

## Outline

### Polyvagal Theory:

#### User-Friendly and Accessible Explanations for Non-Scientists

Understanding the autonomic nervous system

The vagus nerve and how your nervous system reacts to social factors

The complexities of fight/flight/freeze response

Neuroception and co-regulation

Rest and digest – the state of social engagement

### Neuroplasticity Simplified:

#### Nervous System Change and Balance Explained

Learn how neurologically-based conditions are treatable

Foundations for using “neuro-rehabilitation”

Train the nervous system for better coping

Review the science, research and limitations behind neuroplasticity

### Incorporate a Polyvagal Perspective into Your Daily Clinical Practice

Why is this relevant to your clinical practice?

Help clients cope using Dan Siegel’s Window of Tolerance

Recognize autonomic states of clients

Hyper-arousal and hypo-arousal

How overlooking hypo-arousal in clients impacts treatment

Therapeutic presence

### Sensory Interventions to Increase Felt Safety

Create a space of co-regulation - body, face, tone, and breath

Visual interventions: Scanning for safety

Auditory interventions: Safe & Sound protocol

Tactile interventions

### Apply a Polyvagal Lens to Movement, Breath and Grounding Practices

Movement to put stress to the use nature intended

Imagined movement: Running Faster than the Tiger

Diaphragmatic breathing and the vagus nerve

Non-threatening breath exercises to control hyperventilation

Muscle tension and the vagus nerve

Research, treatment risks and limitations

#### Live Webinar Schedule

(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.

## Objectives

1. Investigate the clinical implications of the Polyvagal Theory’s explanation of how the nervous system reacts to social factors.
2. Analyze the concept of neuroception and how it can impact autonomic states in clients.
3. Assess how psychoeducation with clients about the nervous system can help generate buy-in for interventions designed to impact the nervous system’s reactions to stress, trauma and anxiety.
4. Analyze the treatment implications of hyperarousal and hypoarousal on a client’s window of tolerance.
5. Analyze therapeutic presence through the lens of Polyvagal Theory to help explain the mechanisms of change that presence evokes.
6. Evaluate the current state of research on the application of a Polyvagal perspective to mental health treatment.

Limited time only

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# POLYVAGAL THEORY and the NEUROSCIENCE OF CONNECTION

HOW A POLYVAGAL PERSPECTIVE  
CAN ENHANCE THE TREATMENT  
OF TRAUMA AND ANXIETY

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# POLYVAGAL THEORY and the NEUROSCIENCE OF CONNECTION

HOW A POLYVAGAL PERSPECTIVE  
CAN ENHANCE THE TREATMENT  
OF TRAUMA AND ANXIETY

- An accessible guide to complicated science and research
- How to co-regulate with clients to calm the body
- Visual, auditory and tactile interventions to increase felt safety
- How recognizing autonomic states of clients can guide your treatment

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# Polyvagal Theory and the Neuroscience of Connection

If you're like most clinicians you've been hearing a lot about Polyvagal Theory lately.

But the complicated theory that's changed our understanding of the nervous system's response to stress and danger can be difficult for non-scientists to grasp. And even if you can wrap your head around the complex research, you're still left trying to figure out how to make the knowledge useable in real life.

Without the right guide, one who can simplify the science and show you how to operationalize it, you'll be left unable to bring this important information to your practice.

Dr. Sherrie All is a licensed psychologist specializing in neuropsychology whose trainings have made complicated research and scientific concepts accessible and useable for mental health professionals across the country.

Join Dr. All for this live one-day training as she unpacks the science behind the Polyvagal Theory and shows you how you can immediately put it to use in your clinical work!

In just one day you'll get:

- An accessible and user-friendly explanation of Polyvagal Theory
- Guidance on recognizing and responding to clients' autonomic states in therapy
- Ways to create a space of safety and co-regulation using body, face, and tone
- Movement, breath and grounding practices as applied through a Polyvagal lens

Don't miss this chance to understand Polyvagal Theory better than ever before and enhance your therapeutic work!

Register today!

## Target Audience:

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



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# Meet Your Speaker



**Sherrie All, PhD**, is a neuropsychologist and an engaging speaker and writer whose expertise in the principles of neuroscience, functional neuroanatomy, and diagnostics give her a unique insight into the correlation between mental health disorders, therapeutic approaches, and what happens in the brain itself.

Dr. All is the owner of the Chicago Center for Cognitive Wellness where she combines her strong background in CBT with mindfulness techniques, motivational interviewing and dynamic interpretations to help her clients manage depression, stress, anxiety, mental illness and cognitive challenges. A trained neuropsychologist who received her PhD from Rosalind Franklin University, she also brings her detailed understanding of the brain to uniquely address the needs of people with traumatic brain injuries, dementia, and other conditions.

### Speaker Disclosure:

Financial: Sherrie All is the owner of Chicago Center for Cognitive Wellness and receives a speaking honorarium from the Alzheimer's Association. She receives royalties as a published author. Sherrie All 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: Sherrie All is a member of the American Psychological Association.

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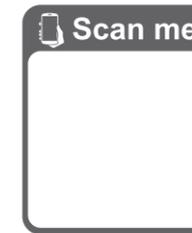


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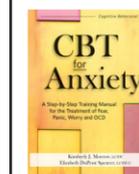
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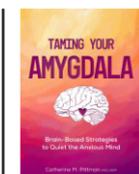


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