The Polyvagal Theory in Therapy

Book Study Group

Explore Polyvagal Theory in Therapy with Deb Dana

Deepen your understanding with this introductory level course on the principles and practices of Polyvagal Theory. In this chapter by chapter look at how to befriend the nervous system - learn how to shape it toward safety and connection. 15 x 90-minute videos and written material included. Each 90-minute module begins with an hour-long presentation of the concepts detailed in the chapter and concludes with a 30-minute recorded Q&A session. Downloadable handouts and articles included with each chapter. Ongoing access without expiry.

**Befriending**
- Chapter 1 Safety, Danger, and Life-Threat: Adaptive Response Patterns
- Chapter 2 Autonomic Surveillance: Neuroception
- Chapter 3 Wired to Connect

**Mapping**
- Chapter 4 The Personal Profile Map
- Chapter 5 The Triggers and Glimmers Map
- Chapter 6 The Regulating Resources Map

**Navigating**
- Chapter 7 Compassionate Connection
- Chapter 8 Safely Aware and Able to Connect
- Chapter 9 Creating Safe Surroundings

**Shaping**
- Chapter 10 The Autonomic Nervous System as a Relational System
- Chapter 11 Toning the System with Breath and sound
- Chapter 12 Regulating Through the Body
- Chapter 13 Vagal Regulation with the Brain in Mind
- Chapter 14 Intertwined States

**Completing**
- Wrap Up and Final Thoughts

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