

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

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

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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

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

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

Learning Objectives can be viewed at [pesi.com/webcast/87323](http://pesi.com/webcast/87323)

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Live Interactive Video Webcast

Polyvagal Theory in Action

Creating Safety & Connection with Trauma Clients

LIVE Interactive Webinar  
Friday, July 8, 2022

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Live Interactive Video Webcast

Polyvagal Theory in Action

Creating Safety & Connection with Trauma Clients



**Courtney Rolfe, MA, LCPC**  
Polyvagal Expert and Guided Therapist, Senior Trainer in Deb Dana’s Rhythm of Regulation Training Series, and Psychotherapist

**Deb Dana, LCSW**  
Author of *The Polyvagal Theory in Therapy* (Norton) and International Trainer

“Courtney Rolfe brings wisdom to the application of Polyvagal Theory in her work with clients and creativity to helping therapists understand and apply the principles of a Polyvagal approach. She inspires workshop participants to take the next steps and begin to integrate Polyvagal Theory into their clinical practice.”

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★★★★★  
“Courtney Rolfe is the best presenter I have experienced in my 23 year career as a psychotherapist. Unbelievably well-versed, excellent at teaching the material, open and engaged with participants, and agile and responsive to questions, she was beyond wonderful.” – Jane M., Social Worker

★★★★★  
“Fantastic presentation! You were able to convey so much knowledge wisdom and warmth, even on the zoom! Thank you so much.” – Tricia L., Counselor

# Polyvagal Theory in Action

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 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.

Join senior trainer in Deb Dana's Rhythm of Regulation training series, Courtney Rolfe, MA, LCPC, for this interactive training, where she'll teach you the techniques and skills her mentor Deb Dana created and honed over a decade. Deb hand-selected Courtney to give her training. Attend and you'll learn:

- 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

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.

Register for this training and revolutionize your practice.

# Meet Your Speaker



**Courtney Rolfe, MA, LCPC**, is a licensed psychotherapist, speaker, writer, and leading expert in the clinical application of the Polyvagal Theory. Courtney is a long-standing senior trainer in Deb Dana's Rhythm of Regulation training series and has led several training cohorts through the Rhythm of Regulation's intensive 6 month “Foundations of Polyvagal Theory in Practice” course. She is steadfast in bringing the Polyvagal Theory to clients and clinicians alike.

Courtney is the founder of Modern Mind & Heart based in Chicago, Illinois, which provides individual counseling, clinical consultation, and training with the specialized focus on application of Polyvagal Theory. Her training in trauma work and somatic-based modalities has allowed her to work with clients presenting a wide range of difficulties, including trauma of all types, relational conflict, anxiety, depression, and emotion regulation.

Speaker Disclosure:  
Financial: Courtney Rolfe maintains a private practice and has an employment relationship with the Polyvagal Institute and the Psychosocial Rehabilitation Bilingual Program. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Courtney Rolfe has no relevant non-financial relationships.

*“Courtney Rolfe is a gifted clinician and an expert presenter.”*

**Deb Dana, LCSW**

Author of *The Polyvagal Theory in Therapy* (Norton) and International Trainer

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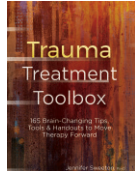
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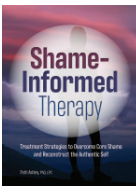
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## Recommended Reading:



PUB085910

**Trauma Treatment Toolbox**  
*165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward*  
Jennifer Sweeton, Psy.D., M.S., M.A.  
~~\$36.99~~ **\$26.99\***



PUB086315

**Shame-Informed Therapy**  
*Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self*  
Patti Ashley, PhD, LPC  
~~\$29.99~~ **\$22.99\***

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*(Times listed in Central)*  
**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.

## Target Audience:

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



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