

The CARE Method

A professional development programme for teachers and educational professionals

EVIDENCE-INFORMED · ARLENA COLLECTIVE

Between 40 and 60 per cent of children arrive in classrooms with nervous systems already shaped by adversity. Teachers are expected to manage increasingly dysregulated classrooms without any training in their own regulation. A dysregulated teacher cannot co-regulate a dysregulated student, regardless of the quality of their strategies. The CARE Method trains the one variable that most other programmes leave out: the adult in the room.

THE METHOD

Four pillars. *One continuous cycle.*

C

Co-regulation

How you walk into the room matters more than what you say in it.

A

Awareness

You cannot regulate what you cannot notice: in yourself or in your students.

R

Regulation

Body-based tools that work in a room full of children, even on a difficult day.

E

Environment

The classroom that regulates itself: through design, not discipline.

OUR PROGRAMMES

Start where you are. *Go as deep as you need.*

Each programme stands alone as a complete intervention and is the natural entry point to the next level. Pricing is available on request.

Programme	Format	What it gives you
Introductory Workshop	3.5 hours in person	A first hands-on encounter with the method: exercises practised, vocabulary built, tools ready for the next school day.
Full Workshop Day	6 hours in person	Eight exercises, the theory behind each one, and a personal practice plan for the four weeks that follow.
CARE Pro Certification	2 days in person + 6 online modules	The flagship track: full exercise library, theoretical depth, and a microcredential Issued by Arlena Collective, aligned with the European Approach to Microcredentials
School Implementation	2 training days + supervision	Sustained whole-school engagement, working at individual teacher competence and institutional structure simultaneously.
Municipal Programme	Bespoke multiple schools	The scaled version, built on a hub-and-spoke model that develops internal capacity rather than external dependency.
Erasmus+ Intensive	5 days Denmark in English	An immersive course for educators from across Europe. KA1 grant eligible. Listed in the European School Education Platform.

THE EVIDENCE BASE

The CARE Method draws on peer-reviewed research across six fields: social-emotional learning, co-regulation, interoceptive awareness, vagal physiology, adverse childhood experience, and classroom climate. The most comprehensive SEL meta-analysis to date (Cipriano et al., Child Development, 2023) analysed 424 studies involving 575,361 students across 53 countries and identified training teachers in their own social-emotional skills as one of only two factors that reliably predicted whether an SEL programme would work. That finding is the design logic of the CARE Method.

Book a free introductory conversation or request a programme overview call:

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