

*Polyvagal Theory in Therapy  
Learning the Language of the Nervous System*

*Baha'i Center 119 Maple Street, Efland, North Carolina  
April 13, 2019*

The autonomic nervous system is at the heart of daily living powerfully shaping our clients' experiences of safety and influencing their capacity for connection. Polyvagal Theory, through the organizing principles of hierarchy, neuroception, and co-regulation, has revolutionized our understanding of how this system works. We now know that trauma interrupts the development of autonomic regulation and shapes the system away from connection into patterns of protection. With an updated map of the autonomic circuits that underlie behaviors and beliefs, we can reliably lead our clients out of adaptive survival responses into the autonomically regulated state of safety that is necessary for successful treatment.

Working from a foundation of Polyvagal Theory, therapists have practical ways to effectively help clients identify and interrupt their familiar response patterns and strategies to create neural exercises that bring the right degree of challenge to shape their autonomic nervous systems toward safety and connection. A Polyvagal Theory guided approach to therapy begins with helping clients map their autonomic profiles and track their moment to moment movement along the autonomic hierarchy. With this foundation, the essential clinical questions address how to help clients interrupt habitual response patterns and find safety in a state of engagement.

In this introductory experiential workshop we will explore:

- The three organizing principles of Polyvagal Theory and how to use them to guide clients in reshaping their systems
- Using the autonomic "ladder" map as a guide in treatment
- The importance of the Notice and Name skill to track autonomic states and state shifts
- Engaging the co-regulating pathways of the Social Engagement System
- How the guiding questions of Polyvagal-informed therapy influence clinical practice

Come learn the organizing principles of Polyvagal Theory and work with practices designed to bring the power of Polyvagal Theory directly into your clinical work. Build confidence in your ability to help clients safely tune into their autonomic stories, reshape their nervous systems, and rewrite the trauma stories that are carried in their autonomic pathways.

*Workshop Hours*

*Registration 9:00 am*

*Morning session: 9:30 am - 12:30 pm*

*Lunch on your own - 12:30 pm - 2:00 pm*

*Afternoon session: 2:00 pm - 5:00 pm*

**Deb Dana, LCSW** is a clinician and consultant specializing in working with complex trauma and is Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* and co-edited, with Stephen Porges, *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*.

## Registration Form

Polyvagal Theory in Therapy: Learning the Language of the Nervous System

April 13, 2019 Efland, NC

Name

Address

Phone Number

Email

\_\_\_ Early Registration fee \$90 (prior to March 1, 2019)

\_\_\_ Regular Registration fee \$125 (after March 1, 2019)

Check payable to:

Deb Dana

Mail to:

PO Box 1003

Kennebunkport, ME 04046

Cancellation policy: Refund minus \$15 fee prior to April 1, 2019. After April 1, 2019 no refund possible