

## 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.

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# Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Trauma, Attachment,  
Self-Regulation & Emotions

**LIVE Interactive Webinar**  
**Friday, January 21, 2022**

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# 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

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# 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



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## 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](http://www.pesi.com/webcast/86465)

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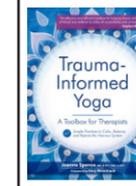
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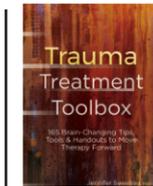
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## Recommended Reading:



**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.  
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