

Outline

Apply Polyvagal Theory in Trauma Treatment

Vagal States & Autonomic Hierarchy
Neuroception – how the traumatized nervous system interfaces with the world
Re-establish effective co-regulation – a biological imperative
Utilize prosody or voice
Provide trauma-informed psychoeducation on intermingled vagal states
Build Recovery & Resiliency Through Smart Vagal Activity

- Subcortical resilience
- Eye movements to build resiliency
- Resourcing – Map vagal states and pivotal practices

Shift & Re-Shape the Traumatized Nervous System with Embodied Contemplation

Energizing Breaths to Stimulate Safety in Social Connection

- Skull shining breath
- Ocean sounding breath

Calming breaths to stem anxiety

- Three-part breath
- Shining moon breath

Movements to Awaken the Shut-Down Nervous System

- Gentle back-bending movements
- Standing stretches to focus mind/body
- Goddess posture – Breath plus movement

Movements to Calm Fight/Flight

- Easy forward bending
- Simple sigh & stretch
- A dance with the hands - Mudras

Face-to-Heart Connection Through Sound & Movement

- Call & response chant
- Walking meditation to awaken compassion
- Loving kindness imagery

Calm & Rewire the Traumatized Nervous System

Identify vagal state triggers and resets
The five senses – A return to the here and now
Deep relaxation to support safe connection
Adapt and individualize trauma treatment with cultural sensitivity
Apply Polyvagal Theory to racial healing
Extend resiliency building to implicit memory, body memory, and procedural conditioning

The Polyvagal-Wise Trauma Therapist

- Explore ahimsa or non-violence with self and clients
 - Self-compassion to negotiate fight/flight from inner critic
 - Build safety and connection between sessions
- Right action & ethics for strengthening ANS resiliency
- Mirror through matching the client's vagal states
- Shift self and client back into connection

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. Analyze how the primary tenets of Polyvagal theory can be applied to trauma treatment through embodied contemplative practice.
2. Demonstrate how compassion-based interventions shift vagal states and shame-based trauma reactions.
3. Demonstrate inner dialogue with disowned aspects of the self for building a secure attachment to the self.
4. Demonstrate two breathing practices for calming fight/flight, energizing the body, and focusing the mind.
5. Integrate simple movements to relieve anxiety and shift from shut down.
6. Develop cultural sensitivity through individualizing treatment.

FREE Polyvagal Worksheet and Video Demonstration

Get yours today at
www.pesi.com/1377video

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Join us online for this live training!

TRAUMA Recovery and Resilience

Embodied Practices Incorporating Polyvagal Theory

Live Interactive Webinar
Wednesday, August 18, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/85449

Join us online for this live training!

TRAUMA Recovery and Resilience

Embodied Practices Incorporating Polyvagal Theory

Featuring Debra Alvis, Ph.D.

- Activate post-traumatic growth and resiliency
- Skillfully apply trauma-sensitive embodied approaches in clinical sessions
- Teach clients to befriend and work with their autonomic states
- Employ strategies to create inner and outer safety and connection

Live Interactive Webinar
Wednesday, August 18, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesi.com/webcast/85449

TRAUMA Recovery and Resilience

Embodied Practices Incorporating Polyvagal Theory

After experiencing trauma, our clients often dissociate from their bodies aiming to escape intense sensations and emotional pain. They then increasingly react to inner and outer cues linked to behavioral patterns that are below conscious awareness.

Even after treatment, clients who have experienced severe or sustained trauma, are often overwhelmed by residual symptoms and are trapped in reactivity to triggers. Safe-embodiment skills, carefully introduced, sequenced, and titrated, can move clients beyond the life-diminishing cycles of avoidance and re-traumatization.

In this live online training, you will learn an array of skills designed to create the safety needed to work with the body and with fearful parts of the self. You will learn how to help clients identify, befriend, and shift autonomic states and parts of the self that otherwise perpetuate avoidance and reactivity.

In both virtual and in-person therapy sessions, you will be able to offer embodied trauma-resiliency tools designed to strengthen vagal tone and the motivation to incorporate these vagal toning strategies into their daily lives. Integrate and sequence dialogue with parts of the self with gentle movement and breath, increasing your client’s self-efficacy, steadiness, and ability to choose rather than react.

Join Debra, an experienced international presenter, in this day of experiential learning as she shares embodied Polyvagal Theory applications. Conclude the day with new tools for trauma recovery and vibrant resiliency.

Sign up today!

Target Audience:

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



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.

Meet Your Speaker

Debra Alvis, Ph.D., is a licensed psychologist and private practitioner with over 25 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 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 Disclosure:

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.


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, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/85449

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.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84372>.

 PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

 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 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.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to **6.25 CE** Hours for one low price!

For all credit approvals and details, visit: www.pesi.com/webcast/85449

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/85449

Live Interactive Webinar (Option 1)

August 18, 2021 PWZ85448

\$219.99 tuition

8am Eastern time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS057960

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

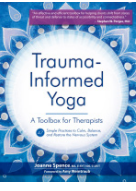
DVD (Option 3)

\$219.99 RNV057960

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:

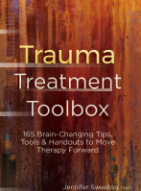


PUB086520

**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***



PUB085910

Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools
& Handouts to Move Therapy
Forward

Jennifer Sweeten, Psy.D., M.S., M.A.

~~\$34.99~~ **\$24.99***

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

Phone: 800-844-8260

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

