

LEARNING LABS

Series II

DEB DANA

POLYVAGAL
LIVE ONLINE
WEBINAR

June 14

July 12

Aug 9

Sept 13



11:00 - 12.30 EASTERN

Are you using a Polyvagal approach in your clinical work and have questions about the process?

Get your questions answered, hear what your colleagues are wondering about, and find the answers to some of the most frequently asked questions Polyvagal guided clinicians are asking.

\$225 For Full Series

Polyvagal Online Learning Labs II

An Opportunity for Polyvagal Informed Practitioners to Deepen Their Skills

The Polyvagal Online Learning Labs offer Polyvagal informed practitioners a deep exploration of specific areas of Polyvagal informed therapy.

Learning Labs are an intermediate level program designed for practitioners who have completed a basic Polyvagal training.

The Learning Labs are presented in the Zoom Webinar format so only the presenter and moderator are visible on screen. Each 90-minute module begins with a teaching piece and ends with a moderated question and answer session.

The materials for each Learning Lab will be released the Friday before the live webinar and the recording of the webinar will be available the day after the broadcast.

Join the series at any time and access the recordings.

LEARNING LABS II

Presented by Deb Dana, LCSW
Clinician, Consultant, Workshop Presenter, Author

Deb will be joined by her long-time assistant Tina Zorger

Learning Lab 1: Understand how regulating the nervous system impacts a client's presenting problem; Ways to introduce moving from presenting problem to a focus on autonomic regulation.

Learning Lab 2: Understand the non-reactive roles of the sympathetic and dorsal states; Ways to map the relationship between states.

Learning Lab 3: Understand the shifts within states; Ways to create continuums and use in sessions.

Learning Lab 4: Understand the relationship between nervous systems; Ways to use the ventral vagal state to interrupt habitual response patterns.

From
State to
Story

1



Mapping
the
Regulated
System

2



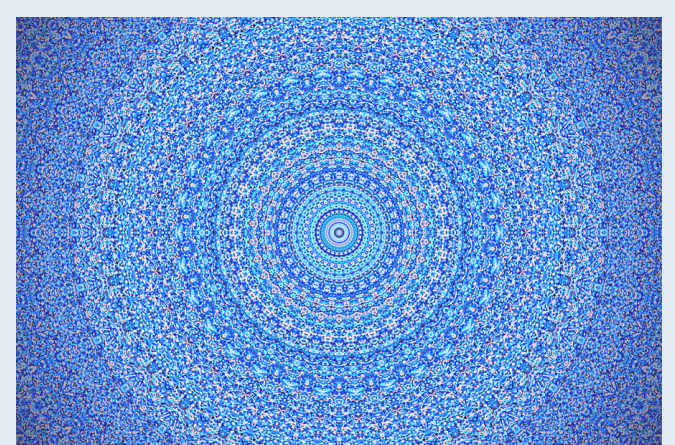
Flavors of
Autonomic
response

3



Working
with
Couples

4



LEARNING LAB 1

June 7, 2021

From State to Story: Working from the Bottom Up

The autonomic nervous system guides our moment-to-moment experience. Our biological state creates our psychological story. Through afferent pathways, information is continuously sent from the body to the brain. The brain takes the information and assembles it in the form of a personal narrative. A dysregulated nervous system sets the stage for survival stories while a regulated system is a platform for stories of change. Working in a bottom-up approach, when we change our state, we can change our story. In this Learning Lab participants will explore the need to enter into the clinical process at the level of autonomic state in order to affect downstream changes to behaviors, feelings, and beliefs.

Learning Objectives

At the end of the Learning Labs, Participants will be able to:

- Discuss the impact of autonomic dysregulation to physical and psychological well-being.
- Explain the effectiveness of addressing autonomic regulation as a first step in treatment.
- Utilize illustrations and worksheets to introduce the concept of starting with autonomic state to clients.

Agenda

11:00 – 11:45

Afferent Pathways: Moving from State to Story

11:45 – 12:00

Practical Application: Crossing the Bridge

12:00 – 12:30

Q&A

LEARNING LAB 2

July 12, 2021

Mapping the Regulated System: A Polyvagal Guide to Healthy Homeostasis

The autonomic nervous system is the foundation of daily living experience. In our clinical work we are often focused on survival responses and helping our clients resolve post traumatic activation. But the autonomic nervous system also is the regulator of healthy homeostasis and vagal tone is a marker of physical and psychological well-being. In this Learning Lab participants will learn how to create an autonomic map of the regulated system and explore the emergent properties of an autonomic nervous system that is under the management of the ventral vagus.

Learning Objectives

At the end of the Learning Labs, Participants will be able to:

- Create an autonomic map of the regulated system.
- Utilize a writing and imagery exercise to support clients in experiencing the qualities of a regulated nervous system.
- Discuss ways to use survival maps and regulated maps in clinical sessions

Agenda

11:00 – 11:45

Autonomic Homeostasis: The Role of the Ventral Vagus

11:45 – 12:00

Practical Application: Creating a Map of the Regulated System

12:00 – 12:30

Q&A

LEARNING LAB 3

August 9, 2021

Flavors of Autonomic Response: A Guide to Using Continuums in Clinical Work

Many clients experience daily living as a series of either-or events filled with all or nothing choices. They are caught in habitual response patterns that prevent them from feeling subtle autonomic shifts and connecting to the nuances of experience that each autonomic state offers. In this Learning Lab participants will learn the basic steps of creating and using continuums and explore the many ways continuums can be used in clinical work.

Learning Objectives

At the end of the Learning Labs, Participants will be able to:

- Describe the steps to creating a basic continuum.
- Discuss different styles of continuums and assess when to use.
- Design a continuum representing one of the autonomic states.

Agenda

11:00 – 11:45

Using Continuums with Trauma Survivors

11:45 – 12:00

Practical Application: Creating a Continuum of the Ventral Vagal State

12:00 – 12:30

Q&A

LEARNING LAB 4

September 13, 2021

Working with Couples: A Polyvagal Approach

Connection with another human is a biological imperative and feeling safe with another person is a necessity for physical and psychological well-being. When couples come to therapy, they are often stuck in relational patterns of protection unable to regulate their own nervous systems or co-regulate with their partner. It is the responsibility of the therapist to be the regulating resource. In this Learning Lab participants will learn how to track the implicit autonomic cues of safety and danger that are being sent between nervous systems and ways to engage the ventral vagal system to interrupt habitual survival responses.

Learning Objectives

At the end of the Learning Labs, Participants will be able to:

- Utilize the autonomic hierarchy to facilitate sharing of information between partners.
- Describe practices to bring explicit awareness to implicit relational response patterns.
- Explain how autonomic survival states impact intervention decisions.

Agenda

11:00 – 11:45

Co-regulation with Couples: Tracking Multiple Autonomic Responses

11:45 – 12:00

Practical Application: Choosing Which System to Regulate First

12:00 – 12:30

Q&A



Deb Dana, LCSW

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:

- The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton, 2018)
- Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices (Norton, 2020)
- Co-editor with Stephen Porges - Clinical Application of the Polyvagal Theory: The Emergence of Polyvagal Informed Therapies.
- Creator of The Polyvagal Flip Chart (Norton, 2020).
- 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 co-founder of The Polyvagal Institute, a consultant to Khiron Clinics, and an advisor to Unyte. Deb can be contacted via her website: www.rhythmofregulation.com



Tina Zorger, Psy.D

Tina Zorger has over 20 years of experience specializing in treating complex trauma, dissociation, eating disorders, and couples. She is certified in Internal Family Systems, is trained in Sensorimotor Psychotherapy, and has been assisting Deb Dana since the inception of the Rhythm of Regulation training series.

Tina is passionate and excited about the ways integrating Polyvagal Theory into her clinical work facilitates healing. She enjoys helping others learn about their nervous system and helping them discover how their capacity to regulate, and co-regulate, impacts their life and work. She believes wholeheartedly in the non-pathologizing approach polyvagal theory provides.

6 CEs Offered Only Upon Completion of Full Series

Available for purchase through R. Cassidy (\$40)

www.ceuregistration.com

Suitable for individual clinicians/practitioners, including Psychologists, Psychoanalysts, Psychiatrists (only partial credit for MDs via APA), Social Workers, MFTs, Counselors, Substance Abuse Counselors, Occupational Therapists, Nurses, Dentists and CAT (creative arts therapists).

Satisfactory Completion

Participants must have paid tuition fee, logged in and out each day, attended the entire webinar, and completed an evaluation to receive a certificate. Failure to log in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

Certificates will be available following course completion at www.ceuregistration.com

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R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content.

NY: R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0018

Psychoanalysts

NY: R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts. #P-0005.

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CA and Other States: Most states accept continuing education courses offered by either CE Sponsors for APA, (which R. Cassidy Seminars is) or will accept the approval of other state licensing boards of the same license type. Some states, either do not require pre-approval of courses, or will allow licensees to retroactively file for course approval themselves. Check with your board to obtain a final ruling.

IL-SWs: Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #159.000785.

NY: R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider (#0006) of continuing education for licensed social workers.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board, #RCST110701

Counselors/Marriage and Family Therapists

CA and Other States: Most states accept continuing education courses offered by approved providers with national providerships or will accept the approvals of other state licensing boards of the same license type.

Others, either do not require pre-approval of courses, or will allow licensees to retroactively file for course approval themselves. R. Cassidy Seminars is an approved provider with two national providerships, as well as holding many individual state license type approvals. Check with your board to obtain a final ruling.

IL-MFTs: Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141.

NY-LMHCs: R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0015.

NY-LMFTs: R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0011.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board, #RCST110701

TX: Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. Provider #151

Creative Arts Therapists

NY: R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists, #CAT-0005.

Chemical Dependency Counselors

CA: Provider approved by CCAPP, Provider #4N-00-434-0555 for 5.5 CEHs. CCAPP is an ICRC member which has reciprocity with most ICRC member states.

TX: Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, 5.5 hours general. Expires 3/31/5051. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (515) 476-7597.

Educators

TX: R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456.

Nurses

CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP15554.

Dentists

CA: R. Cassidy Seminars is a provider approved by the Dental Board of California as a registered provider of continuing education. RP# 4874.

Disability Access - If you require ADA accommodations please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification.

Please Note: Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.

Cancellation Policy: Refunds possible up to the day of the first Learning Labs. No refunds possible once the series has begun.

There is no conflict of interest or commercial support for this program.

In the case of any queries or issues please contact
info@rhythmofregulation.com