

# 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 is a consultant at Khiron House Clinics and the Veterans Administration. She receives royalties as a published author and receives a speaking honorarium from the Cape Cod Institute, The Knowledge Tree, the PCPSI, and the Polyvagal Institute. Deborah Dana receives a speaking honorarium, recording, and book royalties from Psychotherapy Networker and PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Deborah Dana is a board member of the Polyvagal Institute. She is a volunteer consultant for Unyte/iLS.

### Live Seminar & Webinar Schedule

(Both Days - Time listed in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** 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.

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on therapist.com today!

Register for FREE when you go to: [therapist.com/free](http://therapist.com/free)

**Group Training Solutions Made Easy!**

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

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORGANIZATION US POSTAGE PAID Eau Claire, WI PERMIT NO 32729

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

## 2-Day Workshop

# Polyvagal Theory In Action

## Creating Safety & Connection with Trauma Clients

**Columbia, MD**

Thursday & Friday  
February 23 & 24, 2023

**Live Video Webinar**

Thursday & Friday  
February 23 & 24, 2023

REGISTER NOW! [pesi.com/express/88258](http://pesi.com/express/88258)



REGISTER NOW! [pesi.com/express/88258](http://pesi.com/express/88258)  
A Non-Profit Organization Connecting Knowledge with Need Since 1979



We Are Back! Join In Person or Online!

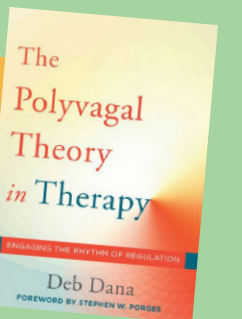
2-Day Workshop

# 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

**Columbia, MD**

Thursday & Friday  
February 23 & 24, 2023

**Live Video Webinar**

Thursday & Friday  
February 23 & 24, 2023

# 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.



If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

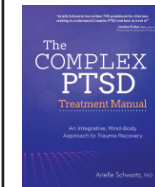
**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Can’t attend in person? You can still join us!**  
**Watch live Webinar from your home or office** – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit [pesi.com](http://pesi.com) for availability).

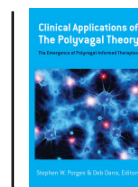
**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Cathey** at [ccathey@pesi.com](mailto:ccathey@pesi.com) or call **715-855-5253**.

## Recommended Reading:

Purchase this training for these exclusive savings!



**The Complex PTSD Treatment Manual**  
 An Integrative, Mind-Body Approach to Trauma Recovery  
 Arielle Schwartz, PhD  
~~\$29.99~~ **\$22.99\***



**Clinical Applications of the Polyvagal Theory**  
 The Emergence of Polyvagal-Informed Therapies  
 By Stephen Porges, Ph.D. & Deb Dana, LCSW **YOUR PRESENTER**  
~~\$39.95~~ **\$32.99\***

## Target Audience:

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

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. Please see “live seminar schedule” for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-726-3888 before the event. Materials that are included 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. For planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.*



**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.

**Maryland Counselors:** CE credit is available. This course is approved for 12.5 clock hours of continuing education instruction for Maryland Counselors. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board. 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.

**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.



**Physicians:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

PESI, Inc. designates this live activity for a maximum of 12.5 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 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.

**Social Workers (NASW):** This Live program is approved by the National Association of Social Workers (Approval #886759332-1387) for 12.5 Social Work continuing education contact hours.

**Maryland Social Workers:** Please note that yoga, holistic therapies and nature based topics are not accepted by the Maryland Board of Social Work Examiners.

**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.

# SIGN UP TODAY! 2-Day Workshop Polyvagal Theory in Action

**SAVE TIME! Express Register Online: [pesi.com/express/88258](http://pesi.com/express/88258)**

**1 Please complete entire form if sending by mail** please print legibly ©2022

\*Email address \_\_\_\_\_ \*Email required to receive registration confirmation, CE certificate, and/or digital product.  
 Name \_\_\_\_\_ Profession \_\_\_\_\_  
 Billing Address \_\_\_\_\_  Home  Work  
 Company Name (if work address): \_\_\_\_\_  
 City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 \*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_  
 \*Required for event updates

**2 Live Training Options** (make copy for your records)

- A SELECT LOCATION**
- COLUMBIA, MD • February 23 & 24, 2023** 88258CBA  
 DoubleTree Columbia  
 5485 Twin Knolls Road • 21045 • (410) 997-1060
  - LIVE VIDEO WEBINAR • February 23 & 24, 2023** PLW88258  
 Broadcast LIVE to your computer!

- B SELECT LIVE IN-PERSON TUITION** includes downloadable seminar manual
- \$439.99** – choose one of the options below:
- per person for 2 or more preregistering together —OR—
  - single registration postmarked 3 weeks prior to seminar date
  - \$499.99** standard
- WEBINAR TUITION** includes downloadable seminar manual
- \$439.99** registration (add tax in HI & NM)

**3 Home Study Options**

- On-Demand Digital Seminar \$439.99\*** POS054770
  - DVD \$439.99\*\*** RNV054770
- \* plus applicable sales tax, visit [www.pesi.com/faq](http://www.pesi.com/faq) for more information

**4 Recommended Reading**

- ~~\$29.99~~ **\$22.99\*\*** *The Complex PTSD Treatment Manual* book  
 PUB086775
- ~~\$39.95~~ **\$32.99\*\*** *Clinical Applications of the Polyvagal Theory* book  
 SAM085360

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

**5 Select Payment Method**

**All registrations must be prepaid.**

Check enclosed payable to **PESI, Inc.**  
 Purchase order enclosed (Fed ID # 26-3896894)  
 MC  VISA  AE  Discover Novus  
 16 digits 13-16 digits 15 digits 16 digits  
 Signature \_\_\_\_\_  
 Card # \_\_\_\_\_  
 Card Exp. \_\_\_\_\_ CVV#\* \_\_\_\_\_  
 (\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

**IN-PERSON SAFETY**  
 As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

**ADA NEEDS**  
 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.

**TUITION OPTIONS**  
*Advance registration required. Cannot be combined with other discounts.*

- **Get a Group Discount!** Contact us at [pesi.com/info](mailto:pesi.com/info) to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military; limited seats available; advanced registration online required
- **\$100 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, first come, first serve.
- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit [www.pesi.com/students](http://www.pesi.com/students) for details.

**QUESTIONS**  
 Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

**TAXES AND SHIPPING**  
 Taxes and shipping apply where applicable, see website for details

**OTHER WAYS TO REGISTER**  
 Fax: 800-554-9775  
 Mail: PESI, Inc.  
 PO Box 1000  
 Eau Claire, WI 54702-1000  
 Phone: 800-726-3888  
 Online: [pesi.com/express/88258](http://pesi.com/express/88258)

Total Payment: \_\_\_\_\_

For all credit approvals and details, visit [www.pesi.com/express/88258](http://www.pesi.com/express/88258)