

OUTLINE

The Polyvagal Theory

- The biology of safety and danger
- The principles and features of the Polyvagal Theory and how to apply it in a clinical setting
- How the Polyvagal Theory can explain several features related to stress-related illnesses and psychiatric disorders such as PTSD, autism, depression, and anxiety
- The Social Engagement System and how it compromised by stress and trauma
- Resetting our Social Engagement System
- Evolutionary changes and adaptive functions in the autonomic nervous system
- Humans response hierarchy to challenges
- Three neural platforms that provide the neurophysiological bases for social engagement, fight/flight, and shutdown behaviors

Social Engagement System and Psychiatric and Behavioral Disorders

- A description of the “face-heart” connection that forms a functional social engagement system
- How our facial expressions, vocalizations, and gestures are regulated by neural mechanisms that are involved in regulating our autonomic nervous system

Neuroception: Detecting and Evaluating Risk

- How our social and physical environment triggers changes in physiological state
- Understanding that adaptive physiological reactions may result in maladaptive behaviors
- Immobilization without fear
- Play as a neural exercise
- Listening as a neural exercise

“Demystifying” Common Biobehavioral Responses to Trauma and Abuse

- Fight/flight and immobilization defense strategies
- Adaptive function of immobilization and the associated clinical difficulties
- How the stresses and challenges of life distort social awareness and displace spontaneous social engagement behaviors with defensive reactions

Polyvagal informed therapy: Applying the Polyvagal Theory in Clinical Settings to Improve Treatment Outcome

- Understanding the principles underlying Polyvagal Informed Therapy
- Learn about the Safe and Sound Protocol as a Polyvagal Informed Therapy that may be useful in understanding and treating auditory hypersensitivities and other features of a dampened social engagement system
- Emotional state regulation as a core feature of psychiatric disorders
- Deconstructing features of autism and PTSD
- Strategies to explain disruption and repair of symbiotic regulation
- Identifying social cues that disrupt or repair defensive reaction
- Risks & limitations of the theory & clinical practice

Live Seminar & Webinar Schedule
(Times listed in Eastern)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
12:00-1:00 Lunch *(on your own)*
3:30 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

Characterize the principle features and foundation of the Polyvagal Theory.
- 2

Articulate how the Polyvagal Theory may explain behavioral features related to psychiatric disorders and other behavioral problems.
- 3

Determine how maladaptive behaviors, which may accompany several psychiatric disorders, may reflect adaptive responses triggered by survival mechanisms.
- 4

Communicate how the neural process (neuroception) evaluates risk in the environment and triggers adaptive neural circuits promoting either social interactions or defensive behaviors.
- 5

Appraise the definition of the features of the Social Engagement System to include the neural pathways that connect the brain, face, and heart.
- 6

Illustrate how deficits in the regulation of the Social Engagement System are expressed as core features of several psychiatric disorders.
- 7

Specify how therapeutic presence is based on the interaction between the Social Engagement Systems of client and therapist.
- 8


Evaluate how the Social Engagement System is involved in optimizing therapeutic outcomes.
- 9

Ascertain which features of the Social Engagement System are compromised by stress and trauma.
- 10

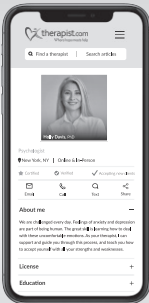
Determine how acoustic stimulation, via the Safe and Sound Protocol, may function as an acoustic vagal nerve stimulator to shift autonomic state and facilitate spontaneous social engagement behaviors.

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Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Trauma, Attachment, Self-Regulation & Emotions

Boston/Dedham, MA
Wednesday, October 25, 2023

Live Interactive Webinar
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Join In Person or Online!

Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Trauma, Attachment, Self-Regulation & Emotions



featuring
Stephen Porges, PhD

Creator of the Polyvagal Theory
International expert on the neurophysiology of emotions, trauma, attachment and self-regulation

- Apply the Polyvagal Theory in clinical settings for self-regulation and in the treatment of trauma
- Understand mechanisms mediating features of autism, depression, ADHD and PTSD

“[Dr. Porges work has had] a profound effect on how my Trauma Center colleagues and I organize the treatment of abused children and traumatized adults.”
— Dr. Bessel van der Kolk

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A NON-PROFIT ORGANIZATION CONNECTING
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Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Discover how powerful insight from the Polyvagal Theory can help you tap into your clients’ nervous system and accelerate treatment outcomes.

Polyvagal Theory has revolutionized our understanding of both how the body’s autonomic nervous system responds to fear and trauma and how therapists can work with it to create safety, connection and lasting healing.

Now you can join **Stephen Porges, PhD**, creator of the evidence-based Polyvagal Theory to learn how the Polyvagal Theory leverages neurobiology and psychophysiological cues to **enhance your ability to treat trauma, anxiety, ADHD, addiction, depression** - and a host of other mental health conditions.

Get practical guidance into the therapeutic power of facial expression, eye contact, voice modulation, and listening to help your clients overcome traumatic experiences, attachment wounds, and self-regulation problems—insight that can enhance any therapeutic approach and help you achieve lasting clinical outcomes. Through interactive demonstrations, videos, and engaging discussions, you’ll learn practical methods of applying Polyvagal Theory within the clinical setting to help clients of all ages.

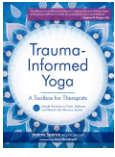
You’ll walk away with **effective interventions** that build client safety and connectedness.

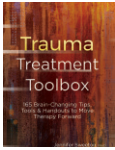
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By Joanne Spence, MA, E-RYT 500, C-IAYT


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By Jennifer Sweeton, PsyD, MS, MA

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Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Cathey** at ccathey@pesi.com.



MEET YOUR SPEAKER
Stephen W. Porges, PhD, is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He has published more than 300 peer reviewed papers across several disciplines including anesthesiology, biomedical engineering, critical care medicine, ergonomics, exercise physiology, gerontology, neurology, neuroscience, obstetrics, pediatrics, psychiatry, psychology, psychometrics, space medicine, and substance abuse. His work has been cited in more than 30,000 peer reviewed papers and his videos on YouTube have been viewed more than 1,000,000 times.

In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the mammalian autonomic nervous system to social behavior and emphasizes the importance of physiological state in the expression of behavioral problems and psychiatric disorders. The theory is leading to innovative treatments based on insights into the mechanisms mediating symptoms observed in several behavioral, psychiatric, and physical disorders. He is the author of *The Polyvagal Theory: Neurophysiological foundations of Emotions, Attachment, Communication, and Self-regulation* (Norton, 2011), *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*, (Norton, 2017) and co-editor of *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies* (Norton, 2018). He is the creator of a music-based intervention, the Safe and Sound Protocol™, which currently is used by more than 2000 therapists to improve spontaneous social engagement, to reduce hearing sensitivities, and to improve language processing, state regulation, and spontaneous social engagement.

Speaker Disclosure:
Financial: Dr. Stephen Porges has employment relationships with Indiana University Bloomington and the University of North Carolina. He receives royalties as a published author. Dr. Porges receives a speaking honorarium, book royalties, and recording royalties from PESI, Inc. He is a scientific advisor to Integrated Learning Systems/Unyte and receives a royalty. All relevant financial relationships with ineligible organizations have been mitigated.

Non-financial: Dr. Stephen Porges is a member of the American Psychological Association, the Association for Psychological Science, and the Society for Psychophysiological Research. He holds a patent on Televagal equipment.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.

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Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social workers completing this course receive 6.0 Clinical continuing education credits.

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