

# Polyvagal Theory In Action: Creating Safety & Connection with Trauma Clients

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 of *The Polyvagal Theory in Therapy* (Norton) 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 two-day applied 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.

Increasingly, Polyvagal Theory is being discussed at conferences here and abroad, written about in articles, and taught in arenas of higher learning. Register for this training and revolutionize your practice. It is time to stop being mystified by the name “Polyvagal Theory” and realize the immediate benefits of knowing and incorporating its principles in your clinical work.

## DEB DANA, LCSW



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 Disclosures:**  
Financial: Deborah Dana maintains a private practice. She is an author for W.W. Norton; and Sounds True and receives royalties. She receives a consulting fee from Unyte/ILS; Resilient Health; and Khiron House Clinics. She is a coordinator for the Trauma Stress Research Consortium in the Kinsey Institute, Indiana University and receives compensation. Ms. Dana receives a speaking honorarium from PESI, Inc.; NICABM; Sounds True; PCPSI; and SDS Seminars.  
Non-financial: Deborah Dana has no relevant non-financial relationship to disclose.

### Live Seminar & Webinar Schedule

(Both Days - Time listed in Central)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**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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# Polyvagal Theory In Action

Creating Safety & Connection  
with Trauma Clients

Downers Grove, IL

Thursday & Friday  
November 11 & 12, 2021

Live Video Webinar

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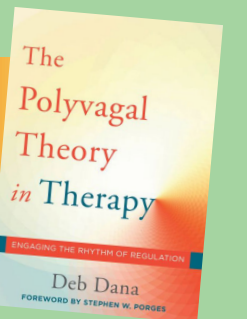
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# Polyvagal Theory In Action

Creating Safety & Connection  
with Trauma Clients



Featuring, **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



Downers Grove, IL

Thursday & Friday  
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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  
Moving from neuroception to awareness  
Using the Safety/Danger Equation to resource patterns of

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  
Creating skill with the Notice and Name practice

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

TRACKING AUTONOMIC STATES

Seeing patterns over time  
Use micro-moments to resource change  
Explore the blended states of play and stillness  
Create autonomic anchors  
Using continuums to track changes within a state

MEETING THE BIOLOGICAL NEED FOR CONNECTION

Creating safety in co-regulation  
Ways to use your autonomic state as a co-regulating resource  
Noticing moments of misattunement and making a repair

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  
Exploring the stretch to stress continuum  
Building safety with breath, movement, and imagery  
Writing new autonomic stories

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

Objectives

- Determine the principles of Polyvagal Theory and how to communicate them in client friendly language.
- Distinguish three circuits of the autonomic nervous system for use in client psychoeducation.
- Analyze how the autonomic nervous system operates as an internal surveillance system and its impact on clients’ habitual responses to trauma.
- Determine how to help clients engage the regulating capacities of the autonomic nervous system that create an environment of safety.
- Determine how to exercise the Social Engagement System to assist clients in becoming more adept in skills of co-regulation and creating reciprocal relationships.
- Assess for patterns in clients’ autonomic states to better inform treatment planning.
- Support the trauma-informed therapist’s role as co-regulator and its impact on clinical outcomes.
- Distinguish portals of intervention in the autonomic nervous system to more effectively establish safety and treat trauma.
- Employ the right degree of neural challenge and exercises to employ with clients to help shape the autonomic nervous system toward safety and connection.
- Evaluate how to work with the cycle or reciprocity-rupture-repair in helping clients achieve the biological need for connection.
- Design a Polyvagal-guided clinical practice based on appropriate assessment and treatment planning.
- Categorize ethical issues, research limitations, and potential risks to be considered by a Polyvagal-guided therapist.



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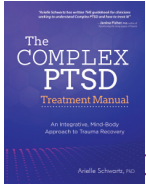
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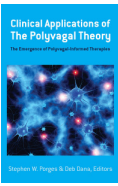
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Recommended Reading:

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**The Complex PTSD Treatment Manual**  
*An Integrative, Mind-Body Approach to Trauma Recovery*  
Arielle Schwartz, PhD  
~~\$29.99~~ **\$22.99\***



**Clinical Applications of the Polyvagal Theory**  
*The Emergence of Polyvagal-Informed Therapies*  
By Stephen Porges, Ph.D. & Deb Dana, LCSW **YOUR PRESENTER**  
~~\$37.50~~ **\$32.99\***

Target Audience:

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

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Psychologists & Physicians:



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**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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Recommended Reading

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- ☐ ~~\$37.50~~ **\$32.99\*\*** *Clinical Applications of the Polyvagal Theory* book **SAM085360**

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