

# 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.

## Live Webcast Schedule (Times listed in Central)

**8:00** Program begins

**12:00-1:00** Lunch Break

**3:50** 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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# Polyvagal Theory in Action with Deb Dana, LCSW

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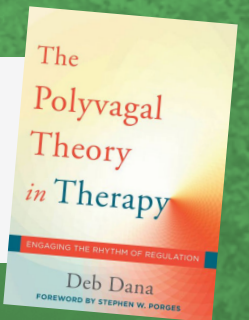
# Polyvagal Theory in Action with Deb Dana, LCSW

**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

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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

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 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 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



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**Marriage and Family Therapists:** AK, AL, AR, AZ, CA, CO, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WY

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