

The Polyvagal Learning Lab with Deb Dana
An opportunity for Polyvagal Informed Practitioners to Deepen Their Skills

The Polyvagal Learning Lab Series will allow Polyvagal informed practitioners to deeply explore specific areas of Polyvagal informed therapy. Each 90-minute module will begin with a teaching piece and end with a moderated question and answer session. Because the Learning Labs are designed to deepen your understanding and skill set, a basic competence in Polyvagal Theory is needed in order to fully appreciate the learning.

Lab 1: Bringing a Polyvagal Lens to Your Remote Sessions

Clinicians are being asked to meet new challenges as therapy is now routinely offered remotely. This Learning Lab is dedicated to helping you translate the Polyvagal informed approach you have already been bringing to your clinical work to the new experience of remote connection.

Lab 2: Introducing Polyvagal Theory to Clients, Colleagues, and the Greater Human Community

You've experienced what happens when you look through the lens of Polyvagal Theory but how do you talk about Polyvagal Theory with others? In this Learning Lab we will explore ways to teach Polyvagal Theory, speak the language of Polyvagal Theory, and invite others to begin to look at the world through the lens of the nervous system.

Lab 3: Setting up a Polyvagal Informed Session

This Learning Lab will outline the basic elements of a Polyvagal informed session and explore ways to routinely integrate them into your work. From the beginning welcome and check in to the ending invitation for 'homeplay', we will look at how a Polyvagal perspective guides clinical work.

Lab 4: Embodying the Polyvagal Perspective

The final Learning Lab in this series brings the focus inward to explore what it means to be a Polyvagal informed clinician and looks at the responsibilities and challenges of working in this way.