Course Title:
The Art and Science of Polyvagal Theory

COURSE DESCRIPTION

The Art and Science workshop brings Stephen Porges and Deb Dana together for a unique exploration of the scientific foundations of Polyvagal Theory along with a discussion of its clinical application. In this workshop, Stephen Porges presents the theoretical constructs of Polyvagal Theory and then engages with Deb Dana for a discussion of how the constructs shape clinical work. The workshop is divided into six sections interweaving lecture with discussion and culminating in a clinical case study through the lens of Polyvagal Theory.

This is an introductory level course for individuals. The main areas the workshop will cover are:

- A New Vocabulary: The Organizing Principles of Polyvagal Theory
- The Construct of Neuroception
- The Social Engagement System
- The Biology of Co-regulation
- Presenting a One Nervous System Approach
- A Polyvagal look at the Pandemic
- A Polyvagal Perspective of a Clinical Case Study

TARGET AUDIENCE

Psychologists, Psychoanalysts, Psychiatrists (only partial credit for MDs via APA), Social Workers, MFTs, Counselors, Substance Abuse Counselors, Occupational Therapists, Nurses, Dentists

www.polyvagal institute.org
LEARNING OBJECTIVES

At the end of this workshop participants will be able to:

1. Describe principles of Polyvagal Theory
2. Review how Polyvagal Theory explains clinical symptoms related to mental health diagnosis
3. Discuss the adaptive qualities of survival responses
4. Summarize the impact of trauma to the nervous system
5. Review the concept of a one nervous system approach
6. Define the pathways of the social engagement system and face-heart connection
7. Explain the ways disruption of the social engagement system is associated with core features of certain mental health disorders
8. Describe the process of neuroception
9. Interpret clinical interactions through a polyvagal perspective
ABOUT YOUR COURSE INSTRUCTORS

### Stephen Porges, Ph.D.

Stephen W. Porges, Ph.D. is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium in the Kinsey Institute. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He is the originator of the Polyvagal Theory, a theory that emphasizes the importance of physiological state in the expression of behavioral, mental, and health problems related to traumatic experiences. He is the creator of a music-based intervention, the Safe and Sound Protocol™, which currently is used by more than 1500 therapists to improve spontaneous social engagement, to reduce hearing sensitivities, and to improve language processing, state regulation, and spontaneous social engagement.

### Deb Dana, LCSW

Deb 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 can be contacted via her website: www.rhythmofregulation.com
Psychologists
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. 6.5 CE hours
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. 6.5 clock hours. Hybrid live/on-demand online.

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. 6.5 clock hours. Hybrid live/on-demand online.

Social Workers
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. 6.5 clock hours. Hybrid live/on-demand online.
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. This program is approved for 6.5 clock hours. Hybrid live/on-demand online.
OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 6.5 clock hours, #RCST110701

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. 6.5 clock hours. Hybrid live/on-demand online.

Chemical Dependency Counselors
CA: Provider approved by CCAPP, Provider #4N-00-434-0555 for 32 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, 6.5 hours general. Expires 3/31/2051. 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.

Dentists
CA: R. Cassidy Seminars is a provider approved by the Dental Board of California as a registered provider of continuing education. RP# 4874. 6.5 CE Hours.

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. 6.5 hours.
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. 6.5 clock hours. Hybrid live/on-demand online.
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. 6.5 clock hours. Hybrid live/on-demand online.
OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 6.5 clock hours, #RCST110701
TX: Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. Provider #151, 6.5 CE hours.

Educators
TX: R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is 6.5 CE Hours.

Nurses
CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP15554, for 6.5 contact hours

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.