

Polyvagal Theory In Action: Creating Safety & Connection with Trauma Clients

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 of *The Polyvagal Theory in Therapy* (Norton) 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.

By attending this two-day applied training, Deb will give you:

- 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.

Increasingly, Polyvagal Theory is being discussed at conferences here and abroad, written about in articles, and taught in arenas of higher learning. Register for this training and revolutionize your practice. It is time to stop being mystified by the name “Polyvagal Theory” and realize the immediate benefits of knowing and incorporating its principles in your clinical work.

DEB DANA, LCSW



Deb Dana, LCSW, is a clinician and consultant specializing in working with complex trauma and is Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute.

She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation, Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices* and co-edited, with Stephen Porges, *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*.

Speaker Disclosures:
Financial: Deborah Dana maintains a private practice and has an employment relationship with the University of California Davis. She is a consultant to Khiron House Clinics and an advisor to Unyte/Integrated Learning Systems. She receives royalties as a published author and receives a speaking honorarium from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.
Non-financial: Deborah Dana has no relevant non-financial relationships.

Live Seminar & Webinar Schedule

(Both Days - Time listed in Eastern)

- 8:00** Registration/Morning Coffee & Tea
- 8:30** Program begins
- 11:50-1:00** Lunch (on your own)
- 4:30** 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.

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2-Day Workshop

Polyvagal Theory In Action

Creating Safety & Connection with Trauma Clients

Portland, ME

**Thursday & Friday
August 25 & 26, 2022**

Live Video Webinar

**Thursday & Friday
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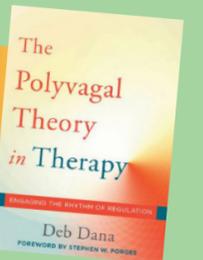
2-Day Workshop

Polyvagal Theory In Action

Creating Safety & Connection with Trauma Clients



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



“... Deb Dana brilliantly transforms a neurobiologically-based theory into clinical practice and Polyvagal Theory comes alive.”

– Stephen W. Porges, PhD, Originator of Polyvagal Theory

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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
 Moving from neuroception to awareness
 Using the Safety/Danger Equation to resource patterns of

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
 Creating skill with the Notice and Name practice

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

TRACKING AUTONOMIC STATES

Seeing patterns over time
 Use micro-moments to resource change
 Explore the blended states of play and stillness
 Create autonomic anchors
 Using continuums to track changes within a state

MEETING THE BIOLOGICAL NEED FOR CONNECTION

Creating safety in co-regulation
 Ways to use your autonomic state as a co-regulating resource
 Noticing moments of misattunement and making a repair

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
 Exploring the stretch to stress continuum
 Building safety with breath, movement, and imagery
 Writing new autonomic stories

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

Objectives

- Determine the principles of Polyvagal Theory and how to communicate them in client friendly language.
- Distinguish three circuits of the autonomic nervous system for use in client psychoeducation.
- Analyze how the autonomic nervous system operates as an internal surveillance system and its impact on clients’ habitual responses to trauma.
- Determine how to help clients engage the regulating capacities of the autonomic nervous system that create an environment of safety.
- Determine how to exercise the Social Engagement System to assist clients in becoming more adept in skills of co-regulation and creating reciprocal relationships.
- Assess for patterns in clients’ autonomic states to better inform treatment planning.
- Support the trauma-informed therapist’s role as co-regulator and its impact on clinical outcomes.
- Distinguish portals of intervention in the autonomic nervous system to more effectively establish safety and treat trauma.
- Employ the right degree of neural challenge and exercises to employ with clients to help shape the autonomic nervous system toward safety and connection.
- Evaluate how to work with the cycle or reciprocity-rupture-repair in helping clients achieve the biological need for connection.
- Design a Polyvagal-guided clinical practice based on appropriate assessment and treatment planning.
- Categorize ethical issues, research limitations, and potential risks to be considered by a Polyvagal-guided therapist.



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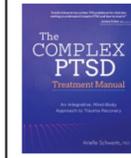
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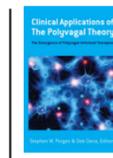
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Recommended Reading:

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The Complex PTSD Treatment Manual
 An Integrative, Mind-Body Approach to Trauma Recovery
 Arielle Schwartz, PhD
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Clinical Applications of the Polyvagal Theory
 The Emergence of Polyvagal-Informed Therapies
 By Stephen Porges, Ph.D. & Deb Dana, LCSW **YOUR PRESENTER**
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Target Audience:

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

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Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

Maine Counselors: CE credit is available. This course consists of 12.5 continuing education clock hours for Maine Counselors and is designed to meet the continuing education requirements of the Maine Board of Counseling Professionals Licensure Rules (Chapter 7-A). Please retain the course advertisement and certificate of completion for your CE records.

New Hampshire Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/87024.

Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.



Social Workers: 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 live course receive 12.5 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.

Social Workers (NASW): This activity is pending approval from the National Association of Social Workers.

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Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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