



NFI Vermont, Inc.

*Providing Innovative Mental Health and Educational
Services to Vermont's Children & Families*

Registration Is Now Open!

**Dr. Stuart Shanker
with Dr. Brenda Smith-Chant**

**Self-Regulation techniques and practical methods for educators,
caregivers, mental health providers and professionals who work with
youth.**

Dr. Stuart Shanker shares scientific research and personal experiences that underpin his ardent convictions that using Shanker Self-Reg® and the Shanker Method® can help reveal a child's true potential and help understand the stressors that are affecting a child's behaviour, development and learning. Topics include:

- What is the difference between misbehaviour and stress behaviour.
- Learn what overt and hidden stressors are that affect children's behaviour are.
 - What are the sensory issues that cause stress for children.
- Shanker Self-Reg® and how it can help parents and professionals identify and reduce stressors that negatively impact children's behaviour, development and learning.

Dr. Stuart Shanker & Dr. Brenda Smith-Chant

December 7th, 2018

Self-Regulation techniques and practical methods for educators, caregivers, mental health providers and professionals who work with youth

Presentation:

9:00am- 12:00pm (Dr. Shanker)

12:00 – 4:00pm (Dr. Smith-Chant)

Location: Champlain Valley Exposition, Essex Junction, VT 05452

5.5 CEU credits are anticipated to be offered for Social Workers, Psychologists, Mental Health Counselors, and MFTs.



Dr. Stuart Shanker is the Founder and Chief Executive Officer of The MEHRIT Centre.

Dr. Stuart Shanker (D.Phil) is a Distinguished Research Professor Emeritus of Philosophy and Psychology, the CEO of [The MEHRIT Centre, Ltd.](#), and founder and Science Director of the [Self-Regulation Institute](#). His most recent book, [Self-Reg: How to Help Your Child \(and You\) Break the Stress Cycle and Successfully Engage With Life](#) (2016), has garnered enthusiastic reviews and media attention throughout North America and has also been published in the UK, Poland, Germany, South Korea, The Netherlands, and The Czech Republic, with further translations and foreign editions in the works.

Over the past decade, Stuart Shanker has served as an advisor on early child development to government organizations across Canada and the United States, and in countries around the world. During this period, he became increasingly interested in the impact of excessive stress on child development and behaviour. Stuart Shanker’s five-step Self-Reg model — The Shanker Method™— is a powerful process for understanding and managing stress in children, youth and adults. In 2012 he founded [The MEHRIT Centre](#) as a Self-Reg learning and information centre. Stuart commits considerable time to bringing the research and science of Self-Reg to parents, early childhood educators, teachers, educational leaders, health practitioners and communities through presentations, master classes, online courses, webinars, publications, social media and a blog entitled, “[The Self-Reg View](#)”.



Dr. Brenda Smith-Chant

Dr. Brenda Smith-Chant is the Director of Research for the Self-Regulation Institute, a partner organization to The MEHRIT Centre (TMC) that is devoted to Self-Reg research and knowledge sharing. Her research background is in learning and learning environments—particularly for children. As well Dr

Smith-Chant is an Associate Professor in the Psychology Department at Trent University, and a member of the Psychology, Education, and Applications in Modeling graduate programs there.

In addition to her research, Brenda was a foster parent. She began to see the damaging effects of trauma, stress, and anxiety on her foster children, and how feelings of safety allowed them to blossom. These two areas, research into early learning and foster parenting, have combined under Dr. Shanker's guidance to inform Brenda's self-regulation work.

Friday December 7th, 2018

Champlain Valley Expo, Essex Jct. VT 05452

8am - 9am Registration

9am- 12:00pm with Dr. Shanker

1:00 - 4:00pm with Dr. Smith-Chant

\$119 per person

For Group Rates, please contact amandacamper@nafi.com

[Register Now](#)

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