All-new LIVE online training!
Putting Polyvagal Theory into Practice

Nervous-system-based exercises for anxiety, depression, trauma and more!

Deb Dana, LCSW
An all-new training based on her best-selling book Polyvagal Exercises for Safety & Connection

“Deb Dana brilliantly transforms a neurobiologically based theory into clinical practice and Polyvagal Theory comes alive.”
– Stephen Porges, PhD, developer of Polyvagal Theory

An Exclusive Live Online CE Training
Wednesday, January 26, 2022
BONUS! – Registration includes FREE on-demand access for 3 months.

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OUTLINE

How Polyvagal Theory Provides a Foundation for Lasting Therapeutic Change

The BASIC approach to Polyvagal-informed treatment
Trauma healing from a Polyvagal theory perspective
Learning to stretch, but not stress, a client’s nervous system
Co-regulation: An imperative in psychotherapy

Introducing Nervous System-Based Interventions to Clients

The three-part hierarchy of the autonomic response
Neuroception: our internal surveillance system
How early experiences and trauma shape our nervous system

Befriending Practices: Building Awareness & A Map of the Nervous System

Exploring Hierarchies
Identifying landmark moments in our nervous system
Recognizing ventral vagal "anchors"
Utilizing the social engagement scale
Creating a neuroception notebook

Attending Practices: Creating Stability in the Nervous System

Building attention through naming autonomic states
Daily tracking practices
Attending over time
Savoring practices

Shaping Practices: Creating New Patterns & Pathways in the Nervous System

Moving out of dorsal vagal collapse and sympathetic activation
Neural exercises for creating resilience and psychological flexibility
The power of utilizing autonomic imagery

Integration Practices: Writing a New Story in the Nervous System

Establishing new autonomic patterns and behaviors in life
Moving from intention to action
Learning to engage the vagal brake

Connection Practices: Finding Safety in Connection Through the Nervous System

Exercising and strengthening the social engagement system
Learning to feel safety in connection
The reciprocity equation
Creating a personal connection plan

Using Personal Progress Trackers That Can Improve Outcomes

Tracking the flow of a Polyvagal-guided session
Polyvagal-guided assessment and treatment planning

Objectives

1. Propose language to successfully introduce nervous system-based interventions with clients.
2. Evaluate the five phases of the BASIC approach to polyvagal-informed treatments.
3. Apply one exercise from each phase of the BASIC approach.
4. Assess timing of moving between phases with clients.
5. Construct practices between sessions to successfully shape new autonomic patterns.
6. Utilize personal progress trackers to assess client progress.

Live Webinar Schedule

Times listed in Eastern
8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

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Putting Polyvagal Theory into Practice

Nervous-system based exercises for anxiety, depression, trauma and more!

At the heart of our client’s symptoms – from anxiety and depression to traumatic stress and more – is a dysregulated nervous system.

Polyvagal theory finally presents a clear roadmap of our nervous system that can guide both therapists and clients to the source of their most troubling symptoms.

And Polyvagal-informed treatments provide interventions that not only empower clients to understand how their nervous system shapes their experiences, but also gives them powerful methods to re-shape those experiences in therapy.

Join Deb Dana, the world’s foremost translator of Polyvagal theory into clinical practice, in this all-new training based on her best-selling book Polyvagal Exercises for Safety & Connection as she shows you, step-by-step to:

• Track a client’s experience through their autonomic nervous system and uncover the specific places that keep them stuck.
• Interrupt and re-shape habitual autonomic patterns that cause their emotional suffering, maladaptive thoughts, and un-helpful or impulsive behaviors.
• Learn how to introduce Polyvagal practices in session.
• See and experience real demonstrations.
• BONUS: 90 days of unlimited on-demand replays of your training

With Deb Dana’s practical guidance, it’s now possible to get beneath symptoms and show clients how to safely listen to the “story” of their autonomic nervous system and to re-shape their experience toward safety and connection.

Understanding the human nervous system through a Polyvagal lens has been a game-changer for therapists across modalities. There is no better way to learn it than from those who introduced Polyvagal practices in session.

Martha Bunyan, LCSW, Clinical Supervisor, is a fully trained Polyvagal Practitioner and debriefs the content.

Meet Your Speaker

Deb Dana, LCSW, is a clinician and consultant specializing in using the lens of Polyvagal Theory to understand and resolve the impact of trauma and create ways of working that honor the role of the autonomic nervous system. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways Polyvagal Theory informs clinical work. She is a founding member of the Polyvagal Institute, clinical advisor to Khoron Clinics, and an advisor to Unyte. Deb is the author of The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton, 2018), Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices (Norton, 2020), Befriending Your Nervous System (Sounds True, 2020), and the creator of the Polyvagal Flip Chart (Norton, 2020).

To learn more, visit rhythmofregulation.com or polyvagalinstitute.org

Target Audience:
Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors • Physicians • Therapists • Marriage & Family Therapists • Nurses • Other Mental Health Professionals


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Recommended Reading:
The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation
Dana, DTW
$29.85 $26.95*

*Discount Included with purchase of the Webinar

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