

Course Title:

## Polyvagal Theory: Principles & Practice for Individuals

Format: 3-hour recorded on demand teaching modules plus 1-hour recorded Q & A

Price: \$150

Contact: [info@polyvagal.org](mailto:info@polyvagal.org)

CE's: 4.0 available for purchase

Course Instructor: Deb Dana, LCSW

### COURSE DESCRIPTION

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. 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 healing.

This workshop presents the organizing principles of Polyvagal Theory in combination with practices that bring the theory into practical application through recorded teaching modules with master clinician Deb Dana. This is an introductory webinar for individuals who wish to explore the key principles of Polyvagal Theory and how to bring them into clinical practice.

This is an introductory level course for individuals. 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, Psychoanalysts, Psychiatrists (only partial credit for MDs via APA), Social Workers, MFTs, Counselors, Substance Abuse Counselors, Occupational Therapists, Nurses, Dentists



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 Workbook*, co-editor of  
 • *The Polyvagal Theory Workbook*, and creator of  
 the *Polyvagal Theory* • Her newest  
 book, • *The 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

## Section 1

- Organizing Principle: Neuroception

## Section 2

- Organizing Principle: Overview of the Autonomic Hierarchy
- The Vagal Brake: Discussion and Practice

## Section 3

- Exploring the Hierarchy

## Section 4

- Organizing Principle: Co-Regulation

## Section 5

- Polyvagal Practices

## Section 6

- The Benefits of Nature

## Section 7

- Transcendent Experiences

## Section 8

- Integration:  
Becoming Polyvagal Informed

## Section 9

- One hour recorded Q/A:  
Frequently Asked Questions

## 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](mailto:info@polyvagal.org).

### PVI CANCELLATION POLICY

A full refund will be offered to those cancelling before beginning the training. Please contact [info@polyvagal.org](mailto: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](http://www.ceuregistration.com)

### 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, watched the entire video series, and completed a post-test and evaluation to receive a certificate. You will have access to the course materials for 180 days.

### 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. 4 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. 4 clock hours. Recorded. on-demand.

### 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.

4 clock hours. Recorded. on-demand.

### 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.  
4 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 4 clock hours. Recorded. on-demand.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 4 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. 4 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.  
4 clock hours. Recorded. on-demand.

**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. 4 clock hours. Recorded. on-demand..

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 4 clock hours. Recorded. on-demand, #RCST110701

**TX:** Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. Provider #151  
4 clock hours. Recorded. on-demand.

### 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. 4 clock hours. Recorded. on-demand.

### CHEMICAL DEPENDENCY COUNSELORS

**CA:** Provider approved by CCAPP, Provider #4N-00-434-0555 for 4 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, 4.0 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.

### EDUCATORS

**TX:** R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is 4 CE Hours.

### NURSES

**CA:** Provider approved by the CA Board of Registered Nursing, Provider #CeP15554, for 4 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, 4 CE Hours.

### DISABILITY ACCESS

If you require ADA accommodations please contact our office.

*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.*