

## Outline

### ESSENTIALS OF POLYVAGAL THEORY

The evolution of the autonomic nervous system

How trauma shapes ways the body responds

Three organizing principles of Polyvagal Theory:

Neuroception: Detection without perception

Hierarchy: 3 predictable pathways of response

Coregulation: The biological imperative

### NEUROCEPTION AND THE SHAPING OF AUTONOMIC PATHWAYS

How the internal surveillance system works

Identifying cues of safety and danger

Connecting to our innate autonomic wisdom

Understanding patterns of protection and connection

### NAVIGATE THE AUTONOMIC HIERARCHY

Exploring three autonomic circuits

Sympathetic mobilization

Ventral vagal connection

Dorsal vagal collapse

How trauma shapes biology

Moving between states

Introduction to autonomic mapping

### THE SOCIAL ENGAGEMENT SYSTEM

The five elements of the Social Engagement System

What happens when parts of the system are unavailable?

Using the Social Engagement System to regulate states

How to "exercise" the Social Engagement System

### SHAPING THE AUTONOMIC NERVOUS SYSTEM TOWARD SAFETY

Identifying portals of intervention

Using breath as a regulator

Resourcing new patterns through movement

Exploring the autonomic response to touch

Using autonomic imagery

### INCORPORATING POLYVAGAL THEORY IN CLINICAL PRACTICE

Getting comfortable teaching Polyvagal Theory to clients

Tracking the flow of a Polyvagal-guided clinical session

Polyvagal-guided assessment and treatment planning

Polyvagal Theory and Phase I trauma treatment

### RESPONSIBILITIES OF A POLYVAGAL GUIDED THERAPIST

The guiding questions

Ethical considerations

Research limitations and potential risk

**Learning Objectives can be viewed at [pesi.com/webcast/86657](http://pesi.com/webcast/86657)**

#### Live Webinar Schedule (Times listed in Eastern)

**9:00** Program begins

**11:50-1:00** Lunch Break

**5:00** 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.

#### Target Audience:

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

FREE

# Polyvagal

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# Polyvagal Theory in Action

## Creating Safety & Connection with Trauma Clients

### LIVE Interactive Webinar Friday, February 4, 2022

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Live Interactive Video Webcast

# Polyvagal Theory in Action

## Creating Safety & Connection with Trauma Clients



**Courtney Rolfe, MA, LCPC**

Polyvagal Expert, Psychotherapist and Trainer

*"Courtney Rolfe is a gifted clinician and an expert presenter. She brings wisdom to the application of Polyvagal Theory in her work with clients and creativity to helping therapists understand and apply the principles of a Polyvagal approach. Drawing on her work as a Polyvagal guided therapist, Courtney inspires workshop participants to take the next steps and begin to integrate Polyvagal Theory into their clinical practice."*

Deb Dana, LCSW, author of *The Polyvagal Theory in Therapy* (Norton) and international trainer

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# Polyvagal Theory in Action

Have you had a client who could out-think their trauma? Likely you haven't...because trauma isn't healed through thought.

Clients come to us looking for ways to feel safe and regulated in their daily lives – but the trauma client is often **stuck in a dysregulated state**.

Like us, they want to be able to navigate the normal “shifting” we do in our daily life – transitioning from one state to another. Hyper to calm, irritated to relaxed, overwhelmed to feeling in control.

In the words of author and international trainer Deb Dana, LCSW, they are “**longing** to come into a state of regulation”.

And it's our job to help them. It's what we trained for, what we dreamed of doing, and where we get the deep satisfaction from the work we do.

Join senior trainer in Deb Dana's Rhythm of Regulation training series, Courtney Rolfe, MA, LCPC, for this interactive training, where you'll learn:

- A deep knowledge of Polyvagal Theory - in easy to understand language
- Practical ways to work with the autonomic nervous system that create connection and safety...through techniques she's honed and will share with you

The Polyvagal approach is not a model of therapy or a protocol to follow. It is an understanding of three organizing principles around which you can create your own approach and technique, blending them with your preferred model.

The goal is that you leave the training inspired to try something new with a client - - and that you have a roadmap to do so effectively.

Each client is unique, each therapist unique, and each approach unique, but using the foundation of our autonomic nervous system and working with states of engagement and dysregulation are universal ingredients for clinical success to happen. Learning Polyvagal Theory and how to apply it in your practice may become one of the most transformational moments in your career.

Register for this training and revolutionize your practice.



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# Meet Your Speaker



**Courtney Rolfe, MA, LCPC**, is a licensed psychotherapist in Chicago, Illinois. She is the founder of Modern Mind & Heart (formerly Modern Mind Counseling), which provides individual counseling, clinical consultation, and training with the specialized focus on application of Polyvagal Theory. She has a long history of working with trauma, both in private practice and in various social service organizations serving marginalized communities.

Courtney is a senior trainer in Deb Dana's Rhythm of Regulation training series. She has led several training cohorts through the Rhythm of Regulation's intensive 6 month “Foundations of Polyvagal Theory in Practice” course, and is excited to continue this work with future groups. Courtney is enthusiastic about bringing the Polyvagal Theory to clients and clinicians alike. Prior to discovering the Polyvagal Theory, Courtney has a foundation in using mindfulness, interpersonal neurobiology, and body-based practices to help clients heal.

### Speaker Disclosure:

Financial: Courtney Rolfe is the founder of Modern Mind & Heart. She receives compensation from the Polyvagal Institute. Ms. Rolfe receives a speaking honorarium from PESI, Inc.

Non-financial: Courtney Rolfe 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/86657](http://www.pesi.com/webcast/86657)

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9am Eastern time

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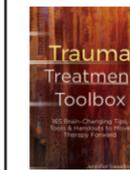
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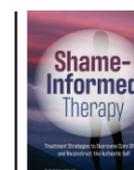
## Recommended Reading:



PUB085910

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

~~\$36.99~~ **\$24.99\***



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**Shame-Informed Therapy**  
Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self  
Patti Ashley, PhD, LPC

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