

Polyvagal Theory: Principles & Practice Webinar

Format: 3-hour online workshop followed by 90-minute live Q&A with Deb Dana

Price: varies per group size, please inquire.

In the last few years there has been groundbreaking neuroscience research that has fundamentally changed our understanding of how trauma, adverse childhood experiences and chronic stress impact individuals psychologically, physiologically, emotionally and socially. The Polyvagal Theory guides us to a new view of social and emotional health through an understanding our body's nervous system. This 4.5-hour facilitated workshop has been designed to **help support staff develop the skills, tools and resources to build resilience and support the healing of individuals struggling with chronic symptoms related to unresolved trauma.**

Are your clients familiar with the cues and triggers which cause them to become more aggressive, or to shut down, in a confrontational situation? Can they read facial cues that signal fear or discomfort in others? Do they understand the ways in which the nervous system is in constant dialog with other nervous systems, and the ways in which they can consciously influence that dialog?

Graduates of *Polyvagal Theory: Principles & Practice* consistently refer to it as a 'game-changer' that has helped them and their organizations provide them with a theoretical and practical guide to help them achieve some of the following outcomes:

- Build self-confidence and a sense of agency by focusing on the natural healing capacity every individual possesses, even those who have lived through trauma and adverse experiences.
- Increase resilience in individuals and in communities by enriching these natural healing capabilities and providing tools and skills to overcome challenges.
- Help individuals and communities understand that health is not only about treating symptoms, it is also about encouraging and supporting human flourishing.
- Empower individuals to thrive in their own lives and support the physical, emotional, social and spiritual well-being of their families and communities.



Deb Dana, LCSW is a clinician and consultant specializing in working with complex trauma. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*, *Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices*, co-editor of *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*, and creator of the *Polyvagal Flip Chart*.