



ENGAGING THE RHYTHM OF REGULATION: A Polyvagal Theory Guided Approach to Therapy

In-person workshop presented by Deb Dana, LCSW, a clinician, consultant, and internationally recognized author and speaker specializing in complex trauma and the Polyvagal Theory.



DATE

Wednesday April 10, 2024

Thursday April 11, 2024

9:00 am to 4:00 pm daily

LOCATION

Hotel Arts

119 12 Ave SW Calgary

Alberta, Canada

REGISTRATION

Early Bird

(cut-off date Feb 23, 2024)

\$495 per person

Regular

\$550 per person

Please note

- The last day for registration is Thursday, April 4, 2024
- Registration includes morning and afternoon coffee breaks and lunch on both days.
- Register early as seating is limited to 60 attendees. Register here <https://www.eventbrite.ca/e/engaging-the-rhythm-of-regulation-a-polyvagal-guided-approach-to-therapy-tickets-789678348197>

WHO SHOULD ATTEND

Professionals working in the field of mental health including but not limited to clinical social workers, psychologists, therapists, counsellors, and psychiatric nurses.

A Certificate of Completion will be provided after the workshop.

WORKSHOP DESCRIPTION

The autonomic nervous system is at the heart of daily living powerfully shaping our clients' experiences of safety and influencing their capacity for connection. In response to traumatic experiences, autonomic pathways of connection are replaced with patterns of protection. With the development of Polyvagal Theory, therapists have a guide to the neurophysiological processes of mobilization, collapse, and social engagement and can reliably help clients reshape their autonomic responses and rewrite the stories that are carried in their autonomic pathways.

Polyvagal Theory, through the organizing principles of hierarchy, neuroception, and co-regulation, has revolutionized our understanding of how the autonomic nervous system works. We now know that trauma interrupts the development of autonomic regulation and shapes the system away from connection into patterns of protection. With an updated map of the autonomic circuits that underlie behaviors and beliefs, we can reliably lead our clients out of adaptive survival responses into the autonomically regulated state of safety that is necessary for successful treatment.

A Polyvagal Theory guided approach to therapy begins with helping clients map their autonomic profiles and track their moment to moment movement along the autonomic hierarchy. With this foundation, the essential clinical questions address how to help clients interrupt habitual response patterns and find safety in a state of engagement. Polyvagal Theory gives therapists a guide to becoming a regulated and co-regulating resource and concrete ways to help clients find, and

savor, experiences of safety. Working from a foundation of Polyvagal Theory, therapists have practical ways to effectively help clients identify and interrupt their familiar response patterns and strategies to shape their autonomic nervous systems toward safety and connection.

In this two-day, experiential workshop, Deb Dana shares her Polyvagal Theory guided approach to therapy. Participants will learn:

- how trauma shapes the nervous system
- the three organizing principles of Polyvagal Theory
- how to create autonomic maps and use them as a guide in treatment
- practical ways to track and interrupt habitual response patterns
- techniques to engage the co-regulating pathways of the Social Engagement System in your therapy sessions to improve clinical outcomes
- how the guiding questions of Polyvagal-informed therapy influence clinical practice

YOUR PRESENTER

Deb Dana, LCSW Deb Dana, LCSW, is a clinician, consultant, author and speaker 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. She is a founding member of the Polyvagal Institute, consultant to Khiron Clinics, and advisor to Unyte. Deb's work shows how an understanding of Polyvagal Theory is applicable across the board to relationships, mental health, and trauma. She delves into the intricacies of how we can all use an understanding of the organizing principles of Polyvagal Theory to change the ways we navigate our daily lives. Deb is well known for translating Polyvagal Theory into a language and application that is both clear and accessible and for pioneering Rhythm of Regulation® methodology, tools, techniques and practices which continue to open up the power of Polyvagal Theory for professionals and curious people from diverse backgrounds and all walks of life.

Deb's clinical work published with W.W. Norton includes The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation, Polyvagal Exercises for Safety and Connection: 50 Client Centered Practices, Polyvagal Practices: Anchoring the Self in Safety, the Polyvagal Flip Chart, and the Polyvagal Card Deck. She partners with Sounds True to bring her polyvagal perspective to a general audience through the audio program Befriending Your Nervous System: Looking Through the Lens of Polyvagal Theory and her print book Anchored: How to Befriend Your Nervous System Using Polyvagal Theory.

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

RECOMMENDED ACCOMMODATION

Hotel Arts, Calgary, AB

119 12 Ave SW Calgary, AB, Canada
403.266.4611 | info@hotelarts.ca

Group rate available April 9 – 12, 2024

Booking Link: [Arnica Foundation Multiday Meeting](#)

Or by calling the hotel and referencing the event for "Arnica Foundation"

**please note, room reservations are subject to availability*