

**MASTER CLASS WITH DEB DANA: DEEPENING YOUR PRACTICE
IN-PERSON RETREAT**

JUNE 15-18, 2023

MEDOMAK RETREAT CENTER Washington, Maine

Dear Friends,

After several years of waiting, we are finally able to gather together and dive into “what comes next” in polyvagal practice. I am excited to let you know I am offering an in-person retreat style Master Class June 15-18 at the Medomak Retreat Center in Washington, ME located about 90 minutes north of Portland.

This workshop is the next step to moving deeper into polyvagal guided clinical work. I will present the framework I have developed that takes the foundational practices you have all become skilled with and moves into sessions that focus on autonomic reorganization and often leads to trauma resolution. While I am still not calling this a “model” I have come to realize there is a framework that uses the principles of Polyvagal Theory to move beyond befriending into processing.

The retreat begins with your arrival on the afternoon of June 15th. We will gather for a welcome dinner followed by an evening program. Friday and Saturday are full days where I will teach the Polyvagal framework, do live demos followed by discussion, and you will have the opportunity to practice in dyads. Sunday is a half day (ending after lunch) with role plays focused on working with difficult clients, addressing common sticking points, and looking at your own growing edges around integrating this framework into your way of working. In addition to the live in-person experience you will have access to videos of two full demo sessions with my commentary on the flow of the sessions and what guided my clinical choices.

- The retreat is open to anyone who has completed Foundations or another multi-day training and is actively using Polyvagal Theory in their work.
- Maximum registration is 50 people.
- The cost of the retreat is \$1500. The price includes the workshop and all workshop materials, shared cabin accommodation (two people per cabin) and meals throughout your stay. I am not applying for CEs. Take a look at the Medomak website and get a feel for the environment we will be inhabiting (<https://medomakretreatcenter.com>). A Maine camp experience at its best!
- Please read Medomak Camp's Covid policies on the website before you register.

This retreat is a long held dream of mine and also a leap of faith. My dear friend and long time assistant Tina Zorger, who has helped me first imagine and then create workshops beginning with the very first Rhythm of Regulation training, will join me adding her clinical expertise and polyvagal wisdom. I'm hoping you will be drawn to travel to my beautiful state of ME, my soul home, and come together in community as we explore practice from this expanded polyvagal framework.

Sending a glimmer, Deb

Please complete the registration form and return it to:
info@rhythmofregulation.com Once your information is received you'll be
sent an invoice and payment link.

REGISTRATION FORM

NAME

ADDRESS

EMAIL

PHONE

PRIOR POLYVAGAL TRAINING - Please list the workshops you have taken.