Outline

How Polyvagal Theory Provides a Foundation for Lasting Therapeutic

The BASIC approach to Polyvagalinformed 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

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

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 Polyvagalguided session

Polyvagal-guided assessment and treatment planning

Live Webinar Schedule

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

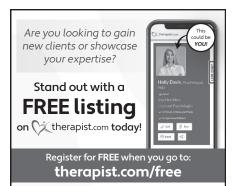
Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

(Times listed in Eastern)

There will be two 15-min breaks (mid-morning & mid-afternoon).

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
- 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.



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Putting Polyvagal Theory into Practice

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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
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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 through experiencing it yourself in this highly practical, intervention-rich training. Register today!

Target Audience:

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



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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 Khiron 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), Anchored: How to Befriend Your Nervous System Using Polyvagal Theory (forthcoming from Sounds True), co-editor of Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies (Norton, 2018), and creator of the Polyvagal Flip Chart (Norton, 2020).

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

Financial: Deborah Dana maintains a private practice and has an employment relationship with the University of California Davis. She is a consultant to Khiron House Clinics and an advisor to Unyte/Integrated Learning Systems. She receives royalties as a published author and receives a speaking honorarium from PESI, Inc. All relevant financial relationships with ineliaible organizations have been mitigated

Non-financial: Deborah Dana has no relevant non-financial relationships.

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This program is Approved by the National Association of Social Workers (Approval # 886759332-5497) for 6.0 Social Work continuing education contact hours.

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Recommended Reading:



SAM085755

The Polyvagal Theory in Therapy Engaging the Rhythm of Regulation Deb Dana, LCSW

\$29.95 \$24.99*



Therapeutic Yoga for Trauma Recovery Applying the Principles of Polyvagal

Theory for Self-Discovery, Embodied Healing, and Meaningful Change Arielle Schwartz, PhD, CCTP-II, E-RYT

\$29.99 \$22.99*

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