

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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on September 10 & 11, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/78591

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. She is an author for W.W. Norton and receives royalties. She receives a consulting fee from Indiana University; and the Veterans Administration. Ms. Dana receives a speaking honorarium from PESI, Inc.

Non-financial: Deborah Dana has no relevant non-financial relationship to disclose.



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 Claire Zelasko at czelasko@pesi.com or 715-855-8194.

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Polyvagal Theory In Action

Creating Safety & Connection
with Trauma Clients

Bloomington, MN
September 10 & 11, 2020

Live Video Webcast
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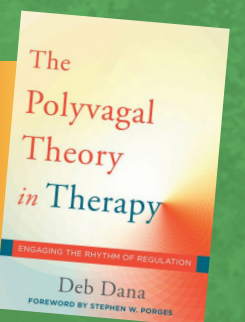
2-Day Workshop

Polyvagal Theory In Action

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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



Bloomington, MN

Thursday & Friday
September 10 & 11, 2020

Live Video Webcast

Thursday & Friday
September 10 & 11, 2020



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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

TRACKING AUTONOMIC STATES

Seeing patterns over time
Use micro-moments to resource change
Explore the blended states of play and stillness
Create autonomic anchors

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

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

Live Seminar and Webcast Schedule

for both days

(Times in Central)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 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.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.



PESi, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

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.

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. After attendance has been verified, pre-registered attendees will receive an email from PESi Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. 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 or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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.

PESi, Inc. offers continuing education programs and products under the brand names PESi, PESi Healthcare, PESi Rehab 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.

Counselors: This intermediate activity consists of 12.5 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 this activity and contact your state board or organization to determine specific filing requirements.

Minnesota Counselors: Application for MN BBHT continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/78576.

Wisconsin Counselors: CE credit is available. This course consists of 12.5 continuing education clock hours for Wisconsin Counselors. The Wisconsin Department of Safety and Professional Services (MPSW 19) accepts continuing education programs relevant to counseling by approved providers of the Association of Social Work Boards (Sec. 20-195cc-3). Please see social work CE statements for this program.

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.

Minnesota Marriage & Family Therapists: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

Wisconsin Marriage & Family Therapists: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESi, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists: This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

Minnesota Psychologists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/78576.

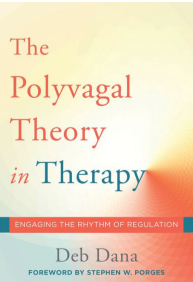
Social Workers: PESi, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final 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, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice 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.



Minnesota Social Workers: PESi, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

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.

RELATED PRODUCTS [Save by including with your seminar registration]



The Polyvagal Theory in Therapy:
Engaging the Rhythm of Regulation

By Deb Dana, LCSW [**YOUR PRESENTER**] & Stephen Porges, Ph.D.

This book offers therapists an integrated approach to adding a polyvagal foundation to their work with clients. With clear explanations of the organizing principles of Polyvagal Theory, this complex theory is translated into clinician and client-friendly language. Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients' experiences of connection. Through exercises that have been specifically created to engage the regulating capacities of the ventral vagal system, therapists are given tools to help clients reshape their autonomic nervous systems.

Clinical Applications of the Polyvagal Theory:

The Emergence of Polyvagal-Informed Therapies

By Stephen Porges, Ph.D. & Deborah Dana, LCSW [**YOUR PRESENTER**]

This comprehensive edited collection brings together accomplished therapists, including those who work with children, EMDR, medical trauma, energy psychology, grief, and more. All offer clinical examples that show how the polyvagal theory provides a neurophysiological model to better understand clinical features and improve communication with clients.

More info and resources at www.pesi.com

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☐ **\$499.99** standard

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

☐ **\$29.95*** *The Polyvagal Theory in Therapy* book (SAM085755)

☐ **\$37.50*** *Clinical Applications of the Polyvagal Theory* book (SAM085360)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

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.

- FREE Military Tuition:** PESi Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, first come, first serve.
- Discounted Student Rate:** As part of its mission to serve educational needs, PESi, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

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