

Course Title:

Polyvagal Theory: Principles & Practice Webinar

Format: 4-hour online workshop followed by 90-minute live Q&A with Deb Dana

Price: Varies per group size

Contact: info@polyvagal.org

CE's: 5.5

Course Instructor: Deb Dana, LCSW

COURSE DESCRIPTION

In the last few years there has been ground-breaking neuroscience research that has fundamentally changed our understanding of how trauma, adverse childhood experiences and chronic stress impact individuals psychologically, physiologically, emotionally and socially. Polyvagal Theory provides a guide to a new view of well-being through understanding the body's nervous system. With Polyvagal Theory we have a framework to explore the ways experience shapes the nervous system and the pathways that lead to health, growth, and restoration.

This workshop presents the organizing principles of Polyvagal Theory in combination with practices that bring the theory into practical application through recorded teaching modules and live discussion with master clinician Deb Dana. This is an introductory webinar for groups who wish to combine training in the key principles of Polyvagal Theory with discussion of how a Polyvagal perspective can be applied in their work environments with the populations they serve.

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

- The three organizing principles of Polyvagal Theory: Neuroception, Hierarchy, Co-Regulation
- The vagal brake
- The Social Engagement System
- Basic befriending skills: Personal Profile Map, Story of States, Ventral Vagal Anchors
- Becoming Polyvagal informed

TARGET AUDIENCE

Psychologists, Social Workers, MFTs, Counselors, OT, Speech and Language Therapists, Substance Abuse Counselors, Educators, Nurses, Creative Arts Therapists



ABOUT DEB DANA

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*. Her newest book, *Anchored: How to Befriend your Nervous System using Polyvagal Theory* is forthcoming in July.

AGENDA + SCHEDULE

Three Hours of Recorded, On-Demand Teaching Modules
One 60-minute recorded Q&A of Frequently Asked Questions
One Live Online 90-Minute Discussion

Section 1 (31 minutes)

- Introducing the 3 Essential Elements and 3 Organizing Principles
- The Vagal Brake: Discussion and Practice

Section 2 (31 minutes)

- Organizing Principle: Neuroception
- Organizing Principle: Overview of the Autonomic Hierarchy

Section 3 (38 minutes)

- Emergent Qualities of States
- Creating and Sharing a Personal Profile Map
- Ventral Vagal Anchors

Section 4 (24 minutes)

- Organizing Principle: Co-Regulation
- The Elements of the Social Engagement System

Section 5 (16 minutes)

- Practices
- Listening to the Story of States

Section 6 (19 minutes)

- The Responsibility of Being Polyvagal Informed

Section 7 (60 minutes)

- One hour recorded Q/A: Frequently Asked Questions

Section 8 (90 minutes)

- 90-minute live, online discussion of application specific to group

LEARNING OBJECTIVES

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

1. Describe the autonomic hierarchy
2. Discuss the process of neuroception
3. Explain the function of the vagal brake
4. Describe the co-regulating pathways of the social engagement system
5. Identify common body responses, behaviors, emotions, and beliefs for each autonomic state
6. Review what it means to apply a Polyvagal lens in daily living

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. Extenuating circumstances will be considered, please contact 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.

CERTIFICATE REQUESTS

Certificates will be available following course completion at www.ceuregistration.com (*Polyvagal Theory: Principles and Practice, Deb Dana, LCSW*)

PROFESSIONAL CONTINUING EDUCATION CREDITS

CEs are available for purchase for \$40 from co-sponsor R. Cassidy Seminars, P.O. Box 14473, Santa Rosa, CA 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.

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. 5.5 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. 5.5 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.

5.5 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. 5.5 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 5.5 contact hours. Live online.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 5.5 clock hours, #RCST110701

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. 5.5 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. 5.5 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. 5.5 contact hours. Live online.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 5.5 clock hours, #RCST110701

TX: Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. Provider #151. 5.5 CE hours.

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. 5.5 contact hours. Live online.

CHEMICAL DEPENDENCY COUNSELORS

CA: Provider approved by CCAPP, Provider #4N-00-434-0555 for 5.5 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, 5.5 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.

EDUCATORS

TX: R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is 5.5 CE Hours.

NURSES

CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP15554, for 5.5 contact hours

DENTISTS

CA: R. Cassidy Seminars is a provider approved by the Dental Board of California as a registered provider of continuing education. RP# 4874 5.5 CE Hours.

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.

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.