

Integrating Polyvagal Theory in Clinical Practice

with Stephen Porges, PhD & Deb Dana, LCSW

Join researcher **Stephen Porges** and expert clinician **Deb Dana** in this rare LIVE virtual training to fully learn the theory and the practice of integrating Polyvagal into your clinical work.

In times of crisis, our clients may want to anchor in an autonomic state of calmness and social engagement. But our physiological state, emotions, and nervous state can override our capacity to be calm and we often mobilize into sympathetic fight and flight, anger and anxiety, or dorsal despair, disconnection, and collapse.

This pervasive threat may destabilize our nervous systems and limit our capacity to provide the cues to our clients consistent with our benevolent intentions to connect, support, and be present.

Now you can learn the science that explains how social behavior turns off defenses and promotes feeling safe – critical in the world of treating trauma – and how to inform your practice with this latest, and most respected, science.

Applying a **Polyvagal perspective to our therapeutic strategies** that witness and expand the capacity to feel safe - and use social behavior to regulate the physiological state - can be effective in treating psychological disorders that are dependent on defense systems.

Sign up today for this don't miss event LIVE with Dr. Porges and Deb Dana. Engage in theory, practice, and interact with other participants via chat room and Q&A portal!

Knowledge and Skills To Take Back to Your Practice!

- ✓ Ways trauma retunes autonomic state and reactivity to threat
- ✓ Co-regulation/connectedness as a biological imperative
- ✓ Using the social engagement system to regulate states
- ✓ The role of the vagal brake in regulating autonomic state
- ✓ Detecting risk/safety through neuroception
- ✓ Understanding patterns of protection and connection
- ✓ Autonomic mapping
- ✓ Creating safety in co-regulation
- ✓ Experiences of rupture and skills of repair
- ✓ Polyvagal-guided assessment and treatment planning

Objectives

1. Determine the principles and features of the Polyvagal Theory.
2. Evaluate maladaptive behaviors, including states of dissociation, and how they may be an emergent property of an adaptive physiological state triggered by survival mechanisms.
3. Propose a face-heart connection that defines a social engagement system linking bodily feelings with facial expression, vocal intonation, and gesture.
4. Analyze the neural process (neuroception) that evaluates risk in the environment and triggers adaptive neural circuits that promote either social engagement or adaptive survival strategies.
5. Utilize an autonomic map to identify common body responses, behaviors, and beliefs for each autonomic state.
6. Determine ways to engage the co-regulating pathways of the Social Engagement System to create an environment of safety in clinical sessions.
7. Justify how the autonomic nervous system operates as an internal surveillance system and its impact on clients' habitual responses to trauma.
8. Practice the trauma-informed therapist's role as co-regulator and the impact on clinical outcomes.
9. Assess for patterns in clients' autonomic states to better inform treatment planning.

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with Stephen Porges, PhD & Deb Dana, LCSW

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Friday, October 30, 2020

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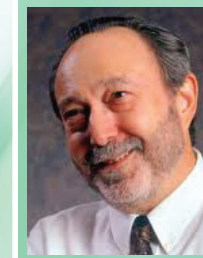


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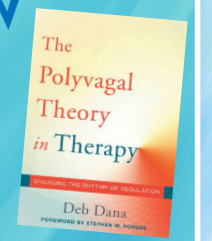
Stephen Porges, Ph.D.

Creator of the Polyvagal Theory
International expert on the neurophysiology of emotions, trauma, attachment and self-regulation



Deb Dana, LCSW

author of
The Polyvagal Theory in Therapy (Norton) and
international trainer



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Outline

Adaptive function of evolutionary changes in the autonomic nervous system (Porges)
 Navigating the hierarchy through autonomic mapping
 Anchoring in regulation
 Engaging the vagal brake (Dana)
 Connectedness: A biological imperative (Porges)
 Identifying ruptures and practicing repair
 Assessing the right degree of connection
 How to have an autonomic conversation (Dana)

The Social Engagement System as a Portal of Co-regulation: Harnessing a Neuroception of Safety in Clinical Treatment (Porges)
 Utilizing the individual pathways of the Social Engagement System (Dana)
 A One Nervous System Model (Porges)
 Guiding questions for Polyvagal Informed therapists (Dana)
 Discussion and Q&A with Speakers

Speakers



Stephen W. Porges, Ph.D., is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium in the Kinsey Institute. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland.

The theory is leading to innovative treatments based on insights into the mechanisms mediating symptoms observed in several behavioral, psychiatric, and physical disorders. He is the author of *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation* (Norton, 2011), *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*, (Norton, 2017) and co-editor of *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies* (Norton, 2018). He is the creator of a music-based intervention, the *Safe and Sound Protocol™*, which is used by more than 1400 therapists to improve spontaneous social engagement, to reduce hearing sensitivities, and to improve language processing, state regulation, and spontaneous social engagement.

He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He has published more than 300 peer-reviewed papers across several disciplines.

Speaker Disclosures:
 Financial: Stephen Porges is a Distinguished University Scientist at Indiana University; and a professor at the University of North Carolina. Dr. Porges has intellectual property rights, and receives royalties, from Integrated Listening Systems (ILS). He is an author for W. W. Norton and receives royalties. Dr. Porges receives a speaking honorarium from PESI, Inc.
 Non-financial: Stephen Porges has no relevant non-financial relationship to disclose.



Deb Dana, LCSW, is a clinician and consultant specializing in working with complex trauma. She is a consultant to the Traumatic Stress Research Consortium in the Kinsey Institute, clinical advisor to Khiron Clinics, and an advisor to Unyte. 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* (Norton, 2018), *Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices* (Norton, 2020), co-editor of *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies* (Norton, 2018), *Befriending the Nervous System* (Sounds True, 2020), and creator of the *Polyvagal Flip Chart* (forthcoming from Norton).

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.
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Live Webcast Schedule (Times listed in Eastern)

9:00 Program begins
12:00-1:00 Lunch Break
5:00 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:

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