	Jul 22	Oct 28
MODULE 3	Feb 11	Apr 22	Jul 29	Nov 4
MODULE 4	Feb 18	Apr 29	Aug 5	Nov 11
MODULE 5	Mar 4	May 13	Aug 19	Nov 25
MODULE 6	Mar 11	May 20	Aug 26	Dec 2
MODULE 7	Mar 18	May 27	Sep 2	Dec 9
MODULE 8	Mar 25	Jun 3	Sep 9	Dec 16
MODULE 9	Apr 8	Jun 17	Sep 23	Jan 6
MODULE 10	Apr 15	Jun 24	Sep 30	Jan 13
MODULE 11	Apr 22	Jul 1	Oct 7	Jan 20
MODULE 12	Apr 29	Jul 8	Oct 14	Jan 27
END	May 5	Jul 14	Oct 20	Feb 2, 2026

REGISTER HERE

SELF-REG AND LEADERSHIP IN SCHOOLS

LEVEL 1 CERTIFICATE PROGRAM
\$850 Full Program

****NEW ACCELERATED
VERSION NOW
AVAILABLE FOR
2025**

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



SELF-REG AND LEADERSHIP IN SCHOOLS

2025 SELF-REG AND LEADERSHIP IN SCHOOLS START DATES

	February 2025	May 2025	October 2025
EASE IN	Feb 13	June 12	Nov 6
MODULE 1	Feb 18	Jun 17	Nov 11
MODULE 2	Feb 25	Jun 24	Nov 18
MODULE 3	Mar 4	Jul 1	Nov 25
MODULE 4	Mar 11	Jul 8	Dec 2
MODULE 5	Mar 18	Jul 15	Dec 9
MODULE 6	Mar 25	Jul 22	Dec 16
MODULE 7	Apr 8	Aug 5	Jan 6
MODULE 8	Apr 15	Aug 12	Jan 13
MODULE 9	Apr 22	Aug 19	Jan 20
MODULE 10	Apr 29	Aug 26	Jan 27
MODULE 11	May 6	Sep 2	Feb 3
MODULE 12	May 13	Sep 9	Feb 10
END	May 19	Sept 15	Feb 16, 2026

REGISTER 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 program. 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

2025 FOUNDATIONS CERTIFICATE PROGRAM START DATES

	January 2025	March 2025	May 2025	August 2025	October 2025
EASE IN	Jan 2	Mar 6	May 8	Aug 28	Oct 30
MODULE 1	Jan 7	Mar 11	May 13	Sep 2	Nov 4
MODULE 2	Jan 14	Mar 18	May 20	Sep 9	Nov 11
MODULE 3	Jan 21	Mar 25	May 27	Sep 16	Nov 18
MODULE 4	Jan 28	Apr 1	Jun 3	Sep 23	Nov 25
MODULE 5	Feb 4	Apr 8	Jun 10	Sep 30	Dec 2
MODULE 6	Feb 11	Apr 15	Jun 17	Oct 7	Dec 9
END	Feb 17	Apr 21	Jun 23	Oct 13	Dec 16

REGISTER HERE



ENHANCING RESILIENCE

APPLIED SELF-REG KNOWLEDGE (ASK) COURSE

\$745

Our First Applied Self-Reg Certificate Program

In this Self-Reg program focused on resilience, we learn how to identify and overcome what is holding back many children and teens. We can spark their ability and desire to take on new learning, new challenges and new opportunities for increased health, well-being and community building.

PROGRAM OUTLINE

PART 1:

Stress in Today's World – 2 Modules

In part 1 of this course, learners will explore how our thinking about stress has evolved from a mechanical concept and how that left us attempting to manage stress with self-control.

PART 3:

Resilience is a State not a Trait - 3 Modules

In part 3 of this course, learners will understand the importance of shifting from describing to explaining it through exploring the history of the concept of resilience and the role systems in the midbrain and the cerebellum play in shifting states of resilience.

PART 2:

Want vs. Need - 3 Modules

In part 2 of this course, learners will consider the links between activity in the brain's subcortical areas and our apparent need for instant gratification.

PART 4:

Applied Self-Reg – 2 Modules

Apply the learning from parts 1-3 of this course to create a next steps plan for your context, which will include:

- A summary of the key takeaways from the course
- Opportunities to apply the learning to scenarios and case examples
- A personalized Self-Reg toolkit, adapted from the tools and strategies provided within the course

ENHANCING RESILIENCE

2025 RESILIENCE PROGRAM START DATES

	February 2025	October 2025
EASE IN	Feb 27	Oct 9
MODULE 1	Mar 4	Oct 14
MODULE 2	Mar 11	Oct 21
MODULE 3	Mar 18	Oct 28
MODULE 4	Mar 25	Nov 4
MODULE 5	Apr 1	Nov 11
MODULE 6	Apr 15	Nov 25
MODULE 7	Apr 22	Dec 2
MODULE 8	Apr 29	Dec 9
MODULE 9	May 6	Jan 6
MODULE 10	May 13	Jan 13
MODULE 11	May 20	Jan 20
END	May 26	Jan 26

REGISTER HERE

REFRAMING BULLYING WITH APPLIED SELF-REG KNOWLEDGE

\$745

Join Stuart Shanker and Susan Hopkins in this empowering online course designed to deepen understanding of bullying behaviours in schools and communities through the lens of science and applied Self-Reg knowledge.

Reframing Bullying with Applied Self-Reg Knowledge is a 12-module, 3-month course that brings together cutting-edge science, real-life scenarios, personal anecdotes, and practical tools, all tailored to the unique challenges faced in schools and communities today.

By the end of the course, participants will:

- Develop a profound understanding of the roots and dynamics of bullying behaviour in children and youth.
 - Understand the neurobiological underpinnings of aggression in youth, connecting it to bullying behaviours.
 - Explore the Bullying Cycle deeply and develop targeted intervention strategies.
 - Learn the transformative power of the CARE System—a primitive emotion circuit in the subcortical brain.
 - Use the Self-Reg framework to plan for a refreshed approach to the longstanding problem of bullying in schools and communities. Consider, as part of a holistic lens on reducing bullying in schools.
-
- Develop practical strategies to address complex bullying issues within the intricate fabric of schools and communities.
 - Explore ways to enhance the effectiveness of other locally led and locally valued anti-bullying initiatives.

PROGRAM OUTLINE

Module 1: Lack of CARE Begets Bullying

Module 2: The Yin-Yang of Self-Regulation

Module 3: The Roots of Aggression

Module 4: The Bullying Cycle in School Settings

Module 5: Neurobiology of the play and dominance primitive emotion circuits (PECs)

Module 6: The Missing Piece

Module 7: The Not-So-Hidden Epidemic

Module 8: No Such Thing as a Bad Kid

Module 9: Roots of Empathy in Youth and Communities

Modules 10 – 12: Applied Self-Reg Knowledge

SELF-REG AND REFRAMING BULLYING

APPLIED SELF-REG KNOWLEDGE (ASK) COURSE

2025 SELF-REG AND REFRAMING BULLYING START DATES

	January 2025	September 2025
EASE IN	Jan 30	Sept 25
MODULE 1	Feb 4	Sep 30
MODULE 2	Feb 11	Oct 7
MODULE 3	Feb 18	Oct 14
MODULE 4	Feb 25	Oct 21
MODULE 5	Mar 4	Oct 28
MODULE 6	Mar 18	Nov 11
MODULE 7	Mar 25	Nov 18
MODULE 8	Apr 1	Nov 25
MODULE 9	Apr 8	Dec 2
MODULE 10	Apr 15	Dec 9
END	Apr 21	Dec 15

REGISTER HERE

REFRAMING STRESS BEHAVIOUR WITH GRAY BRAIN SCIENCE

LEVEL 2 CERTIFICATE

\$1500

Delve into brain evolution, neurochemical systems, and practical applications that address complex behaviours through a groundbreaking scientific lens. Whether you're an educator, parent, leader, or clinician, this course offers essential tools to enhance your understanding and management of stress behaviour in children, youth, and ourselves.

PROGRAM OUTLINE

Module 1: Triune 2.0

Module 2: Strains in Classical View of Triune Brain

Module 3A: Bricolage Part 1

Module 3B: Bricolage Part 2

Module 4: The Mechanist/Vitalist Debates

Module 5A: A Tangled Skein Part 1

Module 5B: A Tangled Skein Part 2

Module 6A: Our PAINful Past Part 1

Module 6B: Our PAINful Past Part 2

Module 7A: Can Rats Feel Pain: Part 1: A Primer in Philosophy

Module 7B: Can Rats Feel Pain: Part 2

Module 8A: A Wittgensteinian in Self-Control's Court Part 1

Module 8B: A Wittgensteinian in Self-Control's Court Part 2

Module 9A: Who's in Charge? Part 1

Module 9B: Who's in Charge? Part 2

Module 10A: Homo Confabuloso Part 1

Module 10B: Homo Confabuloso Part 2



STARTS

ENDS

January
2025

Jan 16

June 30

August
2025

Aug 7

Dec 15

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 you will :

- 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 (Canada only), 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. (in Canada only)

PROGRAM OUTLINE

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

COURSE 2: The Shanker Method 2: Recognize the Stressors

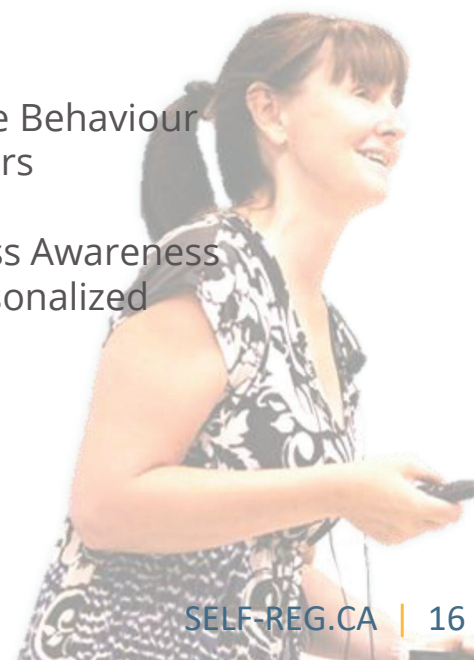
COURSE 3: The Shanker Method 3: Reduce the Stress

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

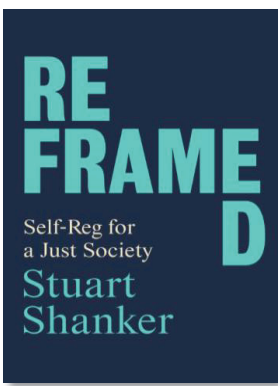
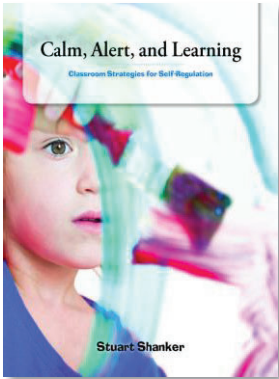
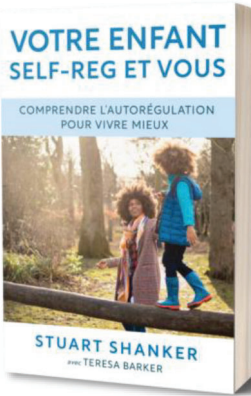
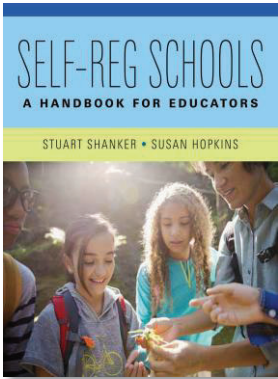
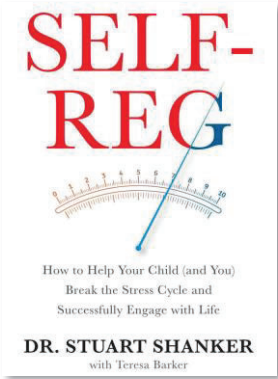
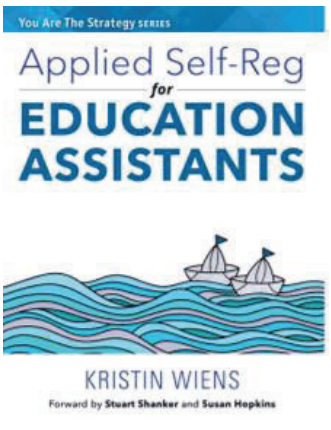
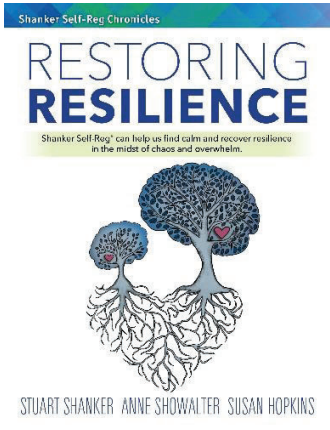
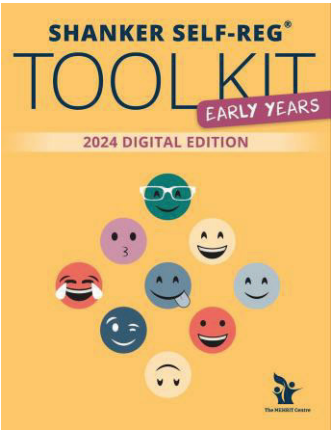


SELF-REG LEARNING FACILITATOR'S

2025 FACILITATOR'S CERTIFICATE PROGRAM START DATES

	May 2025	November 2025
COURSE 1: EASE IN	May 29, 2025	Nov 20, 2025
MODULE 1	Jun 3	Nov 25
MODULE 2	Jun 10	Dec 2
MODULE 3	Jun 17	Dec 9
MODULE 4	Jun 24	Dec 16
COURSE 2 EASE IN	Jul 8	Jan 6
MODULE 5	Jul 15	Jan 13
MODULE 6	Jul 22	Jan 20
MODULE 7	Jul 29	Jan 27
MODULE 8	Aug 5	Feb 3
COURSE 3: EASE IN	Aug 19	Feb 17
MODULE 9	Aug 26	Feb 24
MODULE 10	Sep 2	Mar 3
MODULE 11	Sep 9	Mar 10
MODULE 12	Sep 16	Mar 17
COURSE 4: EASE IN	Sep 30	Mar 31
MODULE 13	Oct 7	Apr 7
MODULE 14	Oct 14	Apr 14
MODULE 15	Oct 21	Apr 21
MODULE 16	Oct 28	Apr 28
COURSE 5: EASE IN	Nov 11	May 12
MODULE 17	Nov 18	May 19
MODULE 18	Nov 25	May 26
MODULE 19	Dec 2	Jun 2
MODULE 20	Dec 9	Jun 9
COURSE 6: EASE IN	Jan 6	Jun 23
MODULE 21	Jan 13	Jun 30
MODULE 22	Jan 20	Jul 7
MODULE 23	Jan 27	Jul 14
MODULE 24	Feb 3	Jul 21
END	Feb 9, 2026	July 27, 2026

SELF-REG PUBLICATIONS



SELF-REG® TOOLS

Shanker Self-Reg® Toolkit

Learning to incorporate Shanker Self-Reg® into practice is an ongoing learning journey. Our Self-Reg 2024 Toolkit for individuals and for teams of 25 includes 60 tools that can be used to help infuse Self-Reg through day-to-day practice and assess Self-Reg progress and learning.

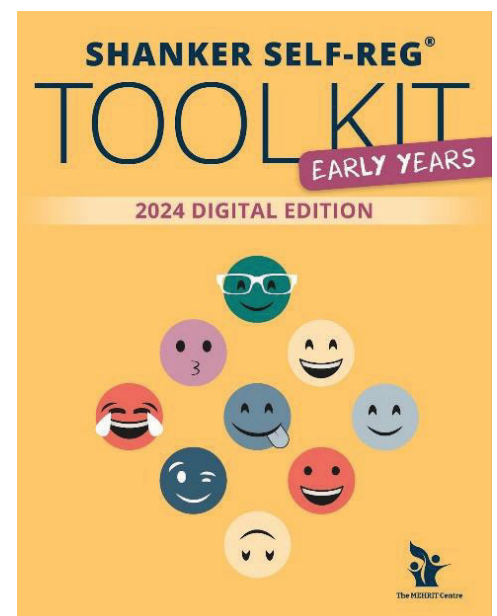
**Individual and Team
Access is Available.**



Shanker Self-Reg® Toolkit – Early Years

By popular demand and as follow-up to our TOOLKIT 2024, we are excited to share our newest Toolkit with a focus on the Early Years.

**Individual and Team
Access is Available.**



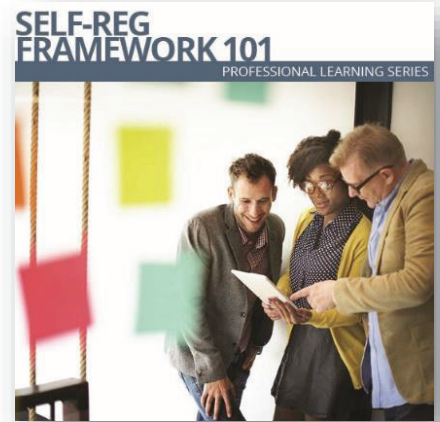
SELF-PACED LEARNING OFFERINGS

Self-Reg Professional Learning Series

Self-Directed Professional Learning Series (through our Self-Reg Learning Hub)

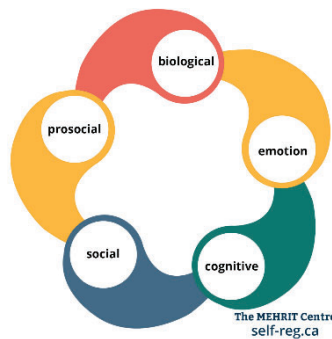
Self-Reg Framework 101

How do we help THAT child or ourselves? To understand where behaviour is coming from, we must understand all the stressors that led up to that moment. In this 6-module online course, initially developed for teams, Dr. Susan Hopkins will introduce you to the 5 Domains of Self-Reg (Biological, Emotion, Cognitive, Social, & Prosocial) and some Self-Reg basics. [This is a fantastic Self-Reg Introductory course.](#)



Explore the 5 Domains of Stress

- Biological
- Emotion
- Cognitive
- Social
- Prosocial



About the Course:

- 6 Online Modules
- Self-Paced Video & Reflective Content
- Discussion Guide Included (for groups)
- Flexible Time Commitment
- Single Login
- 1 Year Access

Course Overview:

- **Module 1:** Intro to the Self-Reg Framework and The Shanker Method®: What is Self-Reg?
- **Module 2:** The Biological Domain
- **Module 3:** The Emotion Domain
- **Module 4:** The Cognitive Domain
- **Module 5:** The Social Domain
- **Module 6:** The Prosocial Domain

Flexible Group Access:

Whether in person or sharing your login with your team of 25 for remote professional learning, this offering is designed to suit your needs. Watch videos and choose how deeply you want to dive into the reflection questions as a group.



SELF-PACED LEARNING OFFERINGS

Self-Reg Professional Learning Series

Self-Directed Professional Learning Series (through our Self-Reg Learning Hub)

Shanker Method 101

Understanding stressors involved in behaviour and well-being is a huge first step for many, but where to from there? [This professional learning series](#) explores the 5 Steps (or Practices) of Self-Reg: Reframe, Recognize, Reduce, Reflect, & Restore. These steps give us the framework not only to understand stress but to reduce it both in the moment and in future occurrences.



This six-session online course intends to build on the Self-Reg Framework 101 learning offering but can also be taken as a standalone option for those interested in focusing on learning the 5-Step Method of Self-Reg; Reframe, Recognize, Reduce, Reflect, & Restore. This method is really the heart of Self-Reg and builds on the understanding of stressors across the five domains (biological, emotion, cognitive, social, prosocial).

Explore the 5 Steps of Practices of Self-Reg

- Reframe the Behaviour
- Recognize the Stressors
- Reduce the Stress
- Reflect: Enhance Stress Awareness
- Restore Energy

About the Course:

- 6 Online Modules
- Self-Paced Video & Reflective Content
- Discussion Guide Included (for groups)
- Flexible Time Commitment
- Single Login
- 1 Year Access

Course Overview:

- **Module 1:** What is Self-Reg? The Framework and The Shanker Method®
- **Module 2:** Read & Reframe the Behaviour
- **Module 3:** Recognize the Stressors
- **Module 4:** Reduce the Stressors
- **Module 5:** Reflect: Enhance Stress Awareness
- **Module 6:** Restore: Develop Personal Strategies for Resilience & Restoration

Flexible Group Access:

Whether in person or sharing your login with your team of 25 for remote professional learning, this offering is designed to suit your needs. Watch videos and choose how deeply you want to dive into the reflection questions as a group.



SELF-PACED LEARNING OFFERINGS

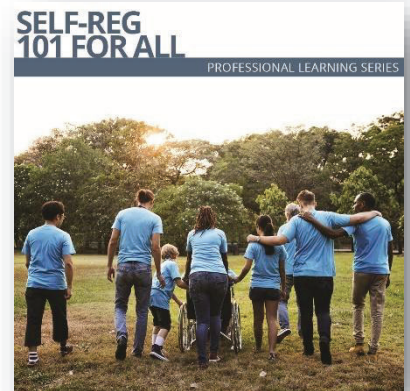
Self-Reg Professional Learning Series

Self-Directed Professional Learning Series (through our Self-Reg Learning Hub)

Self-Reg 101 for All

Self-Reg is for all, not just our children. Explore with us how stress awareness & understanding can support the well-being of all those in your life. This is a great offering for those looking to bring Self-Reg to their place of work, community, or just to learn a bit of Self-Reg themselves.

Our 101 for All Professional Learning Series offers a focused introduction to Self-Reg for anyone looking to learn more about understanding and managing energy, tension, and stress. This course is applicable to any profession or area of interest, including the fields of health care, mental health, government, law enforcement, or even corporate teams.



Explore the 5 Steps & 5 Domains

- Reframe the Behaviour
- Recognize the Stressors Across 5 Domains (Biological, Emotion, Cognitive, Social & Prosocial)
- Reduce the Stress
- Reflect: Enhance Stress Awareness
- Restore Energy

About the Course:

- 6 Online Modules
- Self-Paced Video & Reflective Content
- Discussion Guide Included (for groups)
- Flexible Time Commitment
- Single Login
- 1 Year Access

Flexible Group Access:

Whether in person or sharing your login with your team of 25 for remote professional learning, this offering is designed to suit your needs. Watch videos and choose how deeply you want to dive into the reflection questions as a group.

Course Overview:

- **Module 1:** Introduction to the Self-Reg Framework
- **Module 2:** Practice 1: Reframe the Behaviour
- **Module 3:** Practice 2: Recognize the Stressors
- **Module 4:** Practice 3: Reduce the Stress Load
- **Module 5:** Practice 4: Reflect: Enhance Stress Awareness
- **Module 6:** Practice 5: Restore Energy



SELF-PACED LEARNING OFFERINGS

Self-Reg Professional Learning Series

Self-Directed Professional Learning Series (through our Self-Reg Learning Hub)

Self-Reg Haven's 101

A haven is not just a place. A haven is where safety and relationships can unlock the potential of a child so that learning can occur. Havens are nurtured through our actions, through people, our relationships, and the spaces held between. Havens are not about perfection, but a social ecology of people – children, educators, staff, families.

Self-Reg Havens 101 is a 5-module Professional Learning Series Course that gives teams a unique opportunity to learn together about Self-Reg Havens and how to build one in educational settings, workplaces and communities.

Each module will focus on one of the five Look-Fors of a Self-Reg Haven, as outlined in *Self-Reg Schools: A Handbook for Educators*, by Drs. Stuart Shanker and Susan Hopkins. Learn from the wisdom and experience of Stuart, Susan as well as the first-hand experience of other professionals who have worked to develop Self-Reg Havens in various settings.

Explore the 5 Look Fors

- Safe
- Rooted
- Balanced
- Capable
- Trusted

About the Course:

- Intro + 5 Online Modules
- Self-Paced Video & Reflective Content
- Additional Resources
- Flexible Time Commitment

Course Overview:

- **Welcome & Introduction**
- **Module 1:** Safe
- **Module 2:** Rooted
- **Module 3:** Balanced
- **Module 4:** Capable
- **Module 5:** Trusted



Flexible Group Access:

Whether in person or sharing your login with your team of 25 for remote professional learning, this offering is designed to suit your needs. Watch videos and choose how deeply you want to dive into the reflection questions as a group.



SELF-PACED LEARNING OFFERINGS

FOR PARENTS

Self-Reg Parenting Course

(through the Self-Reg Learning Hub)

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.

SELF-REG
PARENTING COURSE



ABOUT THE COURSE:

- 10 Modules
- Parent Stories
- Module Quizzes
- Transcripts
- Certificate
- Single Shared Group Log In (for Groups)
- 1-Year of Access

The course material consists of videos which parents can watch at their convenience, and rewatch as often as they like over a 1-year period.

COURSE OVERVIEW

- **Welcome to the Self-Reg Parenting Course**
- **Module 1:** What is Self-Reg?
- **Module 2:** The 5 Domains
- **Module 3:** Reframe the Behaviour
- **Module 4:** Recognize Stressors
- **Module 5:** Reduce the Stress Load
- **Module 6:** Reflect, Enhance Stress Awareness
- **Module 7:** Restoration & Balance
- **Module 8:** Self-Reg in Practice
- **Module 9:** In the Heat of the Moment
- **Module 10:** Sharing Self-Reg with Other Adults
- **Parent Stories**

Group & Individual Purchase Options Available:

- **Individual** - \$149 + HST
- **Group 2-5** - \$199 + HST
- **Group 6-15** - \$499 + HST
- **Group of 100** - \$1,499 + HST



SELF-PACED LEARNING OFFERINGS

FOR PARENTS

\$75

Breaking the Stress Cycle (through our Self-Reg Learning Hub)

A self-paced, 12 module parenting course that makes a great companion to Dr. Shanker's 2016 book, *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life*. Enjoy new video content from Dr. Shanker and Susan Hopkins as they cover each chapter of the book with their latest insights into each topic.



About the Course:

- Self-paced & instant access.
- 12 modules exploring each chapter of the book.
- New content and the latest insights from Dr. Shanker.
- Earn a certificate of completion.

COURSE OVERVIEW

- **Module 1** – The Power of Self-Reg
- **Module 2** – More than Marshmallows: Self-Regulation Vs. Self-Control
- **Module 3** – No Small Matter: Arousal Regulation & The Interbrain
- **Module 4** – Under the Boab Tree: The Five Domain Model for Self-Reg
- **Module 5** – Eat, Play, Sleep: The Biological Domain
- **Module 6** – Monster in the Attic: The Emotion Domain
- **Module 7** – Calm, Alert & Learning: The Cognitive Domain
- **Module 8** – A New Lens for Looking at Social Development: The Social Domain
- **Module 9** – The Better Self: Empathy & the Parasocial Domain
- **Module 10** – The Power & Perils of Adolescence
- **Module 11** – More: Desire, Dopamine, and the Surprising Biology of Boredom (the Reward System)
- **Module 12** - Parents Under Pressure: Where Do We Go from Here?



SELF-PACED LEARNING OFFERINGS

FOR PARENTS & TEENS

\$75

Feeling Stressed: A Self-Reg Course for Teens (through our Self-Reg Learning Hub)

Feeling Stressed is a 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.



About the Course:

- 15 modules.
- 30-minute bite-sized sections.
- Based around the Stressed Detective mini-movie.
- Videos & activities.

COURSE OVERVIEW

- **Module 1:** Stress and Self-Regulation
- **Module 2:** Stress and the Brain
- **Module 3:** Other People's Stress
- **Module 4:** 5 Steps of Self-Reg
- **Module 5:** Reframing Stress Behaviour
- **Module 6:** Recognize Stressors Across 5 Domains
- **Module 7:** Reduce the Stress Load
- **Module 8:** Reflect and Develop Stress Awareness
- **Module 9:** Restore Energy
- **Module 10:** Strategies in the Biological Domain
- **Module 11:** Strategies in the Emotion Domain
- **Module 12:** Strategies in the Prosocial Domain
- **Module 13:** Strategies in the Social Domain
- **Module 14:** Strategies in the Cognitive Domain
- **Module 15:** That's a Self-Reg Wrap!

Group & Individual Purchase Options Available:

- **Individual Teen/Parent** - \$50 + HST
- **Individual Teacher**- \$250 + HST
- **Individual School** - \$600 + HST



SELF-PACED LEARNING OFFERINGS

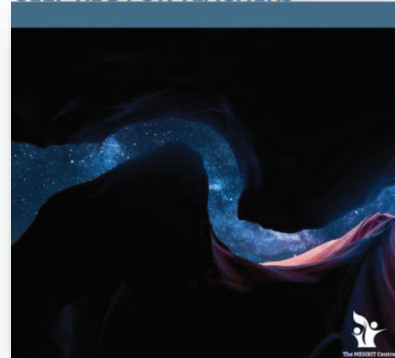
SELF-REG FOR TEACHERS

(through our Self-Reg Learning Hub)

\$149

- Embark on a journey to evolve classrooms into havens of growth, learning and wellbeing, by exploring:
- What is Self-Regulation?
- The Self-Reg Framework
- The SEEDS, SUNRISE, QUILT & HAVEN Self-Reg Streams
- How In Self-Reg Schools, All Means All - Anxiety, Autism & ADHD.

SELF-REG FOR TEACHERS



About the Course:

- 8-hour/self-paced course
- Delve into the science of stress and applied Self-Reg through engaging videos and resource materials while learning directly from Stuart Shanker, Susan Hopkins and others.

COURSE OVERVIEW

- **Module 1:** Introduction to Self-Reg for Teachers
- **Module 2:** What is Self-Regulation
- **Module 3:** The Self-Reg Framework
- **Module 4:** The SEEDS of Self-Reg Stream
- **Module 5:** The SUNRISE Self-Reg Stream
- **Module 6:** The QUILT Self-Reg Stream
- **Module 7:** In Self-Reg Schools, All Means All – Anxiety
- **Module 8:** In Self-Reg Schools, All Means All - Autism
- **Module 9:** In Self-Reg Schools, All Means All – ADHD
- **Module 10:** The HAVEN Self-Reg Stream



SELF-PACED LEARNING OFFERINGS

SELF-REG IN POST SECONDARY

(through our Self-Reg Learning Hub)

\$35

This course supports students, researchers, and faculty who are striving to maintain balance with all the stress inherent in postsecondary life. Our goal is to instill Self-Reg in the community to enhance both learning and research.

SELF-REG IN POST SECONDARY



COURSE OVERVIEW

- **WELCOME**
- **Module 1:** Stressed on Repeat: An Introduction to Self-Reg
- **Module 2:** Turning on our Body's Natural Notification System
- **Module 3:** How Can Self-Reg Help in Post-Secondary Research and Education
- **Module 4:** Culmination





REIGNITE, RESTORE, RISE
JULY 7-10, 2025

11TH ANNUAL SELF-REG SUMMER SYMPOSIUM
REIGNITE, RESTORE, RISE
*The Science of Self-Reg in a World
That Needs Us More Than Ever*



REIGNITE
RESTORE
RISE

SAVE THE DATE(S)!

TICKET OPTIONS

IN - PERSON

\$995

- Full Access to all content
- Lunch provided

*Accommodation Extra

ONLINE

\$195

- Live stream & catch-up access to all SRSS talks until August 31, 2025
- Online connection areas with other attendees

*Equity Pricing Available [HERE](#) for 50 individuals

ACCOMMODATION

\$500

- Private room with a shared washroom from July 6-10 @ Trent University
- Breakfast included

