What You'll Learn...

The Polyvagal Theory & How It Drives Behaviors
The biology of safety and danger
Evolutionary changes and adaptive functions
Social engagement, fight/flight, and shutdown
The human response hierarchy for challenges
Face-heart connection – the how and why of nervous system regulation
Gestures, vocalizations, facial expressions
Polyvagal theory risks and limitations in clinical practice

Building Skills to Assess & Increase Safety
Recognize how environments trigger physiological states
Identify adaptive physiological reactions and maladaptive behaviors
Build greater nervous system flexibility:
- Play as a neural exercise
- Listening as a neural exercise
- Attending to visceral feelings and social cues

Strengthen Self-Regulation Skills
Increase autonomic state awareness to strengthen emotional regulation
- Map vagal states with writing, drawing, & mirroring
- Identify social cues that initiate defensive reactions
- Explore the regulation/dysregulation continuum

Establish Disorder-Specific Skills to Address Mood and Attachment
Recognize & shift characteristic nervous system states for depression, anxiety, and attachment
Soothe anxiety:
- Navigate the sympathetic response
- Escape the tiger!

Enliven from depression:
- Engage with awe, experience wonder
- Savor moments and states

Repair attachment to self & others:
- Belongingness treasures
- Explore the face/heart connection

Negotiate Trauma Treatment - Explore Abuse and Neglect Responses
Name defense strategies of fight, flight, and immobilization
Highlight adaptive functions of immobilization, fight, & flight
Label defense reaction behaviors
Repattern social withdrawal & shutdown responses

Recognize Autonomic States & Strengthen Resiliency Through Contemplative Practice
How contemplative practices enhance nervous system responses
The five senses & the polyvagal system
Build present moment & witnessing skills
- Autonomic meditations
- Gentle movements and interoceptive awareness
- Titrate movement into stillness
- Tone the vagal nerve with breath, sound, & imagery

Expedite Recovery, Increase Well-Being – The Polyvagal Therapeutic Container
Co-regulate with the client
- Recognize, Reach, Resonate, Regulate
- Conclude the session with a return to social engagement
- Yawn and stretch
- Body calming

Evoke safety through room & exterior design

Returning to Practice Integrating a Polyvagal Approach
Establish relational reciprocity & repair skills
- Perfect Nurturer Imagery
- Syncing the breath

Build relationships with self and others
- Self-compassion practices to fuel empathy
- Connection through compassion

Live Webinar Schedule
(Times listed in Mountain)

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 Polyvagal Theory expands therapeutic knowledge and treatment concerning trauma, anxiety, depression, and social engagement disorders.
2. Compose everyday language to better explain the Polyvagal Theory helping clients understand their symptoms and increase their motivation.
3. Assess client states of threat, risk, and safety and identify effective polyvagal interventions.
4. Integrate therapist co-regulation tools designed build the client's self-regulation capacities.
5. Apply interventions to enhance self-regulation, support internal calm, increase feelings of safety, and increase social engagement.
6. Utilize awareness-based approaches to strengthen resiliency.
7. Employ contemplative practices that strengthen the client's capacity to shift their nervous system to better manage physiologic responses.

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Polyvagal Essentials
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Featuring Debra Alvis, Ph.D.

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- Improve your clients' emotion regulation skills
- Better enable the processing of trauma memories

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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

Target Audience:

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



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Meet Your 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 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.

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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.**

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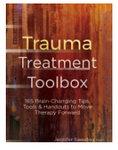
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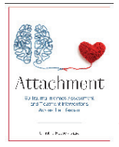
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Recommended Reading:



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***
PUB085910



Attachment
60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan
Christina May Reese, LCPC, PhD
~~$24.99~~ **$19.99***
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