Introducing The Polyvagal Learning Lab Series

An opportunity for Polyvagal Informed Practitioners to Deepen Their Skills

May 18, 2020 11:00 - 12:30
Polyvagal Learning Lab 1 - Bringing a Polyvagal Lens to Your Remote Sessions

Clinicians are being asked to meet new challenges as therapy is now routinely being offered remotely. The focus of this Learning Lab is to support seasoned clinicians in translating a Polyvagal informed approach to clinical work from in-person sessions to the new experience of remote connection. The impact technology has on autonomic attunement, cues of safety, and the capacity for co-regulation will be addressed.

Participants will be able to:
• Identify ways to engage the autonomic nervous system in co-regulation using video or audio only technology.
• Describe the impact of clinician and client environment to a remote therapy session.
• Utilize practices to assess cues of autonomic safety using prosody, proximity, and eye gaze in remote sessions.

June 29, 2020 11:00 - 12:30
Polyvagal Learning Lab 2 - Introducing Polyvagal Theory to Clients, Colleagues, and the Greater Human Community

Therapists know the power of applying a Polyvagal lens to their practice. While talking to clients about Polyvagal Theory is embedded in a session, introducing the theory to other people can be a challenge. Creating a cohort of colleagues who are Polyvagal informed as well as feeling confident in sharing the Polyvagal perspective with other people and other systems is an important aspect of being a Polyvagal informed practitioner. In this Learning Lab we will explore ways to teach Polyvagal Theory, speak the language of Polyvagal Theory, and invite others to begin to look at the world through the lens of the nervous system.

Participants will be able to:
• Explain Polyvagal Theory in easy to understand terms.
• Describe the benefits of using a Polyvagal vocabulary with colleagues.
• Discuss ways to introduce Polyvagal Theory when working with other systems.

July 20, 2020 11:00 - 12:30
Polyvagal Learning Lab 3: Setting up a Polyvagal Informed Session

This Learning Lab outlines the basic elements of a Polyvagal informed session and explores ways to routinely integrate them into therapy. We will look at how a Polyvagal perspective guides clinical work including ways to welcome a client to the session, how to keep the focus on the autonomic nervous system, the invitation for 'homeplay', and creating a regulated transition at the end of a session.

    Participants will be able to:
- Describe core elements of a Polyvagal informed session
- Identify clinical choices that support the core elements
- Create a plan to integrate core elements

August 24, 2020 11:00 - 12:30
Polyvagal Learning Lab 4: Embodying the Polyvagal Perspective

The final Learning Lab in the series changes the focus from application of Polyvagal practices in session work to exploration of the principles that guide being a Polyvagal informed clinician. We will look at the responsibilities of a Polyvagal informed clinician and the challenges that working in new ways brings. We'll consider how a Polyvagal perspective is both a clinical practice and a personal experience and how to build a micro-community to support both domains. Finally we'll look at the ethical considerations that accompany Polyvagal informed clinical work.

    Participants will be able to:
- Identify three responsibilities of being a Polyvagal informed therapist
- Discuss ethical questions regarding working through a Polyvagal perspective
- Design a personal and professional Polyvagal guided micro-community

The Learning Labs are presented by Deb Dana, LCSW. Deb is a clinician and consultant specializing in working with complex trauma and is a consultant to the Traumatic Stress Research Consortium in the Kinsey Institute. 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*.

The Learning Labs are offered as an Intermediate Level program.

Each Learning Lab offers 1.5 CEs

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

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