## 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

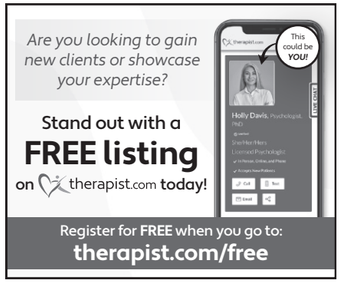
**Live Webinar Schedule**
*(Times listed in Eastern)*

**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. 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.


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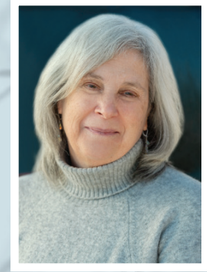
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**– Stephen Porges, PhD,** developer of Polyvagal Theory


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

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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

Speaker Disclosure:
Financial: Deborah Dana maintains a private practice and is a consultant at Khiron House Clinics and the Veterans Administration. She receives royalties as a published author and receives a speaking honorarium from the Cape Cod Institute, The Knowledge Tree, the PCPSI, and the Polyvagal Institute. Deborah Dana receives a speaking honorarium, recording, and book royalties from Psychotherapy Networker and PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Deborah Dana is a board member of the Polyvagal Institute. She is a volunteer consultant for Unyte/iLS.

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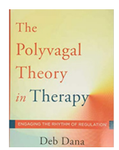
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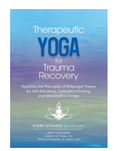
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*Engaging the Rhythm of Regulation*
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