LEARNING LABS
Series II

Are you using a Polyvagal approach in your clinical work and have questions about the process?

We are happy to present Series II of the popular Learning Labs webinars, offering therapists, clinicians & practitioners an opportunity to develop & fine-tune their practice with a deep exploration of four specific topics within Polyvagal-Guided Therapy.

Find the answers to some of the most frequently asked questions Polyvagal-guided clinicians are asking.

$250 For Full Series
Polyvagal Online Learning Labs
Series II

An Opportunity for Polyvagal Guided Practitioners to Deepen Their Skills

The Polyvagal Online Learning Labs offer Polyvagal-Guided practitioners a deep exploration of specific areas of Polyvagal informed therapy.

Learning Labs are an intermediate level program designed for practitioners who have completed a basic Polyvagal training.

Each 90-minute Module begins with a teaching piece and ends with a moderated question and answer session.

Join the series at any time and access the recordings.

Email: info@rhythmofregulation.com for course queries.
LEARNING LABS II

Presented by Deb Dana, LCSW
Clinician, Consultant, Workshop Presenter, Author

Deb will be joined by her long-time assistant Tina Zorger

Learning Lab 1: Understand how regulating the nervous system impacts a client's presenting problem; Ways to introduce moving from presenting problem to a focus on autonomic regulation.

Learning Lab 2: Understand the non-reactive roles of the sympathetic and dorsal states; Ways to map the relationship between states.

Learning Lab 3: Understand the shifts within states; Ways to create continuums and use in sessions.

Learning Lab 4: Understand the relationship between nervous systems; Ways to use the ventral vagal state to interrupt habitual response patterns.
LEARNING LAB 1

From State to Story: Working from the Bottom Up

The autonomic nervous system guides our moment-to-moment experience. Our biological state creates our psychological story. Through afferent pathways, information is continuously sent from the body to the brain. The brain takes the information and assembles it in the form of a personal narrative. A dysregulated nervous system sets the stage for survival stories while a regulated system is a platform for stories of change. Working in a bottom-up approach, when we change our state, we can change our story. In this Learning Lab participants will explore the need to enter into the clinical process at the level of autonomic state in order to affect downstream changes to behaviors, feelings, and beliefs.

Learning Objectives
At the end of the Learning Labs, Participants will be able to:

- Discuss the impact of autonomic dysregulation to physical and psychological well-being.
- Explain the effectiveness of addressing autonomic regulation as a first step in treatment.
- Utilize illustrations and worksheets to introduce the concept of starting with autonomic state to clients.

Outline

Part One
Afferent Pathways: Moving from State to Story

Part Two
Practical Application: Crossing the Bridge

Part Three
Q&A
LEARNING LAB 2

Mapping the Regulated System: A Polyvagal Guide to Healthy Homeostasis

The autonomic nervous system is the foundation of daily living experience. In our clinical work we are often focused on survival responses and helping our clients resolve post traumatic activation. But the autonomic nervous system also is the regulator of healthy homeostasis and vagal tone is a marker of physical and psychological well-being. In this Learning Lab participants will learn how to create an autonomic map of the regulated system and explore the emergent properties of an autonomic nervous system that is under the management of the ventral vagus.

Learning Objectives
At the end of the Learning Labs, Participants will be able to:

- Create an autonomic map of the regulated system.
- Utilize a writing and imagery exercise to support clients in experiencing the qualities of a regulated nervous system.
- Discuss ways to use survival maps and regulated maps in clinical sessions

Outline

Part One
Autonomic Homeostasis: The Role of the Ventral Vagus

Part Two
Practical Application: Creating a Map of the Regulated System

Part Three
Q&A

Many clients experience daily living as a series of either-or events filled with all or nothing choices. They are caught in habitual response patterns that prevent them from feeling subtle autonomic shifts and connecting to the nuances of experience that each autonomic state offers. In this Learning Lab participants will learn the basic steps of creating and using continuums and explore the many ways continuums can be used in clinical work.

Learning Objectives
At the end of the Learning Labs, Participants will be able to:

- Describe the steps to creating a basic continuum.
- Discuss different styles of continuums and assess when to use.
- Design a continuum representing one of the autonomic states.

Outline

Part One
Using Continuums with Trauma Survivors

Part Two
Practical Application: Creating a Continuum of the Ventral Vagal State

Part Three
Q&A
LEARNING LAB 4

Working with Couples: A Polyvagal Approach

Connection with another human is a biological imperative and feeling safe with another person is a necessity for physical and psychological well-being. When couples come to therapy, they are often stuck in relational patterns of protection unable to regulate their own nervous systems or co-regulate with their partner. It is the responsibility of the therapist to be the regulating resource. In this Learning Lab participants will learn how to track the implicit autonomic cues of safety and danger that are being sent between nervous systems and ways to engage the ventral vagal system to interrupt habitual survival responses.

Learning Objectives
At the end of the Learning Labs, Participants will be able to:

- Utilize the autonomic hierarchy to facilitate sharing of information between partners.
- Describe practices to bring explicit awareness to implicit relational response patterns.
- Explain how autonomic survival states impact intervention decisions.

Outline

Part One
Co-regulation with Couples: Tracking Multiple Autonomic Responses

Part Two
Practical Application: Choosing Which System to Regulate First

Part Three
Q&A
Deb Dana is a clinician, consultant and author specializing in complex trauma. Her work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma in our lives. Deb's work shows how an understanding of Polyvagal Theory applies to relationships, mental health, and trauma, and how we can use an understanding of the organizing principles of Polyvagal Theory to change the ways we navigate our daily lives.

Deb is the author of the following publications:

- Co-editor with Stephen Porges - Clinical Application of the Polyvagal Theory: The Emergence of Polyvagal Informed Therapies.
- She created the audio program Befriending Your Nervous System: Looking Through the Lens of Polyvagal Theory (Sounds True 2019), and is the author of Anchored: How to Befriend Your Nervous System Using Polyvagal Theory (Sounds True, 2021).

Deb has a busy career training therapists around the world in how to bring a Polyvagal approach into the clinical work. She is co-founder of The Polyvagal Institute, a consultant to Khiron Clinics, and an advisor to Unyte. Deb can be contacted via her website: www.rhythmofregulation.com
Tina Zorger has over 20 years of experience specializing in treating complex trauma, dissociation, eating disorders, and couples. She is certified in Internal Family Systems, is trained in Sensorimotor Psychotherapy, and has been assisting Deb Dana since the inception of the Rhythm of Regulation training series.

Tina is passionate and excited about the ways integrating Polyvagal Theory into her clinical work facilitates healing. She enjoys helping others learn about their nervous system and helping them discover how their capacity to regulate, and co-regulate, impacts their life and work. She believes wholeheartedly in the non-pathologizing approach polyvagal theory provides.