Engaging the Rhythm of Regulation
Foundations of Polyvagal Informed Practice Part I
Fall 2020 Online

This training is offered in collaboration with the newly formed Polyvagal Institute.

The autonomic nervous system is at the heart of daily living, powerfully shaping experiences of safety and influencing the capacity for connection. Through the organizing principles of hierarchy, neuroception, and co-regulation, Polyvagal Theory has revolutionized our understanding of how this system works. Guided by Polyvagal Theory, we have a new appreciation of the ways experience shapes the nervous system and of the pathways that lead to healing. With this updated map of the autonomic circuits of connection, mobilization, and collapse, we have practical ways to effectively help clients identify and interrupt patterns of protection, and strategies to shape their systems toward the regulated state of safety and connection that is necessary for successful treatment.

In this workshop you will:

★ Explore Polyvagal Theory by learning the language of the nervous system as you map your own autonomic pathways and discover how to become a regulated and regulating resource for clients.
★ Learn how to bring the power of Polyvagal Theory directly into clinical work with practices designed to reliably help clients re-shape their systems and re-write the stories that are carried in their autonomic pathways.
★ Experiment with multiple ways to map autonomic responses, create skills to safely explore patterns of action, disconnection, and engagement, and work with techniques to build autonomic regulation and resilience.

Structure of the Training
The Foundations I Online Workshop is a hybrid course combining 15 hours of recorded modules and 15 hours of live, online sessions. All videos are of Deb Dana teaching the principles of Polyvagal Informed practice and demonstrating the application of skills in client sessions. Participants will be assigned specific videos to watch prior to each live session. To complete the training you must be present for the live sessions. Live sessions will include didactic presentations, experiential practice, role play, and Q&A.

The live online sessions will be led by Deb Dana, assisted by Tina Zorger. Four Foundations Consultants make up the rest of the training team to offer between session group consultation and experiential practice.

In addition to the videos, participants will be asked to complete practice assignments between training dates as a way to gain confidence and expertise.

The full training group of 64 participants will be divided in several ways.

Groups of 16
The large group will be divided into groups of 16. The groups of sixteen will each be assigned a Foundations Consultant who will be the point person for the duration of the training. Each group of sixteen will meet with their Consultant twice during the training for 90 minute practice sessions.

Groups of 4
The groups of sixteen will be divided into groups of four to create small consultation groups. Each consultation group will have the opportunity for a one hour consultation each month with one of the Consultants.

Groups of 2
Each participant will be paired with another participant in a Polyvagal Partnership. Your Polyvagal Partner is someone to connect with throughout the training and discuss material, share personal and professional experiences through this new lens, practice new skills, and experiment with all things Polyvagal…
Topics Covered:

- The organizing principles of Polyvagal Theory
- How to create autonomic maps and use them as a guide in treatment
- Skills to track habitual response patterns
- How to build individual and interactive resources to shape the system toward connection
- Practices that engage the co-regulating pathways of the Social Engagement System in therapy sessions
- Ways to work with experiences of rupture and repair
- Beginning techniques to work with portals of intervention to reshape the autonomic nervous system
- Ways to introduce a Polyvagal approach into clinical practice
- How to use the guiding questions of Polyvagal informed therapy to shape clinical work

Engaging the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I is the first training in the Rhythm of Regulation training series. Clinicians taking this workshop will gain a basic understanding of Polyvagal principles and learn specific ways to bring a Polyvagal lens to clinical work. This program is appropriate for all licensed clinicians including social workers, psychologists, clinical counselors. As a beginning level training, no prior experience with Polyvagal Theory is required.

This workshop is required for participants who want to register for Deepening the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part II. Participants who complete both Foundations I and II will be eligible to register for the Advanced Clinical Practice workshop which will be offered for the first time in 2022.
Learning Objectives

At the end of the workshop participants will be able to:

- Describe the principles of Polyvagal Theory in client friendly language
- Describe the hierarchy of autonomic response
- Explain the influence of the vagus nerve on the ability to self and co-regulate
- Discuss the ways neuroception activates autonomic state shifts
- Describe methods to map autonomic response patterns
- Utilize systems to track and respond to autonomic state shifts
- Assess the multiple ways the autonomic nervous system responds to the environment and experience
- Describe how to interrupt habitual response patterns
- Discuss ways to tone the vagus and engage the individual elements of the social engagement system
- Assess client experiences of mobilization, disconnection, and engagement through a polyvagal lens
- Identify the impact of autonomic state on behaviors, beliefs, and relationships
- Apply skills to recognize and regulate patterns of autonomic response
- Explain practices to tone the Social Engagement system
- Explain the ways compassion is moderated by the autonomic nervous system
- Discuss ethical considerations of Polyvagal informed clinical work
- Plan how to incorporate a Polyvagal approach into your current clinical practice

30 CEs granted through Commonwealth Educational Seminars.

It is the participant's responsibility to check with their individual state boards to verify CE requirements for their state.

Continuing Education Credit is granted through Commonwealth Educational Seminars for the following professions:
Psychologists: Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for these programs and their content.

Licensed Professional Counselors/Licensed Mental Health Counselors: Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Professional Counselors/Licensed Mental Health Counselors. Please visit CES CE CREDIT to see all states that are covered for LPCs/LMHCs. CES maintains responsibility for this program and its content.

Social Workers: Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Social Workers. Please visit CES CE CREDIT to see all states that are covered for Social Workers. CES maintains responsibility for this program and its content.
If applicable: Social Workers – New York State
Commonwealth Educational Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers. #SW-0444.
Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to: Deb Dana assistantdebdana@gmail.com. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems.

Program fee: $1500.
Cancellation Policy: Full refund offered until the start of the program.
Live online session dates:

* Introduction to Training August 28 (10:00-noon Eastern Time)
* Session 1 - September 4 (9:00-noon Eastern Time)
Session 2 - October 9 (9:00-noon Eastern Time)

Session 3 - November 13 (9:00-noon Eastern Time)

Session 4 - December 11 (9:00-noon Eastern Time)

Session 5 - January 8 (9:00-noon Eastern Time)

Engaging the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I is presented by Deb Dana, LCSW. Deb is a clinician and consultant specializing in working with complex trauma. She is a consultant to the Traumatic Stress Research Consortium in the Kinsey Institute, advisor to Khiron Clinics and Unyte. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation, Polyvagal Exercises for Safety and Connection*, creator of the *Polyvagal Flip Chart*, and co-edited, with Stephen Porges, *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*. Her audio program, Befriending Your Nervous System, is available from Sounds True, and she is currently writing a book on Polyvagal Theory for a general audience (forthcoming from Sounds True).

Deb’s assistant in the Foundations training series is Tina Zorger, Psy.D. Tina has been Deb’s assistant since the beginning of the Rhythm of Regulation training series. She is a clinical psychologist in private practice in Portsmouth, N.H. with over 20 years of experience specializing in treating complex trauma, dissociation, eating disorders and providing consultation. Tina is certified in Internal Family Systems and trained in Sensorimotor Psychotherapy. 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.