



polyvagal institute
the art and science of human connection

Course Title:

Engaging The Rhythm of Regulation: Foundations of Polyvagal Informed Practice *Part I*

This course is developed by Deb Dana, LCSW, and presented by her training team in cooperation with PVI to offer a deeply interactive learning experience and grounding in Polyvagal Theory. It is the first training in the Rhythm of Regulation training series.

COURSE DESCRIPTION

The autonomic nervous system is at the heart of daily living, powerfully shaping experiences of safety and influencing the capacity for connection. Through the organizing principles of hierarchy, neuroception and co-regulation, Polyvagal Theory has revolutionized our understanding of how this system works. Guided by Polyvagal Theory, we have a new appreciation of the ways experience shapes the nervous system and of the pathways that lead to healing. With this updated map of the autonomic circuits of connection, mobilization, and collapse, we have practical ways to effectively help clients identify and interrupt patterns of protection,

and strategies to shape their systems toward the regulated state of safety and connection that is necessary for successful treatment. In the Foundations of Polyvagal Practice Part I workshop participants will explore Polyvagal Theory by learning the language of the nervous system as they map their own autonomic pathways and discover how to become a regulated and regulating resource for clients. Participants will learn how to bring the power of Polyvagal Theory into clinical work with practices designed to reliably help clients re-shape their systems and re-write the stories that are carried in their autonomic pathways.

Topics Covered:

- The organizing principles of Polyvagal Theory
- How to create autonomic maps and use them as a guide in treatment
- Skills to track habitual response patterns
- Ways to build individual and interactive resources to shape the nervous system toward connection
- Practices that engage the co-regulating pathways of the social engagement system
- Working with therapeutic rupture and repair
- Beginning techniques to reshape the autonomic nervous system
- How to introduce a Polyvagal approach into clinical practice

This workshop is required for participants who want to register for Deepening the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part II.

Format: 42 hours hybrid live-online & recorded sessions

Price: \$1500 (payment plans available)

Contact: info@polyvagal.org

CE's: 32 available for purchase

Instructor: The Foundations Training Staff



ABOUT 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 is the author of *Anchored: How to Befriend Your Nervous System Using Polyvagal Theory* (Sounds True, 2021), *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (Norton, 2018) and *Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices* (Norton, 2020). She's the co-editor with Stephen Porges of *Clinical Application of the Polyvagal Theory: The Emergence of Polyvagal Informed Therapies*. Deb created the *The Polyvagal Flip Chart* (Norton, 2020) and the audio program *Befriending Your Nervous System: Looking Through the Lens of Polyvagal Theory* (Sounds True 2019).

Deb can be contacted via her website:
www.rhythmofregulation.com

STRUCTURE + GROUPS

This is a hybrid course combining recorded modules, readings, and live online sessions. Participants are responsible for watching the videos and reading the assigned material prior to each live session, and *must be present for the live sessions*.

Deb's Senior Trainers will conduct the live sessions which will include didactic presentations, experiential practice, role play, and Q&A. Two Foundations Consultants make up the rest of the training team supporting participants' learning through monthly

small group consultation. Along with reviewing the written and recorded material, participants will be asked to complete practice assignments between training dates as a way to gain confidence and expertise.

In addition to Deb's presence throughout the training through the recorded content, Deb will offer a 90-minute Q&A session during the series and join the Module 5 live online session.

Participants are required to watch 15 hours of recorded teaching videos, attend a live online Introductory session and five live online modules, and successfully complete post-tests between the modules. The full training group of 32 participants will be divided as follows:



GROUPS OF 16

The large group will be divided into two groups of sixteen who will each be assigned a Consultant as the point person for the duration of the training. The groups of 16 will:

- Meet with one of the Trainers for a 90-minute practice session between modules 1 & 2
- Meet with their Consultant for a 90-minute practice session between modules 2 & 4
- Meet with one of the Trainers for a 90-minute practice session between modules 4 & 5

GROUPS OF 4

The groups of 16 will be divided into groups of four to create smaller Consultation Groups. Each Consultation Group will:

- Have the opportunity for four 1-hour consultations: two with each Consultant so they can benefit from the particular expertise of both Consultants during the training.

GROUPS OF 2

Each participant will be paired with another participant in a Polyvagal Partnership.

- Your Polyvagal Partner is someone to connect with throughout the training to discuss material, share personal and professional experiences through this new lens, practice new skills, and experiment with all things Polyvagal.

LEARNING OBJECTIVES

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

1. Explain the organizing principles of Polyvagal Theory
2. Describe Polyvagal Theory in client friendly language
3. Explain the hierarchy of autonomic response
4. Discuss ways neuroception activates autonomic state shifts
5. Review the biological need for co-regulation
6. Summarize the function of the vagal brake
7. Conduct exercises with clients designed to strengthen the vagal brake
8. Evaluate client experiences of mobilization, disconnection, and engagement through the lens of Polyvagal Theory
9. Summarize the common body responses, thoughts, feelings, and actions for each autonomic state
10. Complete the basic mapping sequence with clients
11. Practice co-regulating actions with clients and evaluate response
12. Identify the impact of autonomic state on behaviors, beliefs, and relationships
13. Utilize skills to recognize and regulate patterns of autonomic response
14. Apply practices to engage individual elements of the social engagement system
15. Utilize skills using sound, movement, and breath to increase autonomic flexibility
16. Utilize autonomic state/state changes to identify moments of therapeutic rupture
17. Demonstrate how to repair a rupture and create a return to co-regulation
18. Describe the basic elements of a polyvagal guided session
19. Plan how to incorporate a polyvagal approach into their clinical practice
20. Formulate clinical cases through the lens of Polyvagal Theory
21. Summarize ethical considerations of polyvagal informed clinical work

ADDITIONAL COURSE DETAILS

- This hybrid training has been designed as a combination of recorded modules and live, online experiences.
- Resources include a large selection of audio-visual and written material which can be viewed on demand and referred to throughout the training. Videos will be available to participants for six weeks after the course ends. The Foundations Video Library can be purchased (\$150) for lifetime access at rhythmofregulation.com
- The combined format of live online and recorded content is organized into five monthly modules. Each module is made up of three hours of video presentations from Deb Dana, and one three-hour live online session led by two of her Senior Trainers. All the videos are of Deb Dana teaching the principles of Polyvagal Informed practice and demonstrating the application of skills.
- There is a significant level of interactivity between modules where participants will join with their Polyvagal Partner, Foundations Trainers and Consultants, and engage with small Consultation Groups.

SUGGESTED READING: *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*

TARGET AUDIENCE

Clinicians taking this workshop will gain a basic understanding of Polyvagal principles and learn specific ways to bring a Polyvagal lens to clinical work.

This program is appropriate for all licensed clinicians including social workers, psychologists and clinical counselors. As an entry level training, no prior experience with Polyvagal Theory is required.

The training focuses on both participant's understanding of their own autonomic responses and application with clients. The exercises are geared towards working in a clinical setting.

Participants from all the helping professions are welcome and those who are not from a traditional clinical licensure program are encouraged to speak with a trainer before registering.

REGISTRATION, CONCERNS, QUESTIONS

To register, or for questions/concerns please email info@polyvagal.org.

PVI CANCELLATION POLICY

A full refund will be offered to those cancelling a week or more prior to the start of training by contacting info@polyvagal.org. Refunds not possible once the training has begun.

PVI DISCLOSURE STATEMENT

PVI is a non-profit organization dedicated to providing high quality continuing education, evidence based content and up-to-date resources for professional and lay audiences. PVI courses have no disclosures with regard to commercial support or conflicts of interest.

CERTIFICATE REQUESTS

Certificates will be available following course completion at www.ceuregistration.com
(*Engaging the Rhythm of Regulation: Foundations of Polyvagal Informed Practice Part I*)

PROFESSIONAL CONTINUING EDUCATION CREDITS

Upon course completion, 32 CEs are available for purchase for \$40 from co-sponsor R. Cassidy Seminars, P.O. Box 14473, Santa Rosa, California 95405

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.

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.

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. 32 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. 32 clock hours. Live 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. 32 clock hours. Live 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. 32 CE hours.

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 32 contact hours. Live online.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 32 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. 32 contact hours. Live 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, 32 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.

DENTISTS

CA: R. Cassidy Seminars is a provider approved by the Dental Board of California as a registered provider of continuing education. RP# 4874. 32 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. 32 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. 32 contact hours. Live 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. 32 contact hours. Live online.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 32 clock hours, #RCST110701

TX: Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. Provider #151, 32 CE hours.

EDUCATORS

TX: R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is 32 CE Hours.

NURSES

CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP15554, for 32 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.