

Outline

The New Practice of Neuro-informed Counseling for Toxic Stress

Seamlessly integrate polyvagal techniques into EMDR therapy

Tap into the nervous system and let it conduct therapy

Spot the key differences between toxic and non-toxic stress to know what to target

Make therapy easier by mastering the skills to tame your clients nervous system

Polyvagal Therapy in Action & the Social Engagement System (SES)

Practical exercises to harness the power of the vagus nerve for healing

Do intuitive trauma work with neuroception-informed strategies

Strategies to target 3 circuits of the nervous system

Understand the role of evolution as it applies to your therapy

Build a resilient nervous system in your clients to prevent triggering trauma

How the SES operates in the therapy room

Exercises to do with your clients

The Polyvagal-Informed EMDR Perspective

Improve connection by reframing EMDR as relational therapy

Get clients ready for EMDR with new polyvagal exercises

“The Therapeutic Soil” - a metaphor for connection

Create a stronger therapeutic presence to create safety and trust

Help clients reset emotional dysregulation

Research, risks and limitations

Polyvagal-Informed EMDR in Practice

See and experience exercises that integrate the modalities

Disempower trauma memories with Adaptive Information Processing (AIP)

Know when to use polyvagal exercises while doing bilateral stimulation (BLS)

Meet clients where they’re at with the right BLS speed for customized recovery

Strategies to Individualize EMDR Phases 1-3 for Each Client

Help your clients see their problems as solutions

Increase your client’s dual awareness to decrease dissociation

Take your client’s history across multiple domains simultaneously

Create individualized treatment plans to target specific trauma and goals

Case vignettes and practice exercises

Create More Intuitive Healing in EMDR Phases 4-8

Easy-to-implement strategies to track client progress

Overcome blocked processing with PV-EMDR interweaves

Create a new narrative for clients trapped in the past

Conduct micro and macro re-evaluation to see change across domains

Case vignettes and practice exercises

The Embodied Therapist

Stay embodied when sessions become intense

Exercises to do before, during and after therapy to stay regulated

Expand your perspective of the impact of therapeutic embodiment

Learning Objectives can be viewed at pesi.com/webcast/89798

Live Webinar Schedule - both days (Times listed in Pacific)

8:00 Program begins


11:50-1:00 Lunch Break

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.

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Polyvagal-Informed EMDR Therapy

Over 20 Next Level Strategies for Targeted and Customized Trauma Treatment



Featuring **Rebecca Kase, LCSW**, internationally renowned EMDR expert, consultant and trainer

- Polyvagal-informed strategies to prepare clients for EMDR & determine readiness
- New ideas to reframe the therapist-client relationship
- Easily modify EMDR moment-to-moment in session as challenges arise
- Enhance memory reprocessing through nervous-system focused interventions
- Includes case vignettes and practice exercises

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Polyvagal-Informed EMDR Therapy

EMDR and polyvagal theory have been game-changers for therapists’ understanding and treatment of trauma.

And individually they’ve each proven themselves to be powerful pathways to healing.

But when combined, they create a neuro-informed framework for case conceptualization, treatment planning, and client transformation that should be in every trauma therapist’s toolkit.

Now, for the first time ever you can join **Rebecca Kase, an internationally renowned EMDR trainer and author** of *Polyvagal-Informed EMDR: A Neuro-Informed Approach to Healing*, for a one-of-a-kind training.


- In over 12 hours of specialized training, Rebecca will provide a step-by-step roadmap to harness the power of these groundbreaking approaches so you can:
- Use polyvagal-informed strategies to prepare clients for EMDR & determine readiness
 - Apply new ideas to reframe the therapist-client relationship
 - Improve memory reprocessing through nervous-system focused interventions
 - Easily modify EMDR moment-to-moment in session as challenges arise
 - And much more!

If you use EMDR this training will allow you to maintain fidelity to the evidence-based practice but have you feeling like you’ve supercharged the therapy and the recovery process.

Better still, this approach goes beyond trauma and PTSD, and can be used in the treatment of anxiety, addictions, depression, grief, and more.

Don’t miss this chance to get the expert guidance you need to integrate two of today’s most powerful therapeutic tools to form the robust healing model you’ve been looking for.

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Meet Your Speaker



Rebecca Kase, LCSW, is an internationally renowned EMDR expert, consultant, trainer and owner of Kase & CO Training and Consulting. She is the author of *Polyvagal-Informed EMDR: A Neuro-Informed Approach to Healing* (Norton, 2023) and has worked in a variety of settings with a variety of populations including children, adolescents, and adults. She has additional experience working with dissociation and complex trauma and incorporates yoga and mind-body techniques throughout her clinical work. She advocates for embodied presence, humility and curiosity as vital components for healing and successful therapy. Rebecca strives to provide engaging, safe, and shame-free environments for clinicians to explore and learn.

Speaker Disclosure:
Financial: Rebecca Kase maintains a private practice and receives compensation as a national speaker. She receives royalties from BilateralStimulation.io and Norton. Rebecca Kase receives a speaking honorarium from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.
Non-financial: Rebecca Kase is a member of the EMDR International Association, the International Society for the Study of Traumatic Dissociation, and the Yoga Alliance.

Target Audience:

Counselors • Social Workers • Psychiatrists • Psychologists • Addiction Counselors
Marriage and Family Therapists • Therapists • Physicians • Nurses
Other Professionals Who Work within the Mental Health Fields

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This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

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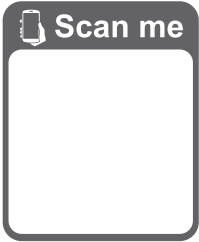
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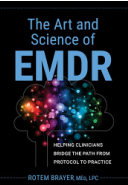
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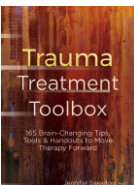


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