



2024 PROGRAM

SELF-REG SUMMER SYMPOSIUM

W.I.R.E.D. FOR WELLBEING

In Person & Online | Trent University, Peterborough, Ontario, Canada

OUR SRSS 2024 THEME: **W.I.R.E.D.** for Wellbeing

Wellness in the realm of Self-Reg involves applying the science to actively managing stressors across the 5 domains—biological, emotion, cognitive, social, prosocial—as well as energy and tension levels to restore and sustain overall well-being. It's not just about feeling okay but understanding and addressing factors that contribute to dysregulation. Self-Reg emphasizes proactive self-awareness, guiding individuals to adopt personalized lifestyle practices that align with Self-Reg principles for maintaining, enhancing, and restoring wellness dynamically.

Inclusion: Incorporating a Self-Reg lens grounds inclusion and belonging in human dignity and genuine experiences while highlighting their scientific underpinnings. At TMC, we infuse every aspect of our work with Self-Reg principles, intentionally shaping environments informed by science and practice. This ensures every individual feels valued, respected, and empowered to contribute meaningfully. Within these dynamic Self-Reg Havens, safety, rootedness, balance, feeling capable, and trust are tangible. Embracing diverse perspectives and identities fosters a culture where every individual feels seen, heard, and supported, actively challenging biases and dismantling barriers. This nurtures a community of mutual respect, collaboration, and equity, creating a platform for wellness, resilience, and healthy human development.

Resilience: In the Self-Reg lens, resilience is seen as a dynamic brain-body state, constantly in flux rather than a fixed trait. Understanding the deep brain processes influencing resilience is crucial, often unbeknownst to us. By prioritizing the factors that truly matter and uncovering the triad of biological, social, and psychological factors shaping well-being, we can actively influence this state. Integrating Self-Reg into the equation serves as a transformative force, bridging the missing link in resilience-building efforts. This perspective reshapes how we perceive resilience and provides practical insights for fostering resilience in ourselves and future generations.

Equity: In our resolute pursuit of equity through a Self-Reg lens, we recognize the profound insight shared by Susan Hopkins: that society often privileges those in homeostatic balance. This insight underscores the significance of Self-Reg as a pathway to support an equity lens. We understand that individuals with lighter stress loads, especially adults who support children and youth in our care and classrooms, bear a significant responsibility. Self-Reg equips us with invaluable tools and strategies to navigate the challenges of daily life and to actively support those with heavier stress loads. By embracing Self-Reg principles and practices, we pave the way for a future where every individual, regardless of their stress load, can thrive and contribute meaningfully to a more just and inclusive society.

Development: In the Self-Reg lens, human development is viewed as a dynamic and holistic process, intricately intertwined with the interactions between the brain and body. Rather than a linear progression, it is recognized as a multifaceted journey influenced by various factors such as biological, social, emotional, cognitive, and prosocial domains. Understanding the deep connections within these domains is paramount, as they shape individuals' well-being and resilience. By prioritizing the factors that truly matter and integrating Self-Reg principles, we can actively nurture healthy human development, empowering individuals to thrive in a constantly changing world.

IN PERSON & ONLINE

July 2-5, 2024

SELF-REG SUMMER SYMPOSIUM SNAPSHOT

JOIN US IN-PERSON AT TRENT UNIVERSITY 1600 W BANK DR, PETERBOROUGH, ON K9L 0G2



	Tuesday, July 2 2024
8:00 AM – 12:45PM	REGISTRATION
1:00 PM	Self-Reg Toolkit: Your SRSS Journey Begins Here Susan Hopkins, Ph.D and your Self-Reg Team Room 114 Dive into a dynamic array of Self-Reg tools and techniques, with plenty of hands-on activities to choose from. Meet the TMC Self-Reg team through a variety of laid-back, interactive mini session options, where their stories and expertise bring Self-Reg principles to life.
2:15 PM	NUTRITION BREAK
2:30 PM	Applied Self-Reg Knowledge Panel - Schools Susan Hopkins, Ph.D and friends Room 114 Step into a lively exchange with a diverse group of school leaders, educators and support staff, where real stories, practical strategies, and valuable lessons learned take center stage. Together, they'll share their journeys of integrating Self-Reg into their classrooms and school communities. Applied Self-Reg Knowledge (ASK) Panel - Early Years Crystal Carbino RECE and Friends Room 117 Join a panel of experienced Early Childhood Educators for an engaging conversation as they delve into their journey of Applied Self-Regulation over the past year.
4:00 PM	SELF-REG ACTIVITIES Restorative Yoga with Susan Hopkins

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	Wednesday, July 3 2024
6:00 AM	SELF-REG ACTIVITIES Flow Yoga with Susan Hopkins
8:00 AM	COFFEE & CONNECTING
8:45 AM	OPENING THE DAY <i>with Susan Hopkins</i> Resilience Uncovered: The Hope, the Hows Susan Hopkins, Ed.D Room 114 Evolve your understanding of resilience with Susan Hopkins in this luminary talk as she shares that resilience as a dynamic brain-body state in constant flux. Join us to reshape how we see resilience, providing a practical take on building resilience in ourselves and the next generation
9:00 AM	Stories: Children who are Really Struggling - Making a Difference Kim Smith MScEd, Sandy Haliburton, MScEd Room 117 Join this Applied Self-Reg Knowledge workshop for a deep dive into real-life stories. Delve into pivotal moments where Self-Reg made all the difference, and learn how you too can make a significant impact—for both yourself and the children and youth in your care.
10:15 AM	NUTRITION BREAK
10:30 AM	The Decline of Morality Stuart Shanker, D.Phil Room 114 Join Stuart Shanker for "Reframing Morality," a captivating exploration of the roots of morality and its profound implications for our understanding of human behavior. Stuart challenges conventional wisdom by scrutinizing the behavior of mammals through a rigorous scientific lens, devoid of epistemic or moralistic terms.
11:45 AM	LUNCH
1:00 PM	Reimagining Well-being: A Self-Reg Pathway to Flourishing Paula Jurczak, MA Room 114 When we prioritize well-being, we become catalysts for positive change, fostering collective limbic regulation that uplifts everyone. Each interaction, no matter how small, contributes to the cultivation and sustenance of these havens of well-being. By embodying the five Look Fors of a Self-Reg Haven, we nurture resilient communities. Self-Reg: Anywhere, Anytime Kim Smith, MScEd Room 115 Self-Reg is for any school, any student and any staff. We strive to make a safe, calm and inclusive school environment, including how to see the needs in a school from a Self-Reg perspective. What are the stressors and how can we reduce them? And How are the Adults Today? Cathy Lethbridge, Bed Room 117 The Masai tribe's greeting "Casserian Engeri," meaning "And how are the children?" reflects their belief that children's well-being is crucial. But what about the adults' well-being? Cathy's talk will highlight the practical use of Self-Reg for adult wellness.
2:15 PM	NUTRITION BREAK
2:30 PM	The Beginning of the Paradigm Revolution: Envisioning a Bully Free School Joel Gunzburg, LCSW-C Room 114 We'll embark on a journey through over two decades in schools, delving into the profound impact bullying has had on individuals and their lives. Joel will reflect on the disheartening studies suggesting that bullying is worsening and question the efficacy of current systems in eradicating it. Expanding Perspectives: Rethinking Child Development Beyond Checklists Melissa Pinnell, Bed Room 115 Step into a transformative session that reimagines child development beyond traditional checklists, guided by the principles of Self-Reg. Join Melissa as she explores how integrating the 5 practices and 5 domains of Self-Reg fosters a holistic understanding of children's growth. Cracking the Code: Implementing Self-Reg in Early Childhood Settings Crystal Carbino, RECE Room 117 Join Crystal Carbino as she shares her journey of integrating Self-Reg principles into learning. Discover how Self-Reg shapes pedagogy, transforms learning environments, and strengthens relationships with parents and caregivers.
4:00 PM	SELF-REG ACTIVITIES Restorative Yoga with Susan Hopkins



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	Thursday, July 4 2024
6:00 AM	SELF-REG ACTIVITIES Flow Yoga with Susan Hopkins
8:00 AM	COFFEE & CONNECTING
8:45 AM	OPENING THE DAY <i>with Susan Hopkins</i> Radiating Inclusion: A Journey with Self-Reg Across Lifespan Sonia Mastrangelo, Ph.D, Susan Hopkins, Ed.D Room 114 Delve into the dynamic world of inclusion through a Self-Reg lens across the lifespan. Grounded in the five practices and five domains of Self-Reg, uncover the secrets to cultivating environments where all feel and experience a Self-Reg Haven.
9:00 AM	WIRED to Teach Marie Edwards PhD, Lynsey Taylor, Research Assistant Room 117 Sharing research conducted with pre-service teacher educators as they prepared to go into their final practicum. It shares what they learned about various theories including and connected to Shanker Self-Reg® through their course work.
	Chaos to Calm: Practical Self-Reg Tools for Learning and Wellbeing Crystal Carbino, RECE Room 115 A hands-on workshop focused on practical strategies for integrating Self-Reg principles into your early learning context, including real-world experiences and insights, emphasizing the importance of adopting a Self-Reg first philosophy.
10:15 AM	NUTRITION BREAK
10:30 AM	Nurturing Wellbeing in Children & Youth Stuart Shanker, D.Phil Room 114 "The Self-Reg Path to Moral Wellbeing," is exploring empathy's roots and societal implications. Stuart challenges conventional notions of empathy, revealing its mechanistic underpinnings in our Gray Brain's survival mechanisms.
11:45 AM	LUNCH
12:00 PM	ASK Network: Research Projects and Journal Launch Sonia Mastrangelo, Ph.D, Anne Showalter, Ph.D Room 117 If you are interested in learning more about A.S.K and how to become involved in research related to self-regulation, then this session is for you! We will be discussing the launch of the new Applied Self-Regulation Journal and two exciting projects that are underway.
1:00 PM	W I R E D for Well-Being: A Conversation Jean Clinton BMus MD FRCP(C), Susan Hopkins Ed.D Room 115 Join in to explore the profound impact of love and connection on brain development. Expect an abundance of insightful stories, moments of laughter, and deeply moving anecdotes as Susan and Dr. Jean share their expertise and experiences.
	Procrastination Reframe: How a Self-Reg Lens 'Cures' Procrastination Brenda Smith, PhD Room 114 Delve into the complexities of procrastination. Drawing from her extensive research with post-secondary students and insights from Robert Thayer's Energy-Tension matrix, Brenda explores the diverse motivations behind procrastination.
	Empowering Narratives: Mishkeegogamang First Nation's Self-Reg Research Partnership Sonia Mastrangelo Ph.D, Jessie Bottle, Meridith Lovell-Johnston, Ph.D Room 117 Dive into the empowering narratives of Mishkeegogamang First Nation's partnership with Lakehead University in Self-Reg research. Discover how this collaboration honours community strengths and stories, shedding light on innovative approaches to wellbeing and resilience.
2:15 PM	NUTRITION BREAK
2:30 PM	A Mental Health Q & A from a Self-Reg Perspective Paula Jurczak, MA Room 117 The number of children and youth struggling with mental health challenges continues to increase. Traditional mental health approaches focus on deficits and ableism. Bring your curiosity and let's have a conversation about mental health from a Self-Reg lens.
	Teaching Young People How to Surf the Waves of Life Joel Gunzburg, LCSW-C Room 114 Discover the transformative power of reframing resilience in both educational settings and everyday life. Explore how the human spirit's flexibility and adaptability can be harnessed to navigate diverse environments and life situations.
	Mentorship for Wellbeing: A Co-Regulating Strategy for Educators Teri Rubinoff, PhD, Noa Daniel, MEd, Christine Chin, BE Room 115 Ever thought of mentorship for co-regulation? Join The Mentoree's Lead Team for an interactive workshop about the positive impact a co-regulating mentorship relationship can have on your wellbeing.
4:00 PM	SELF-REG ACTIVITIES Restorative Yoga with Susan Hopkins

SCAN HERE FOR
FULL PROGRAM



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	Friday, July 5 2024
6:30 AM	SELF-REG ACTIVITIES Flow Yoga with Susan Hopkins
8:00 AM	COFFEE & CONNECTING
8:45 AM	OPENING DAY <i>with Susan Hopkins</i> Identity & the Self: The Culture of Regulation Rodney Glasgow Ed.D Room 114 This talk will focus on the dynamics of belonging in education. It aims to encourage a holistic perspective on this critical issue. The discussion will explore the creation of inclusive environments that foster belonging while addressing systemic challenges for fairness and justice.
9:00 AM	
10:15 AM	NUTRITION BREAK
10:30 AM	Panel W I R E D for Wellbeing Susan Hopkins & Friends Room 114 Join us for a dynamic final Panel. This last panel is always an incredible experience.
11:45 AM	BBQ LUNCH/Q&A with Stuart & Friends Celebrating 10 Years Cafeteria Bring your final questions and let's consolidate a wonderful year of learning.

SELF-REG CERTIFICATE PROGRAMS

Pricing Starting at \$745 CAD

EARLY CHILDHOOD DEVELOPMENT CERTIFICATE



SELF-REG FOUNDATIONS CERTIFICATE



LEADERSHIP FOR SELF-REG SCHOOLS CERTIFICATE



Tatita

Life Changing

This course is really life changing. It'll make you reflect about your work and life and revisit how you respond to people all around you. As an educator, it made me rethink my responses to children's different behaviours but as a person it made me rethink how I respond to all people in my life.



Merridyth

Transformational

This program has been life-changing. I'm now able to better understand my own stress triggers and calming strategies, and have learned how to help others do the same.



Kathleen

Wonderful Learning Journey

I am so glad that I decided to take this course. It was such a wonderful learning experience that is so relevant to my journey both professionally and personally. I found the instructor, the participants, and the content of this course to be so inspiring.



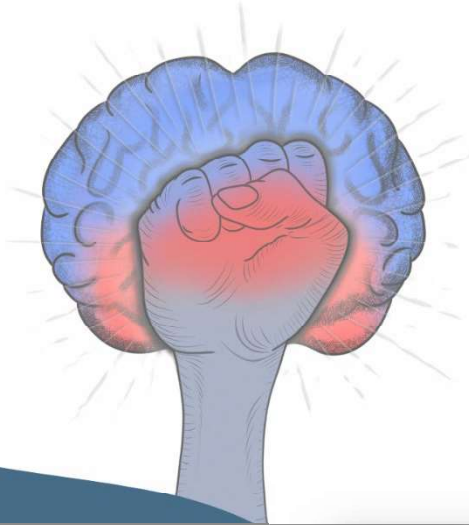
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The MEHRIT Centre | Self-Reg Summer Symposium 2024

COMING SOON

THE SELF-REG
GRAY BRAIN SERIES
APPLIED SELF-REG KNOWLEDGE



SELF-REG FOR
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LEVEL 1 CERTIFICATE PROGRAM

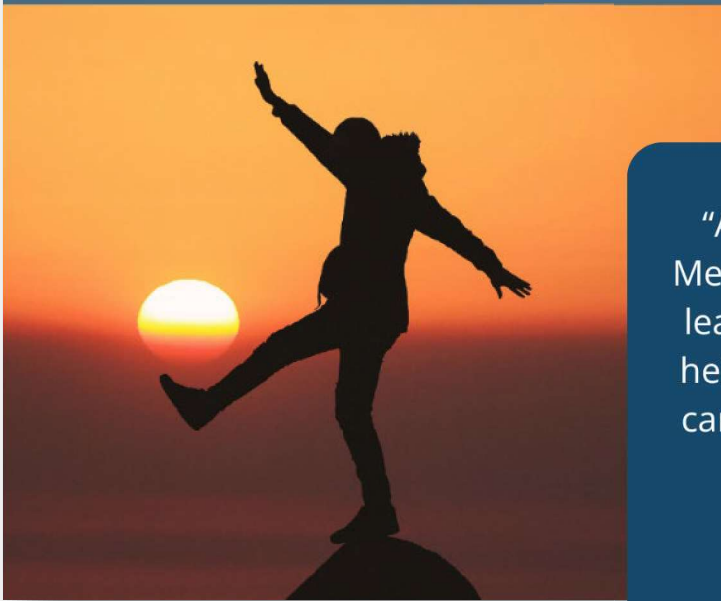
SELF-REG FOR EDUCATION ASSISTANTS

you
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APPLIED SELF-REG KNOWLEDGE (ASK) COURSES

ENHANCING RESILIENCE IN CHILDREN AND YOUTH



"As with any course I've taken with the Mehrit Centre, it is always an enlightening learning journey, which takes me to new heights. So much useful information that can be applied right away. Great course! I highly recommend it!"

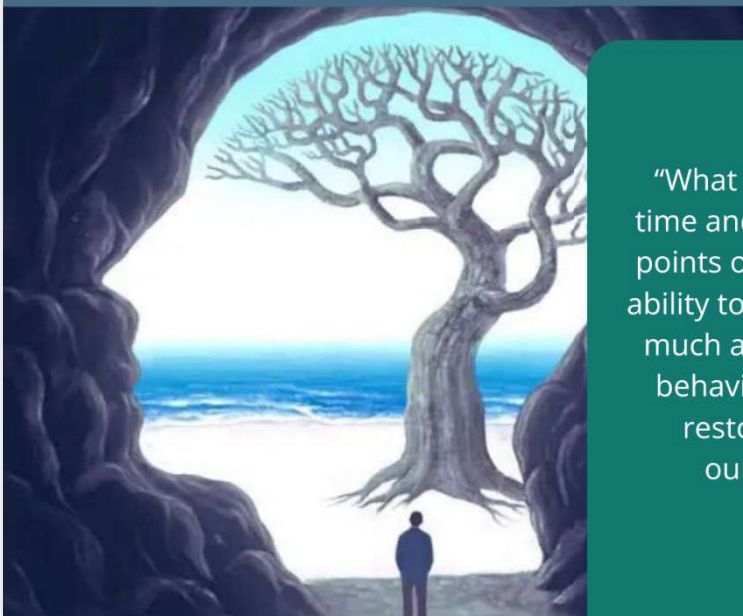


Miranda

ENHANCING RESILIENCE IN CHILDREN & YOUTH

REFRAMING BULLYING

WITH APPLIED SELF-REG KNOWLEDGE



"What a great course! I leave knowing that the time and effort spent working with people at key points of influence have a massive impact on my ability to create a haven in my school. I learned so much about neuroscience, human evolutionary behaviour, and most importantly, that we can restore CARE in our schools, our kids, and ourselves through some careful work."



Stephen

REFRAMING BULLYING

LEVEL 2 FACILITATORS CERTIFICATE PROGRAM

\$2,195

SELF-REG LEARNING FACILITATOR'S CERTIFICATE



Alexandra

A Personal Revelation

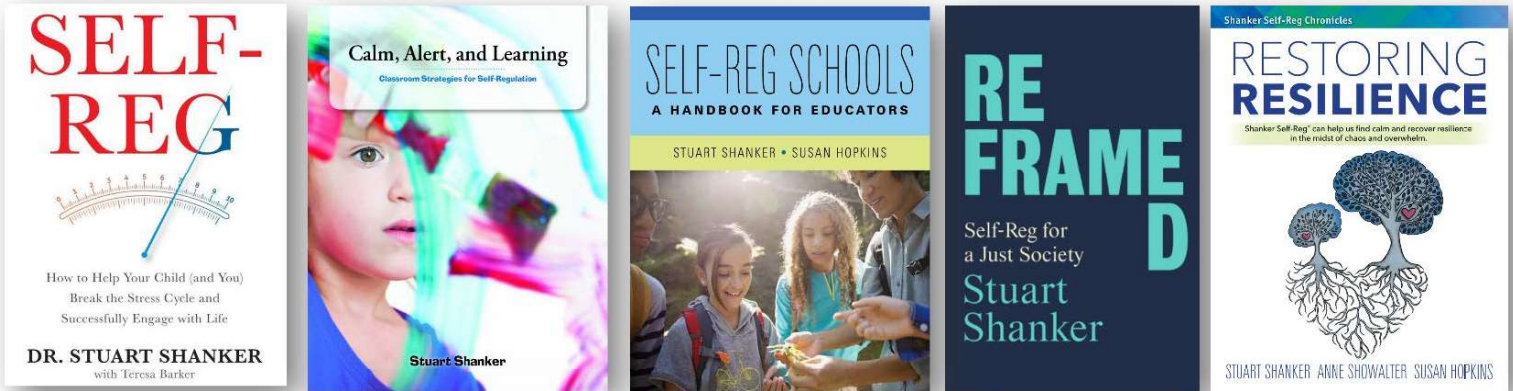
This journey has been a personal revelation, transcending my professional sphere. The Facilitator's course doesn't just scratch the surface; it delves into the intricate science and practical applications of the five steps across the five domains. It's a comprehensive exploration that goes beyond theoretical knowledge, fostering a profound transformation in both personal and professional aspects of life



The Foundations courses sparked my interest but the Facilitator's program has filled by passion to help other's experience the world through a Self-Reg lens.

Maria

SELF-REG BOOKS



VOTRE ENFANT, SELF-REG ET VOUS

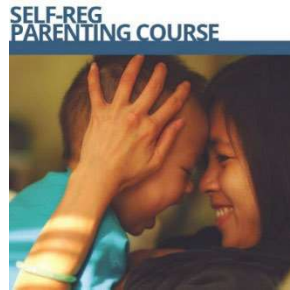


SELF-PACED LEARNING OFFERINGS



LEVEL 2 CERTIFICATE PROGRAM

\$1,695 Full Program
\$645/Course



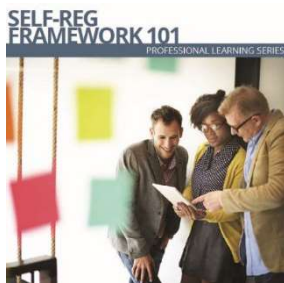
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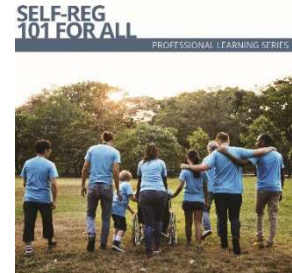
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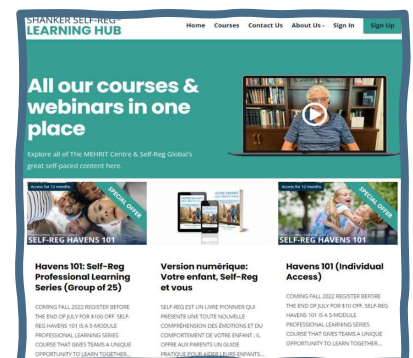
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