

OUTLINE

The Polyvagal Theory

- The biology of safety and danger
- The principles and features of the Polyvagal Theory and how to apply it in a clinical setting
- How the Polyvagal Theory can explain several features related to stress-related illnesses and psychiatric disorders such as PTSD, autism, depression, and anxiety
- The Social Engagement System and how it is compromised by stress and trauma
- Resetting our Social Engagement System
- Evolutionary changes and adaptive functions in the autonomic nervous system
- Humans response hierarchy to challenges
- Three neural platforms that provide the neurophysiological bases for social engagement, fight/flight, and shutdown behaviors

Social Engagement System and Psychiatric and Behavioral Disorders

- A description of the “face-heart” connection that forms a functional social engagement system
- How our facial expressions, vocalizations, and gestures are regulated by neural mechanisms that are involved in regulating our autonomic nervous system

Neuroception: Detecting and Evaluating Risk

- How our social and physical environment triggers changes in physiological state
- Understanding that adaptive physiological reactions may result in maladaptive behaviors
- Immobilization without fear
- Play as a neural exercise
- Listening as a neural exercise

“Demystifying” Common Biobehavioral Responses to Trauma and Abuse

- Fight/flight and immobilization defense strategies
- Adaptive function of immobilization and the associated clinical difficulties
- How the stresses and challenges of life distort social awareness and displace spontaneous social engagement behaviors with defensive reactions

Polyvagal informed therapy: Applying the Polyvagal Theory in Clinical Settings to Improve Treatment Outcome

- Understanding the principles underlying Polyvagal Informed Therapy
- Learn about the Safe and Sound Protocol as a Polyvagal Informed Therapy that may be useful in understanding and treating auditory hypersensitivities and other features of a dampened social engagement system
- Emotional state regulation as a core feature of psychiatric disorders
- Deconstructing features of autism and PTSD
- Strategies to explain disruption and repair of symbiotic regulation
- Identifying social cues that disrupt or repair defensive reaction
- Risks & limitations of the theory & clinical practice

Live Webinar Schedule (Times listed in Pacific)

- 8:00** Program begins
- 12:00-1:00** Lunch Break
- 3:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

OBJECTIVES

- 1 Characterize the principle features and foundation of the Polyvagal Theory.
- 2 Articulate how the Polyvagal Theory may explain behavioral features related to psychiatric disorders and other behavioral problems.
- 3 Determine how maladaptive behaviors, which may accompany several psychiatric disorders, may reflect adaptive responses triggered by survival mechanisms.
- 4 Communicate how the neural process (neuroception) evaluates risk in the environment and triggers adaptive neural circuits promoting either social interactions or defensive behaviors.
- 5 Appraise the definition of the features of the Social Engagement System to include the neural pathways that connect the brain, face, and heart.
- 6 Illustrate how deficits in the regulation of the Social Engagement System are expressed as core features of several psychiatric disorders.
- 7 Specify how therapeutic presence is based on the interaction between the Social Engagement Systems of client and therapist.
- 8 Evaluate how the Social Engagement System is involved in optimizing therapeutic outcomes.
- 9 Ascertain which features of the Social Engagement System are compromised by stress and trauma.
- 10 Determine how acoustic stimulation, via the Safe and Sound Protocol, may function as an acoustic vagal nerve stimulator to shift autonomic state and facilitate spontaneous social engagement behaviors.

FREE Polyvagal Worksheet and Video Demonstration

Get yours today at
pesi.com/1377video

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Trauma, Attachment,
Self-Regulation & Emotions

LIVE Interactive Webinar
Friday, January 21, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

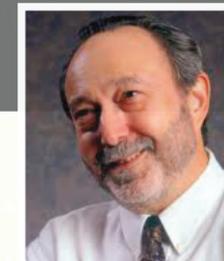


REGISTER NOW:
pesi.com/webcast/86465

Join us online for this live training!

Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Trauma, Attachment,
Self-Regulation & Emotions



featuring

Stephen Porges, Ph.D.

Creator of the Polyvagal Theory

International expert on the neurophysiology of emotions, trauma, attachment and self-regulation

- Apply the Polyvagal Theory in clinical settings for self-regulation and in the treatment of trauma
- Understand mechanisms mediating features of autism, depression, ADHD and PTSD

“[Dr. Porges work has had] a profound effect on how my Trauma Center colleagues and I organize the treatment of abused children and traumatized adults.”

— Dr. Bessel van der Kolk

Live Interactive Webinar
Friday, January 21, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/86465

Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Discover how powerful insight from the Polyvagal Theory can help you tap into your clients' nervous system and accelerate treatment outcomes.

Polyvagal Theory has revolutionized our understanding of both how the body's autonomic nervous system responds to fear and trauma and how therapists can work with it to create safety, connection and lasting healing.

Now you can join **Stephen Porges, PhD**, creator of the evidence-based Polyvagal Theory to learn how the Polyvagal Theory leverages neurobiology and psychophysiological cues to **enhance your ability to treat trauma, anxiety, ADHD, addiction, depression** - and a host of other mental health conditions.

Get practical guidance into the therapeutic power of facial expression, eye contact, voice modulation, and listening to help your clients overcome traumatic experiences, attachment wounds, and self-regulation problems—insight that can enhance any therapeutic approach and help you achieve lasting clinical outcomes. Through interactive demonstrations, videos, and engaging discussions, you'll learn practical methods of applying Polyvagal Theory within the clinical setting to help clients of all ages.

You'll walk away with **effective interventions** that build client safety and connectedness.

Don't miss this opportunity to discover how the nervous system holds the key to improving treatment outcomes, even with your most challenging cases.

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
Therapists • Marriage & Family Therapists • Nurses • Other Mental Health Professionals



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Cathey** at ccathey@pesi.com or call 715-855-5253.

MEET YOUR SPEAKER



Stephen W. Porges, Ph.D., is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He has published more than 300 peer reviewed papers across several disciplines including anesthesiology, biomedical engineering, critical care medicine, ergonomics, exercise physiology, gerontology, neurology, neuroscience, obstetrics, pediatrics, psychiatry, psychology, psychometrics, space medicine, and substance abuse. His work has been cited in more than 30,000 peer reviewed papers and his videos on YouTube have been viewed more than 1,000,000 times.

In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the mammalian autonomic nervous system to social behavior and emphasizes the importance of physiological state in the expression of behavioral problems and psychiatric disorders. The theory is leading to innovative treatments based on insights into the mechanisms mediating symptoms observed in several behavioral, psychiatric, and physical disorders. He is the author of *The Polyvagal Theory: Neurophysiological foundations of Emotions, Attachment, Communication, and Self-regulation* (Norton, 2011), *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*, (Norton, 2017) and co-editor of *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies* (Norton, 2018). He is the creator of a music-based intervention, the Safe and Sound Protocol™, which currently is used by more than 2000 therapists to improve spontaneous social engagement, to reduce hearing sensitivities, and to improve language processing, state regulation, and spontaneous social engagement.

Speaker Disclosure:

Financial: Stephen Porges is a Distinguished University Scientist at Indiana University; and a professor at the University of North Carolina. Dr. Porges has intellectual property rights, and receives royalties, from Integrated Listening Systems (iLS). He is an author for W. W. Norton and receives royalties. Dr. Porges receives a speaking honorarium from PESI, Inc.

Non-financial: Stephen Porges has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/86465

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.0 contact hours.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.0 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to **6.0 CE Hours for one low price!**

For all credit approvals and details, visit: www.pesi.com/webcast/86465

SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/86465

Live Interactive Webinar (Option 1)

January 21, 2022 [PWZ86464]

\$219.99 tuition

8am Pacific time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS042910]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

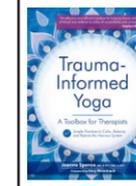
DVD (Option 3)

\$219.99 [RNV042910]

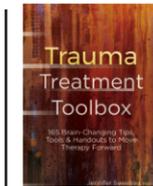
DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



Trauma-Informed Yoga: A Toolbox for Therapists
47 Practices to Calm, Balance, and Restore the Nervous System
Joanne Spence, MA, E-RYT 500, C-IAYT
~~\$29.99~~ **\$22.99***



Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
Jennifer Sweeton, Psy.D., M.S., M.A.
~~\$34.99~~ **\$24.99***

*Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2021