

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/express/87675

Live Seminar & Webinar Schedule

(Times listed in Eastern)

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 12:00-1:00** Lunch (on your own)
- 4:00** 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

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We Are Back! Join In Person or Online!

Polyvagal Theory in Action with Deb Dana, LCSW

Decatur, GA
Monday, October 24, 2022

Live Interactive Webinar
Monday, October 24, 2022

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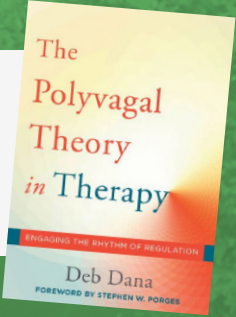
We Are Back! Join In Person or Online!

Polyvagal Theory in Action with Deb Dana, LCSW

Creating Safety & Connection with Trauma Clients



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

Polyvagal Theory in Action with Deb Dana, LCSW

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.

By attending this live interactive video webcast 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.

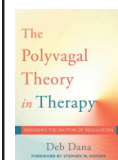
The goal is that you leave the training inspired to try something new with a client - - and that you have a roadmap to do so effectively.

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.

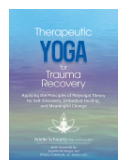
Register for this training and revolutionize your practice.

Recommended Reading:

Purchase this training for these exclusive savings!



The Polyvagal Theory in Therapy
Engaging the Rhythm of Regulation
\$29.95 \$24.99
By seminar speaker, **Deb Dana, LCSW!**



Therapeutic Yoga for Trauma Recovery
Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change
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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



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 Disclosure:

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.



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Addiction Counselors: 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.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Georgia Counselors: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

Marriage & Family Therapists: This activity consists of 380 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.

Georgia Marriage & Family Therapists: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: 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 6.25 contact hours. Partial contact hours will be awarded for partial attendance.

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PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 course receive 6.25 Clinical continuing education credits.

Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

Other Professions: This activity qualifies for 380 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.

SIGN UP TODAY!

Polyvagal Theory in Action with Deb Dana, LCSW

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- \$29.99 \$22.99**** *Therapeutic Yoga for Trauma Recovery* book [PUB087285]

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

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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