

Course Title:

Overview of Polyvagal Theory for the Newly Acquainted

Format: 2 hours online, on-demand

Price: \$50

Contact: info@polyvagal.org

Instructors:

Stephen Porges, Ph.D. & Deb Dana, LCSW

COURSE DESCRIPTION

If you're new to Polyvagal Theory and want to get a better understanding of it in a way that is time-efficient and reliable, this is a good place to start. You'll be learning from the experts who know it best, and you can do so at your own pace, and in your own space. This 2-hour overview of Polyvagal Theory, presented by the creator, Dr. Stephen Porges, and renowned trainer, Deb Dana, walks us through the key concepts that provide the foundation for the theory and its application. Recommended for all audiences, both clinical and lay.

TARGET AUDIENCE

- Recommended for all audiences, both clinical and lay

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 before beginning the training by contacting info@polyvagal.org.

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.

DISABILITY ACCESS

If you require ADA accommodations please contact our office.

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 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