

The Rhythm of Regulation: A Polyvagal Theory Guided Approach to Therapy

Dates: August 11-16, 2019

Presenters: Deb Dana

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

Program

The autonomic nervous system is the foundation of our lived experience.

Polyvagal Theory has revolutionized our understanding of the neurobiology of this system and has redefined the role of the autonomic nervous system in directing human experiences of safety and the ability for social connection. Looking through this lens we see the impact of trauma and understand our clients' post-traumatic patterns of activation, hyper-vigilance, collapse, and numbing. In this experiential workshop clinicians will learn the organizing principles of Polyvagal Theory; neuroception, hierarchy, co-regulation, and then learn a three part approach to apply the theory to clinical work. Clinicians will explore multiple ways to track autonomic responses, skills to safely identify patterns of action, disconnection, and engagement, and techniques to build autonomic regulation and resilience. The workshop will provide clinicians with a process to help clients understand their neurobiology, safely listen to the trauma stories held in their autonomic nervous systems, and ways to engage the physically and psychologically regulating energies of the ventral vagal system in the process of therapeutic change.

With the development of Polyvagal Theory, the way we understand the human adaptive survival response has changed from a uni-directional paired antagonism model to a new bi-directional hierarchical model. This important distinction changes our understanding of human patterns of response and gives new direction for the ways therapists work with clients in shaping a successful change process. Using Polyvagal Theory, therapists have a guide to the neurophysiological processes of mobilization, collapse, and social engagement and can reliably help clients re-shape their autonomic nervous systems and change the trauma stories that are carried in the neurophysiology of autonomic pathways.

In this workshop, clinicians will be supported to add a Polyvagal lens to their therapy practice. Clinicians will be taught how to act as a co-regulating resource and to create neural exercises that bring the right degree of challenge to help shape the client's autonomic nervous system toward safety and connection. Clinicians will learn to help clients get to know their personal patterns of response and safely track changes in their autonomic states. The essential clinical questions addressed in this workshop include skills to help clients bring awareness to their adaptive survival responses, how to interrupt habitual response patterns, and ways to find safety in a state of engagement.

Schedule

Sunday, August 11, 2019

7:30-9:00pm Program Session

- Introduction to Polyvagal Theory

Monday, August 12, 2019

8:30-11:30am Program session (15 min break mid-session)

- Exploring the Hierarchy
- Understanding the Actions of the Vagal Brake
- Mapping Emergent Properties of Autonomic States

1:45-3:45pm Program Session

- Introduction to the Social Engagement System Using Individual Elements of the System to Co-Regulate

Tuesday, August 13, 2019

8:30-11:30am Program session (15 min break mid-session)

- Understanding Neuroception
- Using the Guide Questions to Track Across Time
- Alternative Mapping Exercises

- 1:45-3:45pm Program Session
- Strengthening Vagal Flexibility

Wednesday, August 14, 2019

- 8:30-11:30am Program session (15 min break mid-session)
- Presenting Polyvagal Theory to Clients
 - Rupture and Repair in Clinical Sessions
- 1:45-3:45pm Program Session
- Identifying and Interrupting Patterns
- 7:00-8:00pm Program Session
- Clinical Case Discussion
 - Creating an Autonomically Safe Clinical Environment

Thursday, August 15, 2019

- 8:30-11:30am Program session (15 min break mid-session)
- Individual and Interactive and Autonomic Resourcing
- 1:45-3:45pm Program Session
- Intentionally Shaping the System

Friday, August 16, 2019

- 8:30-11:30am Program session (15 min break mid-session)
- Clinical Demonstration and Discussion
 - Create an Ongoing Polyvagal Informed Plan

Learning Objectives

Participants will be able to:

- describe the organizing principles of Polyvagal Theory
- describe the autonomic hierarchy
- describe the function of the vagal brake
- explain the process of neuroception
- explain the autonomic need for co-regulation
- describe the role of the autonomic nervous system in compassion/self-compassion
- explain Polyvagal Theory to a client
- summarize common body responses, behaviors, and beliefs for each autonomic state
- identify self/client placement on the autonomic hierarchy
- identify and track self/client state shifts along the autonomic hierarchy
- recognize and interrupt habitual response patterns
- recognize how to lead clients through the basic mapping sequence
- use alternative mapping procedures to track experiences across time
- practice skills with clients using sound, movement, and touch to strengthen vagal flexibility
- identify ways to use the co-regulating pathways of the Social Engagement System in clinical sessions
- describe how to engage breathing patterns to directly impact the autonomic nervous system
- practice co-regulating actions with clients and assess autonomic response
- recognize how to lead clients through neural exercises designed to relax and re-engage the vagal brake
- identify and track moments of autonomic disconnection and find the right repair in sessions
- create an environment of autonomic safety using the “inside, outside, and between” guide
- use exercises designed to engage the neural circuits of a client’s Social Engagement System to improve clinical outcomes
- use your own Social Engagement System to effectively co-regulate with clients
- create a plan to add a Polyvagal perspective to your clinical practice
- describe the elements of a Polyvagal Theory guided clinical session
- summarize the responsibilities of a clinician using Polyvagal Theory in their clinical work

- use a Polyvagal approach to assessment and treatment planning

Presenter(s) Bio

Deb Dana, LCSW, is a clinician and consultant specializing in working with complex trauma and the coordinator of the Kinsey Institute Traumatic Stress Research Consortium. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. Deb coedited, with Stephen Porges, Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies and is the author of The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation. Her newest book, Polyvagal Exercises for Therapists and Clients: Shaping Your System Toward Safety and Connection, is forthcoming.

Learn more about this presenter's work:

- debdanalcsw.com
- rhythmofregulation.com

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Psychology – 22 CE Credits

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. 22 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in for each session will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

Social Work – CE Credits are Pending

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

For additional CE information, please visit <https://kripalu.org/continuing-education-credits>