DEB DANA'S
RHYTHM OF REGULATION

In Partnership with PESI
PRESENTS

FOUNDATIONS OF
POLYVAGAL-INFORMED
PRACTICE

BEGINNS FEBRUARY 2022
AN IMMERSIVE 6-MONTH TRAINING PROGRAM TO BECOME POLYVAGAL-INFORMED

THIS UNIQUE CLINICAL TRAINING COURSE INCLUDES:

EXCLUSIVE LIVE TRAINING
LIVE Q&AS
RECORDED LECTURES
READINGS
PLUS HANDS-ON LARGE AND SMALL GROUP WORK

FIRST 2022 COHORT TRAINING BEGINS FEB 18, 2022

SPACE IS LIMITED TO 48 CLINICIANS

$2000 WITH MONTHLY PAYMENT PLANS AVAILABLE

42 HOURS HYBRID
LIVE-ONLINE TRAINING & RECORDED SESSIONS

EARN UP TO 39.75 CE HOURS
AN INVITATION FROM DEB DANA

As therapists, it is our responsibility to be regulated and bring regulating energy to our clients.

In fact, most of the issues our clients bring to therapy have a common underlying theme:

a dysregulated nervous system.

And those dysregulated nervous systems can look like anxiety, depression, panic, burn out, insomnia, traumatic stress reactions... the list goes on.

Understanding our own nervous system as well as our client’s autonomic nervous system through a polyvagal lens gives us the skills and roadmap we need to reliably help clients re-shape their systems and re-write their stories – no matter what specific issues or symptoms they bring in to therapy!

Imagine knowing that no matter what a client brings to your office, you’ve got a reliable roadmap to begin helping them untangle the knots and begin the journey toward well-being.
Polyvagal Theory has profoundly changed my practice. I now believe therapy begins with helping our clients know themselves through the language of their own bodies and nervous systems.

That’s why I’ve developed, along with my most trusted inner circle of trainers, this foundational training program to help you bring Polyvagal Theory into your practice with confidence and guide you on the path towards becoming truly polyvagal-informed.

This comprehensive training program is designed to help you apply what I’ve learned over the years to your practice — no matter what approaches you already use this will integrate beautifully into your work and add to your skills as a therapist.

Please consider giving the gift of this training to yourself – I’ve put my heart and soul into crafting a meaningful training experience for you with a library of recorded teachings that are combined with real time demonstrations. You'll work step-by-step in small groups with my trusted trainers and consultants over the course of the training and spend two sessions with me where you have the chance to ask questions and explore practices.

This program takes you beyond the basics. There is no other training program in the clinical application of Polyvagal Theory like this – and I’m proud to partner with PESI to offer it to you.

Space is limited to 48 clinicians...see live-online schedule dates below & register here to start your journey in February!

Sincerely,
Deb Dana, LCSW
SCHEDULE AT A GLANCE
FEBRUARY 18, 2022 – AUGUST 5, 2022
ALL IN US EASTERN TIME

LIVE ONLINE TRAININGS

· INTRODUCTION: FEBRUARY 18, 2022 11:00AM-1:00PM

· MODULE 1: MARCH 4, 2022 11:00AM-2:00PM

· TRAINER EXPERIENTIAL: MARCH 18, 2022 11:00AM-12:30PM

· MODULE 2: APRIL 8, 2022 11:00AM-2:00PM

· Q/A WITH DEB DANA: APRIL 15, 2022 11:00AM-12:30PM

· MODULE 3: MAY 20, 2022 11:00AM-2:00PM

Q/A WITH DEB DANA: MAY 27, 2022 11:00AM-12:30PM

· CONSULTANT EXPERIENTIAL: JUNE 10, 2022 11:00AM-12:30PM

· MODULE 4: JUNE 24, 2022 11:00AM-2:00PM

· TRAINER EXPERIENTIAL: JULY 22, 2022 11:00AM-12:30PM

· MODULE 5: AUGUST 5, 2022 11:00AM-2:00PM

CONSULTATION SCHEDULE

· CONSULTATION 1: MARCH 11TH

· CONSULTATION 2: APRIL 22ND

· CONSULTATION 3: JUNE 3RD

· CONSULTATION 4: JULY 8TH

PLEASE NOTE: ATTENDANCE ON ALL FOUR DATES IS REQUIRED. VARYING 1-HOUR TIME SLOTS WILL BE AVAILABLE.