The Rhythm of Regulation
Building a Polyvagal Foundation for Your Clinical Practice
Intensive Training Program

Kennebunkport, Maine
November 2019 - April 2020
9:00 - 4:30 daily

"The greatest thing then...is to make our nervous system our ally as opposed to our enemy." William James

The autonomic nervous system is the foundation for our lived experience. Polyvagal Theory defines the role of the autonomic nervous system in regulating experiences of risk and protection, safety and connection. Looking through this lens we see the impact of trauma and understand our clients' post-traumatic patterns of activation, hypervigilance, collapse, and numbing.

The Rhythm of Regulation training series brings Polyvagal Theory into practical application offering a roadmap to help our clients reshape their nervous systems and rewrite the trauma stories that are carried in their autonomic pathways.

If you are interested in adding a Polyvagal Theory foundation to your therapy practice, please consider joining this training series.

Come explore the science of connection!

The Rhythm of Regulation is based on the work of renowned neuroscience researcher Stephen Porges. Through his development of Polyvagal Theory we now have a deeper understanding of the role of the autonomic nervous system as it influences our experiences of safety and our ability for connection. Polyvagal Theory
is especially relevant to understanding the effects of trauma and offers clinicians an updated guide to working with the embodied patterns of response that are woven into our clients’ personal narratives.

In this intensive training, Deb Dana translates Polyvagal Theory into clinical application teaching the science of connection and a comprehensive approach to intervention. This 48 hour program is designed to create fluency in the language of Polyvagal Theory and expertise in using a polyvagal framework in clinical interventions. Each training module combines didactic presentations with experiential exercises.

*With seamless fluidity Deb Dana bridges the intuitions of a master clinician with the insights of the Polyvagal Theory to formulate a powerful treatment model to guide the client on a journey from the abyss of helplessness to the empowerment of connectedness.*  
*Stephen W. Porges: Originator of the Polyvagal Theory*

**November 15-16, 2019**  
**Understanding the Science of Connection**
- Discuss the science behind polyvagal theory as we explore the neurobiology of autonomic response and study the impact of two way communication pathways between the body and the brain
- Describe the hierarchy of autonomic response, assess individual autonomic profiles, and track patterns of response.
- Create confidence in your ability to teach Polyvagal Theory using science and metaphor
- Explain the ways compassion is moderated by the autonomic nervous system and the influence of the vagus nerve on our ability to feel safe in relationships.
- Apply the initial “befriending” phase of the polyvagal intervention sequence

**January 17-18, 2020**  
**Navigating Autonomic Regulation**
- Describe “neuroception” and what happens when we bring perception to this non-conscious response and discuss the ways neuroception activates autonomic state shifts and creates our embodied story
- Assess a variety of “attending” practices as we experiment with ways to move out of “automatic autonomic” patterns and intentionally engage the regulating capacities of the vagal system.
- Describe methods to map autonomic response patterns and systems to track and respond to autonomic state shifts.
- Utilize these skills in your work with clients and return for Module 3 with data about your increasing expertise and growing edges

**February 28-29, 2020**  
**Exploring the Art of Resetting the Nervous System**
- Assess the multiple ways our autonomic nervous system responds to the environment and experience
• Describe how to interrupt habitual response patterns and bring flexibility back to a system that has become rigid as an adaptive survival response
• Apply specific skills and exercises to reset the nervous system
• Discuss ways to tone the vagus and engage the individual elements of the ventral vagal complex that comprise the social engagement system
• Apply re-patterning practices in your work with clients and track your progress to share in the final module

April 3-4, 2020
Designing a Clinical System
• Discuss the ways working from a polyvagal foundation increases the effectiveness of clinical work
• Analyze the ways Polyvagal Theory informs other treatment modalities.
• Utilize active engagement with the ventral vagal energy of “benevolence” to promote healing
• Apply a polyvagal framework to the “nuts and bolts” of polyvagal-informed therapy: assessment, case formulation, treatment planning
• Design a personalized “launch plan” using the science of intention, imagery, writing, and reciprocity
• Create a polyvagal peer group

Training Series Learning Objectives:
Describe the principles of Polyvagal Theory in client friendly language
Assess client experiences of mobilization, disconnection, and engagement through a Polyvagal lens
Identify the impact of autonomic state on behavior, beliefs, and bonding
Apply skills to recognize and regulate patterns of autonomic response
Explain practices to tone the Social Engagement system
Discuss ethical considerations of Polyvagal informed clinical work
Plan how to incorporate a Polyvagal approach into your current clinical practice

In order to support the experiential nature of this training and depth of learning, this training is limited to 20 participants.

The Rhythm of Regulation has changed not only how I practice, but also how I live my life. Deb knows this theory and does a great job of conveying it in an understandable way. I walked away ready to introduce this work to my clients from the get go. (CD, training participant)

I am learning so much about my own autonomic rhythm as well as having the ability to apply Polyvagal Theory on both a micro and macro level. Deb’s training style is relaxed
and comfortable. This is a fabulous clinical journey for you and for your clients. (NNK, training participant)

The Rhythm of Regulation training program will touch you on a personal level as well as a professional level. Through this experiential training, Polyvagal Theory is translated into immediately applicable clinical skills. Now that I am a proud member of Deb’s Polyvagal community, it is hard to imagine being a clinician without this fundamental understanding of how and why we react. (AZ, training participant)

The Rhythm of Regulation training has transformed my psychotherapy practice. Deb’s teaching is clear, informative and inspiring. The workshop incorporates the vision and the practical applications of Polyvagal Theory into a user-friendly model that is relevant to any clinical setting. (GW, training participant)

Deb Dana, LCSW, specializes in treating complex traumatic stress and lectures internationally on the ways Polyvagal Theory informs clinical interactions with trauma survivors. She is the Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute at Indiana University and the developer of the Rhythm of Regulation clinical training series. She is trained in Internal Family Systems and Sensorimotor Psychotherapy and completed the Certificate Program in Traumatic Stress Studies at the Trauma Center. Deb is the author of The Polyvagal Theory in Therapy (Norton, 2018) and co-editor with Stephen Porges, of Clinical Applications of the Polyvagal Theory (Norton, 2018).

Assisting Deb is Tina Zorger, Psy.D. Tina is a clinical psychologist in private practice in Portsmouth, N.H. She is a certified IFS therapist and is trained in Sensorimotor Psychotherapy. She specializes in treating trauma, eating disorders, and body image issues. Tina is passionate and excited about the ways that integrating Polyvagal Theory into clinical work facilitates healing.

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 necessary.

48 CEs are offered for completion of this intensive training program.

It is the participant’s responsibility to check with their individual state boards to verify CE requirements for their state.
Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) 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 this program and its 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.

Licensed Marriage & Family Therapists: Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Marriage & Family Therapists. Please visit CES CE CREDIT to see all states that are covered for LMFTs. CES maintains responsibility for this program and its content.

Nurses: As an American Psychological Association (APA) approved provider, CES programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC approved programs except California and Iowa, however CES is also an approved Continuing Education provider by the California Board of Registered Nursing (Provider # CEP15567) which is also accepted by the Iowa Board of Nursing.

Grievance Policy: 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 deborahadanalcs@gmail.com 207-831-9777 Grievances would receive, to the best of our ability, corrective action in order to prevent further problems.
The training facility is handicapped accessible. If you need special accommodations, please contact me. (Deb Dana  deborahadanalcs@gmail.com  207-831-9777)

Cost: Early Registration $1600 (paid by September 15, 2019)
    Regular Registration $1950 (after September 15, 2019)

The $500 deposit will hold your space and guarantee the early registration fee if the deposit is made by September 15, 2019. Flexible payment plans available.

Cancellation Policy:
Refund minus $500 deposit offered prior to September 30, 2019
After September 30, 2019, if your space can be filled from the waiting list, your fee minus deposit will be refunded.

Send deposit and registration form to:
Deb Dana
PO Box 1003
Kennebunkport, ME
04046
REGISTRATION FORM MAINE 2019-2020

NAME:

ADDRESS:

PHONE:

EMAIL:

LICENSE:

_________  Early registration fee: $1600

_________  Regular registration fee: $1950

_________  $500 deposit to reserve space
(remainder of early registration fee due by September 15, 2019. Payment plan possible. Please ask for more information.)