The Polyvagal Theory in Therapy Book Study Group

Explore *The Polyvagal Theory in Therapy* in this 15-session course with Deb Dana.

Deepen your understanding of the principles and practices of Polyvagal Theory in this chapter by chapter look at how to befriend the nervous system and shape it toward safety and connection. Each 90-minute chapter presentation begins with an hour-long presentation of the concepts detailed in the chapter and concludes with a 30-minute recorded question and answer session. Downloadable handouts are included with each chapter.

**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