Engaging The Rhythm of Regulation (AU)

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.

Engaging The Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I is a unique course developed by Deb Dana, offering a deeply interactive learning experience and grounding in Polyvagal Theory.
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.

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.

This hybrid training has been designed as a combination of recorded modules and live, online experiences.

Resources include a large selection of audio-visual and written material which can be viewed on demand and referred to throughout the training.

The combined format of live online and recorded content is organized into five monthly modules. Each module is made up of three hours of video presentations from Deb Dana, and one three-hour live online session led by two of her Senior Trainers. All the videos are of Deb Dana teaching the principles of Polyvagal Informed practice and demonstrating the application of skills.

There is a significant level of interactivity between modules where participants will join with their assigned Polyvagal Partner, Foundations Trainers and Consultants, and engage with small Consultation Groups.
Structure of the Course

This is a hybrid course combining recorded modules, readings, and live online sessions. Participants are responsible for watching the videos and reading the assigned material prior to each live session, and must be present for the live sessions.

Deb's Senior Trainers will conduct the live sessions which will include didactic presentations, experiential practice, role play, and Q&A. Two Foundations Consultants make up the rest of the training team supporting participants’ learning through monthly small group consultation. In addition to reviewing the written and recorded material, participants will be asked to complete practice assignments between training dates as a way to gain confidence and expertize.

In addition to Deb’s presence throughout the training through the recorded content, Deb will be joining the two-hour introductory session, offering a 90-minute Q&A session during the series, and presenting part of the Module 5 live online session.
The full training group of 32 participants will be divided as follows:

**Groups of 16**

The large group will be divided into two groups of sixteen who will each be assigned a Consultant as the point person for the duration of the training.

The groups of 16 will:

- Meet with one of the Trainers for a 90-minute practice session between modules 1 & 2
- Meet with their Consultant for a 90-minute practice session between modules 2 & 4
- Meet with one of the Trainers for a 90-minute practice session between modules 4 & 5

**Groups of 4**

- The groups of sixteen will be divided into groups of four to create smaller Consultation Groups.
- Each Consultation Group will have the opportunity for four 1-hour consultations: two with each Consultant so they can benefit from the particular expertise of both Consultants during the training.

**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 to 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
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 behavior, 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
Engaging the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I is the first training in the Rhythm of Regulation training series.

The Foundations of Polyvagal Informed Practice Part I will offer 42 hours of training, and 30 CEs at the completion of the full program. Participants are required to be live-online for 15 hours, watch 15 hours of recorded material, and successfully complete post-tests. The post-tests will be divided up into five modules to be taken between each live, online session.

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 and clinical counselors. As an entry 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 which will be offered in 2022.

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 2022/23.

Cancellation Policy: 30 days before the Introductory Session,
Engaging the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I is presented by Deb Dana, LCSW, in cooperation with Simon D'Orsogna.

Deb Dana is a clinician, consultant and author specializing in complex trauma. Her work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma in our lives.

Deb's work shows how an understanding of Polyvagal Theory applies to relationships, mental health, and trauma and how we can use an understanding of the organizing principles of Polyvagal Theory to change the ways we navigate our daily lives.

Deb is the author of the following publications:


Co-editor with Stephen Porges - Clinical Application of the Polyvagal Theory: The Emergence of Polyvagal Informed Therapies.


She created the audio program Befriending Your Nervous System: Looking Through the Lens of Polyvagal Theory (Sounds True 2019), and is the author of Anchored: How to Befriend Your Nervous System Using Polyvagal Theory (Sounds True, 2021).

Deb has a busy career training therapists around the world in how to bring a Polyvagal approach into the clinical work. She is a founding member of the Polyvagal Institute, a consultant to Khiron Clinics, and an advisor to Unyte.

Deb can be contacted via her website: www.rhythmofregulation.com