

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

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

Learning Objectives can be viewed at pesi.com/webcast/84664

Live Webinar 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.

Target Audience:

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

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Live Interactive Video Webcast

Polyvagal Theory in Action with Deb Dana, LCSW

LIVE Interactive Webinar
Friday, April 23, 2021

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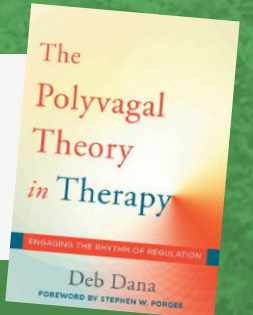
Polyvagal Theory in Action with Deb Dana, LCSW

**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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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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.



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Meet Your 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 Disclosure:

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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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 and details, visit www.pesi.com/webcast/84664

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.



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PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



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, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 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.

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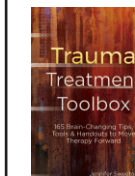
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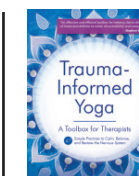
Recommended Reading:



PUB085910

Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
Jennifer Sweeton, Psy.D., M.S., M.A.

~~\$34.99~~ \$24.99*



PUB086520

Trauma-Informed Yoga: A Toolbox for Therapists
47 Practices to Calm, Balance, and Restore the Nervous System
Joanne Spence, MA, E-RYT 500, C-IAYT

~~\$29.99~~ \$22.99*

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QUESTIONS

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