The MEHRIT Centre
WWW.SELF-REG.CA

2026 Course Calendar

FACILITATED PROGRAMS • • • **SELF-PACED COURSES** • • • **ON-DEMAND WEBINARS**

Once I begin to understand the science of self-regulation, will I begin to see the child differently? Will I see a different child? The answer is: ***YES.*** *When you see a child differently, you really do see a different child.*

Stuart Shanker

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.

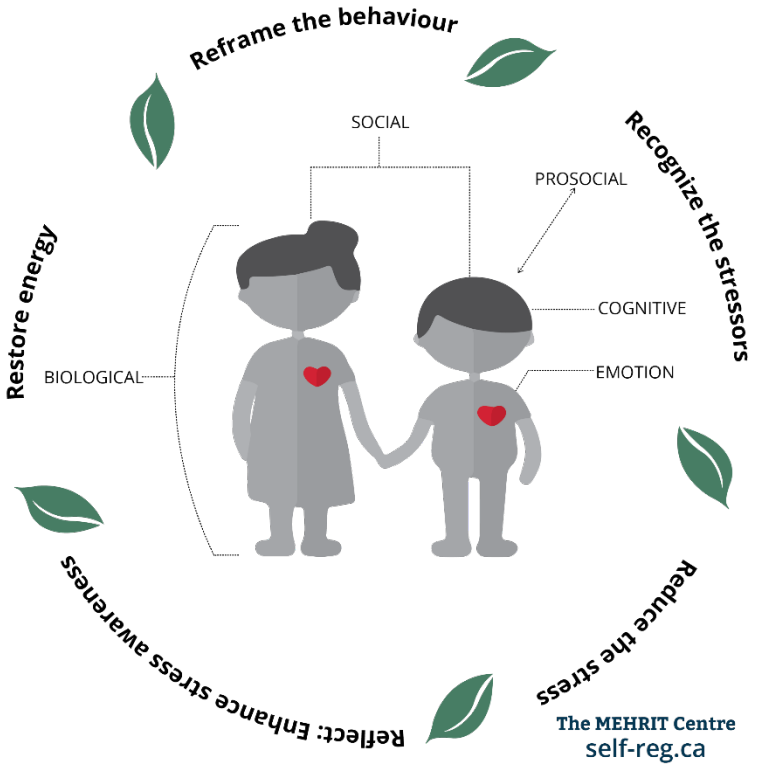
REFRAME the behaviour.

RECOGNIZE the stressors (across the five domains).

REDUCE the stress load and the stress response.

REFLECT: enhance brain-body stress state awareness.

RESTORE: energy, balance, relationships, focus, empathy and hope.



PROGRAM STARTS AT A GLANCE

JANUARY 2026	
Self-Reg Foundations (1,2, 3 and 4)	Thursday, January 8
Self-Reg in Early Childhood Development	Thursday, January 15
Self-Reg and Leadership in Schools	Thursday, January 22
Enhancing Resilience in Children & Youth	Thursday, January 29
FEBRUARY 2026	
Self-Reg for Education Assistants	Thursday, February 5
Reframing Behaviour with Gray Brain Science	Thursday, February 12
MARCH 2026	
Self-Reg Foundations 2, 3 & 4	Thursday, March 5
APRIL 2026	
Reframing Bullying	Thursday, April 2
Self-Reg Facilitator's Program	Thursday, April 16
Self-Reg Foundations 1 and 3	Thursday, April 30
MAY 2026	
Self-Reg and Leadership in Schools	Thursday, May 7
Self-Reg for Education Assistants	Thursday, May 14
JULY 2026	
Self-Reg Foundations 2 & 4	Thursday, July 2
Self-Reg in Early Childhood Development	Thursday, July 16
Enhancing Resilience in Children & Youth	Thursday, July 30
AUGUST 2026	
Reframing Behaviour with Gray Brain Science	Thursday, August 20
SEPTEMBER 2026	
Self-Reg Foundations 1 and 3	Thursday, September 3
OCTOBER 2026	
Self-Reg in Early Childhood Development	Thursday, October 8
Reframing Bullying	Thursday, October 15
Self-Reg and Leadership in Schools	Thursday, October 22
Self-Reg Foundations 2 & 4	Thursday, October 29
NOVEMBER 2026	
Self-Reg for Education Assistants	Thursday, November 5
Self-Reg Facilitator's Program	Thursday, November 5

When you see a child differently, you see a different child.

Stuart Shanker

SELF-REG FOR EDUCATION ASSISTANTS

LEVEL 1 CERTIFICATE PROGRAM

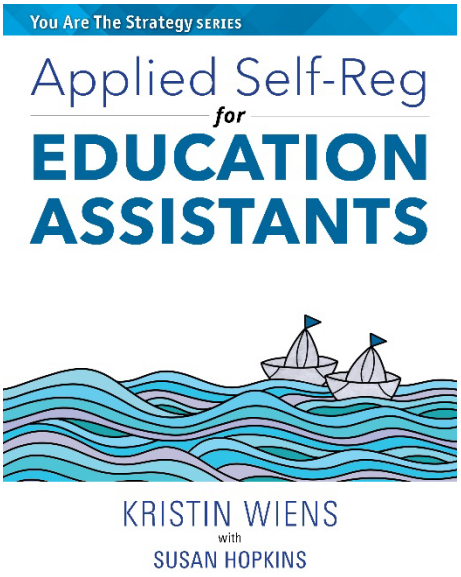
$745 CAD FULL PROGRAM

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.

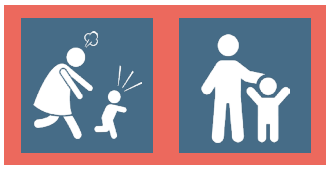
In the course "Self-Reg for Education Assistants," Participants embark on a transformative journey spanning 12 modules over 3 months. Learners will:

- 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.

2026 START DATES
• **February 5, 2026**
• **May 14, 2026**
• **November 05, 2026**



SELF-REG IN EARLY CHILDHOOD DEVELOPMENT



LEVEL 1 CERTIFICATE PROGRAM

$745 CAD 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.

> **SELF-REG: TUNING IN TO THE SYMPHONY OF CHILDHOOD**
>
> The Self-Reg Course has been an absolute game-changer for me! It's like discovering a hidden orchestra within each child, where emotions, thoughts, and behaviors play intricate melodies. This course provided the conductor's baton, teaching me how to harmonize these elements for optimal development.
>
> *- Hannah, Early Childhood Development Certificate Program*

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.

2026 START DATES

- **January 15, 2026**
- **July 16, 2026**
- **October 08, 2026**

Program Outline

COURSE 1: Self-Reg in the Early Years
Module 1: Moving Beyond Deterministic Thinking
Module 2: The Interbrain and Self-Reg
Module 3: The Interbrain in Early Childhood Education
Module 4: The Triune Brain and Self-Reg

COURSE 2: Self-Reg Reframe of Human Development
Module 5: Optimal Self-Regulation: Seeking Red Brain - Blue Brain Balance
Module 6: Reframing Temperament
Module 7: Reframing Attachment
Module 8: Reframing Personality

COURSE 3: The Inestimable Impact of the Self-Reg ECE
Module 9: Unpacking Intelligence
Module 10: Reframing Intelligence
Module 11: Foundations Building
Module 12: The Self-Reg ECE

SELF-REG AND LEADERSHIP IN SCHOOLS

LEVEL 1 CERTIFICATE PROGRAM

$850 CAD 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.

> **ONWARDS TOWARDS BECOMING A HAVEN**
>
> Leadership is so critical to the wellbeing of all members of staff. I have shared the Leadership course ideas and principles with many leaders and staff at my school with very positive responses. The course presents immediately useable material , plans and approaches which can change and has changed the culture of the school in many aspects. It's a process in progress to arrive at haven status , the learning and experimenting is exciting, there are many mistakes and re-takes to get it right but we derive energy from the clear evidence of successes to keep going to apply this leadership process.
>
> ***- Chanel, Self-Reg and Leadership in Schools Certificate Program***

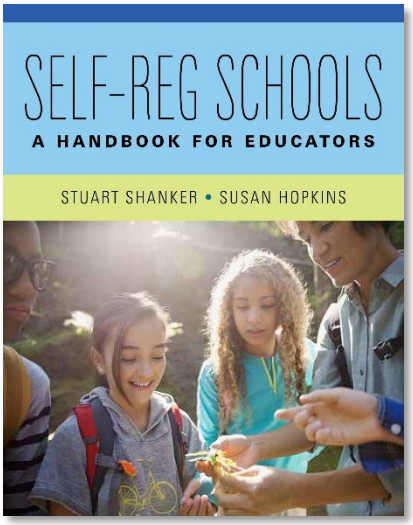
This program is applicable to any leader, be that in schools, HR, business or elsewhere.

Program Outline

Introduction
Module 1: Leadership for Self-Reg Schools – Why it Matters
Module 2: Triune Brain and Interbrain: Self-Reg Schools Foundations
Module 3: Thayer Matrix for School Leaders
Module 4: Hierarchy of Stress at a Whole School Level

Module 5: The Self-Reg Framework: 5 Practices in Schools
Module 6: The Seeds Journey
Module 7: The Sunrise Journey
Module 8: The Quilt Journey

Module 9: All Means All – Anxiety
Module 10: All Means All – Autism
Module 11: All Means All- ADHD
Module 12: The Haven Journey



2026 START DATES

- **January 22, 2026**
- **May 7, 2026**
- **October 22, 2026**

SELF-REG FOUNDATIONS

LEVEL 1 CERTIFICATE PROGRAM

$1,695 CAD FULL PROGRAM

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.

> **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.
>
> **Merridyth**
> *Self-Reg Foundations Certificate Program*

Program Outline

FOUNDATIONS 1: The Bio Domain: The Brain, Stress and Self-Regulation
Module 1: The Dawning of Relationships
Module 2: The Nature of Stress
Module 3: The Problem of Excessive Stress
Module 4: The Cascading Effects of Excessive Stress
Module 5: The Brain's Reward System
Module 6: Self-Reg Method Step 1: Reframing the Behaviour

FOUNDATIONS 2: Self-Reg and Emotional, Social, Cognitive and Pro-Social Well-Being
Module 1: Self-Reg in Dynamic Systems and the Bio Domain Foundations
Module 2: Self-Reg in the Emotional Domain
Module 3: Self-Reg in the Cognitive Domain
Module 4: Self-Reg in the Social Domain
Module 5: Self-Reg in the Pro-Social Domain
Module 6: 5 Steps of Shanker Self-Reg Method

FOUNDATIONS 3: Self-Reg and Mental Health Across the Lifespan
Module 1: Autism
Module 2: "The Anxiety Epidemic"
Module 3: Self-Reg and Adolescence
Module 4: Self-Reg Across the Lifespan
Module 5: Self-Reg and Mindfulness
Module 6: Self-Regulation vs. Self-Control

FOUNDATIONS 4: The Shanker Self-Reg Method in Context
4 Course Stream Options
A. Educator's Stream: Self-Reg as a Universal Platform in Education (early years, K-12, or adult education)
B. Self-Reg Specialists Stream (health practitioners, specialists, counsellors, clinicians): Applying Shanker Self-Reg
C. Early Years / Parent-Stream: Parenting with a Self-Reg Mindset
D. Personal Self-Reg Stream (applies to anyone): My Self-Reg

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.

2026 START DATES FOUNDATIONS 1

- **January 8, 2026**
- **April 30, 2026**
- **September 3, 2026**

2026 START DATES FOUNDATIONS 2

- **January 8, 2026**
- **March 5, 2026**
- **July 2, 2026**
- **October 29, 2026**

2026 START DATES FOUNDATIONS 3

- **January 8, 2026**
- **March 5, 2026**
- **April 30, 2026**
- **September 3, 2026**

2026 START DATES FOUNDATIONS 4

- **January 8, 2026**
- **March 5, 2026**
- **July 2, 2026**
- **October 29, 2026**

ENHANCING RESILIENCE

APPLIED SELF-REG KNOWLEDGE (ASK) COURSE

$745 CAD

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.

> Resilience is not a trait - it's a state. And the key to that state is restoration.
>
> Stuart Shanker

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 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 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 4:

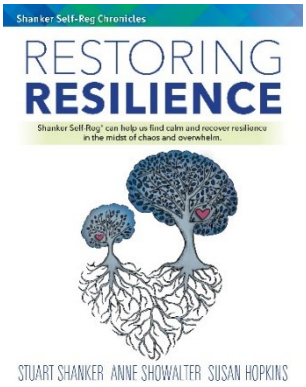
Applied Self-Reg – 2 Modules

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

2026 START DATES

- **January 29, 2026**
- **July 30, 2026**



REFRAMING BULLYING WITH APPLIED SELF-REG KNOWLEDGE

$745 CAD

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.

2026 START DATES

- **April 2, 2026**
- **October 15, 2026**

By the end of the course, participants will:

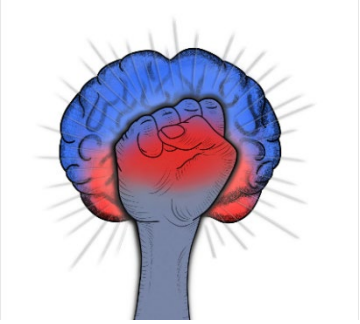
1. Develop a profound understanding of the roots and dynamics of bullying behaviour in children and youth.
2. Understand the neurobiological underpinnings of aggression in youth, connecting it to bullying behaviours.
3. Explore the Bullying Cycle deeply and develop targeted intervention strategies.
4. Learn the transformative power of the CARE System–a primitive emotion circuit in the subcortical brain.
5. 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.
6. Develop practical strategies to address complex bullying issues within the intricate fabric of schools and communities.
7. 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

REFRAMING STRESS BEHAVIOUR WITH GRAY BRAIN SCIENCE

LEVEL 2 CERTIFICATE PROGRAM



$745 CAD

Join Stuart Shanker and Susan Hopkins for TMC's latest Self-Reg Certificate Program: "Reframing Stress Behaviour with Gray Brain Science." This four-month asynchronous course is designed for those passionate about the latest neuroscience, focusing on unpacking some of the most challenging behaviors we encounter today and making sense of them. Delve into brain evolution, neurochemical systems, and practical applications that address complex behaviors 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 behavior in children, youth, and us. Join us to transform your approach to behavior and wellbeing.

2026 START DATES
• **FEBRUARY 12, 2026**
• **AUGUST 20, 2025**

Designed for graduates of the Self-Reg Foundations, the Early Childhood Development and/or Leadership Certificate Program, it offers a pathway to advance Self-Reg expertise and meet the growing demand for informed practitioners in Self-Regulation.

PROGRAM OUTLINE	
Module 1: Triune 2.0 **Module 2:** Strains in the Classical View of the 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

SELF-REG LEARNING FACILITATORS

LEVEL 2 CERTIFICATE PROGRAM

$2,195 CAD FULL PROGRAM

Our Facilitator's Program seamlessly weaves together curated science, insights, and narratives from Stuart Shanker and Susan Hopkins, employing a collaborative inquiry approach interwoven with real-world scenarios. Comprising 6 meticulously crafted courses, each intricately designed to align with the 5 Step Method, alongside an integrated application course, this program fosters profound learning experiences within a supportive cohort environment.

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.

2026 START DATES
• April 16, 2026 • November 5, 2026

Key Features:

Through this program you will:

- Strengthen your grasp of Shanker Self-Reg® science and the foundational principles of The Shanker Method®.
- Cultivate specialized skills in applying the Self-Reg Framework across diverse contexts.
- Engage in hands-on learning through scenario analysis and practical workshop development.
- Earn a distinguished Self-Reg Learning Facilitator Certificate
- Gain eligibility to apply for presenter and facilitator roles within TMC (Canada only), contributing to the dissemination of Self-Reg knowledge.

Course Structure:

- Six courses, each comprising four modules
- Module duration: 1 week, with an estimated commitment of 5 hours per module.
- Emphasis on interactive learning without traditional tests or quizzes, promoting rich dialogue and shared exploration among participants.

PROGRAM OUTLINE	
COURSE 1: The Shanker Method 1: Read and Reframe the Behaviour	**COURSE 4:** The Shanker Method 4: Reflect, Enhance Stress Awareness
COURSE 2: The Shanker Method 2: Recognize the Stressors	**COURSE 5:** The Shanker Method 5: Restore, Develop Personalized Strategies *(Resilience & Restoration)*
COURSE 3: The Shanker Method 3: Reduce the Stress	**COURSE 6:** Full Circle

SELF-REG TOOLS

Shanker Self-Reg® Tool Kit

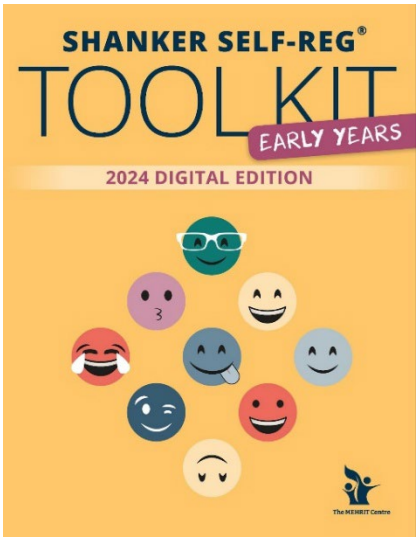
Learning to incorporate Shanker Self-Reg® into practice is an ongoing learning journey. Our Self-Reg 2024 Toolkit for individuals and for teams of 25 includes 60 tools that can be used to help infuse Self-Reg through day-to-day practice and assess Self-Reg progress and learning.

Individual and Team Access is Available.

Shanker Self-Reg®Tool Kit - Early Years

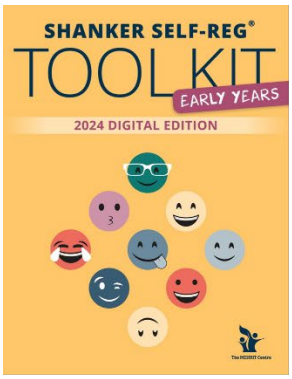
By popular demand and as follow-up to our TOOLKIT 2024, we are excited to share our newest Toolkit with a focus on the Early Years.

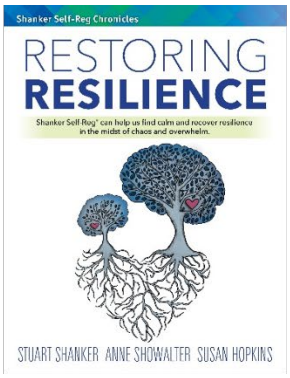
Individual and Team Access is Available.

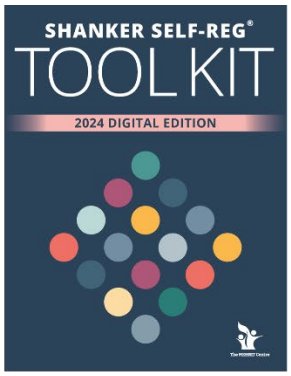


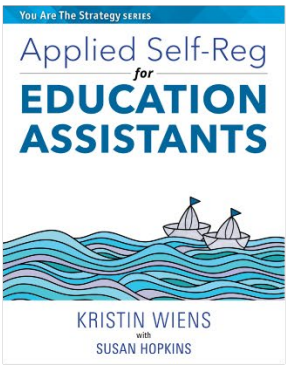
French and Spanish Versions of the Tool Kits are Coming Soon!

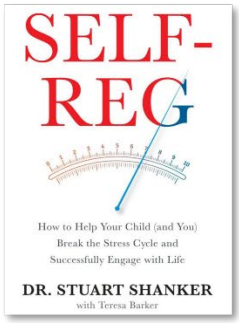
SELF-REG PUBLICATIONS

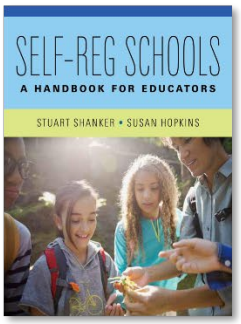


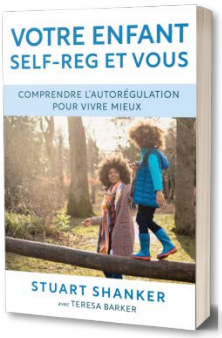


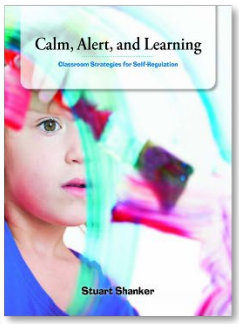


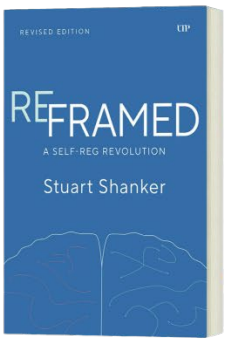


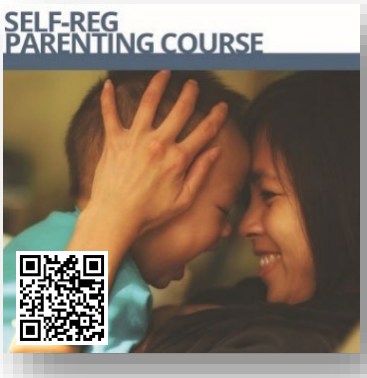
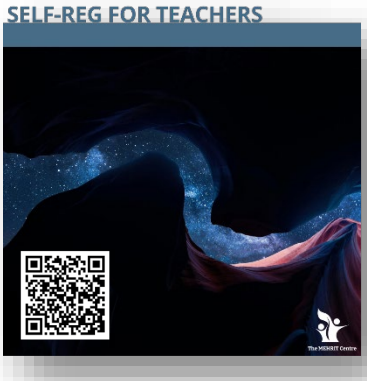
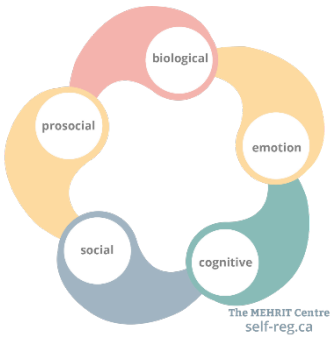










SELF-PACED LEARNING OFFERINGS

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.