

Polyvagal Essentials

FOR EVERY CLINICIAN:

Practical Applications for Safety,
Attachment, Trauma, and Anxiety

Many of our clients struggle to find and maintain the safety needed to face the risks and the wonder inherent in living.

The Polyvagal Theory has been termed the science of safety. This safety allows us to **regulate our emotions, process our trauma memories, and engage with others successfully.**

This work give us a psychological and physiological understanding of our shifts through mobilization, disconnection, and engagement. Dr. Stephen Porges' evidenced perspective shapes new approaches to trauma treatment, relational concerns, and mood disorders.

Your presenter, Dr. Debra Alvis, will give you the science and theory in **easy to understand language...and in an applied manner.** End the day knowing how to map the autonomic response and how to repattern the autonomic nervous system for safety.

Experiential exercises and worksheets provided in the seminar will guide you in the application of polyvagal knowledge to clinical work.

Join Debra for this exciting day of theory, research, and application. A well-seasoned and national presenter, she brings an extensive background in neuroscience, the experience of a twenty-five-year clinical practice, and a love of whole-person treatment approaches to the seminar.

Enjoy anecdotes, take in clinical scenarios designed to clarify application principles, and practice interventions with Debra's expert guidance. Return to your practice with:

- New, evidence-based approaches to replace clients' maladaptive protective patterns
- Ways to enhance your clients' capacity to connect to the self and others
- A transformational understanding of the autonomic nervous system to promote healing from trauma wounds

Speaker

Debra Alvis, Ph.D., is a licensed psychologist and private practitioner with over twenty-five years of clinical experience. She specializes in an integrative approach bringing together polyvagal, neuroscientific, and somatic principles to treat trauma and co-morbid disorders.

Debra discovered that the polyvagal approach facilitates a mindful awareness of the biological reactions influencing the therapist/client relationship and the client's sense of safety in the world. Integrating physiological, brain-based, body-focused approaches with traditional psychotherapeutic orientations helped clients to recover more easefully and quickly from trauma. In addition, with an increased sense of safety and connectedness, clients more frequently practiced the strategies required to move toward thriving. Debra has refined the application of this integrative model through her work in private practice and as a clinical supervisor, educator, and consultant.

Dr. Alvis developed and led the Mind/Body Program at the University of Georgia where she now teaches health psychology graduate students to apply polyvagal, neuroscientific, and somatic approaches, serves as project director for federal grant focusing on integrative healthcare, and develops mindfulness-based research studies. A thirty-year personal contemplative practice and over a thousand hours training as a mindfulness and yoga teacher further enrich her presentations.

Speaker Disclosures:

Financial: Debra Alvis is in private practice. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Alvis has no relevant non-financial relationship to disclose.

Target Audience

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

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Live Webcast Schedule

(Times listed in Eastern)

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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LIVE Interactive Webcast

Thursday, December 10, 2020

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Register Today! Space is Limited!

Featuring Debra Alvis, Ph.D.

- The work of Stephen Porges, Ph.D. – with client-friendly language and in applied terms
- Improve your clients' emotion regulation skills
- Better enable the processing of trauma memories

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