

## Outline

### Polyvagal Theory:

#### **User-Friendly and Accessible Explanations for Non-Scientists**

Understanding the autonomic nervous system

The vagus nerve and how your nervous system reacts to social factors

The complexities of fight/flight/freeze response

Neuroception and co-regulation

Rest and digest – the state of social engagement

### Neuroplasticity Simplified:

#### **Nervous System Change and Balance Explained**

Learn how neurologically-based conditions are treatable

Foundations for using “neuro-rehabilitation”

Train the nervous system for better coping

Review the science, research and limitations behind neuroplasticity

### Incorporate a Polyvagal Perspective into Your Daily Clinical Practice

Why is this relevant to your clinical practice?

Help clients cope using Dan Siegel’s Window of Tolerance

Recognize autonomic states of clients

Hyper-arousal and hypo-arousal

How overlooking hypo-arousal in clients impacts treatment

Therapeutic presence

### Sensory Interventions to Increase Felt Safety

Create a space of co-regulation - body, face, tone, and breath

Visual interventions: Scanning for safety

Auditory interventions: Safe & Sound protocol

Tactile interventions

### Apply a Polyvagal Lens to Movement, Breath and Grounding Practices

Movement to put stress to the use nature intended

Imagined movement: Running Faster than the Tiger

Diaphragmatic breathing and the vagus nerve

Non-threatening breath exercises to control hyperventilation

Muscle tension and the vagus nerve

Research, treatment risks and limitations

#### **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.

## Objectives

1. Investigate the clinical implications of the Polyvagal Theory’s explanation of how the nervous system reacts to social factors.
2. Analyze the concept of neuroception and how it can impact autonomic states in clients.
3. Assess how psychoeducation with clients about the nervous system can help generate buy-in for interventions designed to impact the nervous system’s reactions to stress, trauma and anxiety.
4. Analyze the treatment implications of hyperarousal and hypoarousal on a client’s window of tolerance.
5. Analyze therapeutic presence through the lens of Polyvagal Theory to help explain the mechanisms of change that presence evokes.
6. Evaluate the current state of research on the application of a Polyvagal perspective to mental health treatment.

**FREE**

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# POLYVAGAL THEORY and the NEUROSCIENCE OF CONNECTION

## HOW A POLYVAGAL PERSPECTIVE CAN ENHANCE THE TREATMENT OF TRAUMA AND ANXIETY

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# POLYVAGAL THEORY and the NEUROSCIENCE OF CONNECTION

## HOW A POLYVAGAL PERSPECTIVE CAN ENHANCE THE TREATMENT OF TRAUMA AND ANXIETY

- An accessible guide to complicated science and research
- How to co-regulate with clients to calm the body
- Visual, auditory and tactile interventions to increase felt safety
- How recognizing autonomic states of clients can guide your treatment

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# Polyvagal Theory and the Neuroscience of Connection

If you're like most clinicians you've been hearing a lot about Polyvagal Theory lately.

But the complicated theory that's changed our understanding of the nervous system's response to stress and danger can be difficult for non-scientists to grasp. And even if you can wrap your head around the complex research, you're still left trying to figure out how to make the knowledge useable in real life.

Without the right guide, one who can simplify the science and show you how to operationalize it, you'll be left unable to bring this important information to your practice.

Dr. Sherrie All is a licensed psychologist specializing in neuropsychology whose trainings have made complicated research and scientific concepts accessible and useable for mental health professionals across the country.

Join Dr. All for this live one-day training as she unpacks the science behind the Polyvagal Theory and shows you how you can immediately put it to use in your clinical work!

In just one day you'll get:

- An accessible and user-friendly explanation of Polyvagal Theory
- Guidance on recognizing and responding to clients' autonomic states in therapy
- Ways to create a space of safety and co-regulation using body, face, and tone
- Movement, breath and grounding practices as applied through a Polyvagal lens

Don't miss this chance to understand Polyvagal Theory better than ever before and enhance your therapeutic work!

Register today!

## Target Audience:

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



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# Meet Your Speaker

**Sherrie All, PhD**, is a Licensed Clinical Psychologist specializing in neuropsychology. An international speaker, author, and brain health expert, Dr. All treats adults affected by mood disorders, anxiety, cognitive issues, dementia, Parkinson's disease, and other neurological disorders.

Drawing on her detailed understanding of the brain and brain-behavior relationships, Dr. All's trainings have made complicated research and scientific concepts accessible and user-friendly for mental health professionals across the country.

Dr. All's work to educate the public on brain-healthy behaviors earned her the 2010 Sharpbrains Innovation Award for Most Innovative Mental Health Program as well as the attention of media outlets such as *The New Yorker* and *Crain's Chicago Business*. Dr. All earned her PhD in clinical psychology from Rosalind Franklin University of Medicine and Science, where her research focused on fMRI & EEG biomarkers of cognitive deficits. She completed her pre-doctoral internship and 2-year post-doctoral fellowship at Rutgers Biomedical & Health Sciences.

Her forthcoming book *The Neuroscience of Memory: Seven Skills to Optimize Your Brain Power, Improve Memory, and Stay Sharp at Any Age* will be released by New Harbinger in 2021.

Speaker Disclosure:

Financial: Sherrie All is the owner of the Chicago Center for Cognitive Wellness. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sherrie All 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: **Counselors, Marriage and Family Therapists, Nurses, Psychologists, Physicians, and Social Workers.**

For specific credit approvals and details, visit [pesi.com/webcast/84969](http://pesi.com/webcast/84969)

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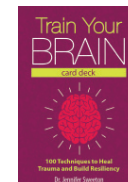
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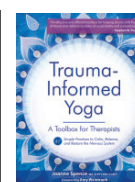
## Recommended Reading:



PUB086765

**Train Your Brain Card Deck**  
100 Techniques to Heal Trauma and Build Resiliency  
Dr. Jennifer Sweeton

~~\$19.99~~ **\$14.99\***



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**Trauma-Informed Yoga:**  
**A Toolbox for Therapists**  
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Joanne Spence, MA, E-RYT 500, C-IAYT

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