



# TRANSLATING THEORY INTO PRACTICE: PRACTICAL APPLICATION OF POLYVAGAL THEORY

**A Day-long Workshop with Deb Dana, LCSW  
Assisted by Tina Zorger, Psy.D.**

Join this unique opportunity to learn and practice in-person with Deb Dana and her long-time assistant, Tina Zorger.

- Explore the science of safety through the lens of Polyvagal Theory
- Learn Deb's renowned Polyvagal-Informed approach to therapy
- Develop skills and strategies to successfully integrate Polyvagal Theory into your clinical practice



**Date:** September 18, 2023

**Time:** 8:30am - 5:00pm EST

**Location:** Village by the Sea  
Condominium Hotel & Conference Center  
1373 Post Rd, Wells, ME 04090

**Cost:** \$225.00

## PROGRAM DESCRIPTION

The ability to successfully navigate the challenges of everyday life is a marker of well-being and is dependent on the autonomic nervous system. Polyvagal Theory, developed by renowned scientist Steven Porges, provides a guide to the autonomic circuits that underlie behaviors and beliefs and an understanding of the body to brain pathways that give birth to our clients' stories of safety and survival.

Clients come to treatment with a compromised ability to regulate their autonomic responses. The response patterns that were once adaptive and necessary for survival now bring suffering. Without intervention, adaptive survival responses become habitual autonomic patterns and pathways of connection are replaced with patterns of protection. When we look to the autonomic nervous system we find a path to creating new, resourcing patterns of connection. With an updated map of the nervous system, we can reliably lead our clients into the autonomically regulated state of safety that is necessary for successful treatment.

A Polyvagal informed approach to therapy offers a roadmap to bring the essential element of autonomic regulation into your clinical interventions and safely work with dysregulated states. Using the principles of Polyvagal Theory you can help your clients tune in to their states and rewrite the stories carried in their autonomic pathways.

In this workshop we'll use the essential principles of Polyvagal Theory to understand the physiological and psychological impact of trauma and discover practices that reduce or resolve the impact of trauma and engage the regulating pathways of the nervous system. We'll explore the science of safety and connection and learn ways to bring science into clinical application as we accompany our clients on their healing journeys.

## PROGRAM AGENDA

### **8:30am:**

Registration & Continental Breakfast (included)

### **9:00am - 12:00pm:**

**Bring Awareness:** Explore how to bring the implicit experience of neuroception into explicit awareness and use that information to shape an experience of safety.

**Befriend the Nervous System:** Travel the autonomic hierarchy and learn to use an autonomic map to safely connect with, and get to know, experiences of safety and survival.

### **12:00pm - 1:30pm:**

Lunch (on your own, with a great choice of nearby restaurants)

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### **1:30pm - 4:30pm:**

**Safely Connect:** Experiment with engaging the pathways of the social engagement system in the process of co-regulation

**Anchor in Regulation:** Learn to apply skills that help regulate autonomic responses in sessions and lead clients in practices designed to help them anchor in ventral.

### **4:30 - 5:00pm:**

**Integration and Ending:** Discuss how the *Guiding Questions* shape your personal and professional worlds.



## **FREQUENTLY ASKED QUESTIONS**

### **What is the Cancellation Policy?**

**Up until September 11th:** A full refund is available, minus a \$50.00 administrative fee.

**After September 11th:** A credit towards a future Rhythm of Regulation training is available.

### **Are Continuing Education credits available?**

Continuing Education credits (CEs) are not available for this program.

If you have any other questions  
please contact us at [rorassist@gmail.com](mailto:rorassist@gmail.com)