

CENTRE FOR TREATMENT OF SEXUAL ABUSE AND CHILDHOOD TRAUMA PRESENTS

DEB DANA, LCSW

ENGAGING THE RHYTHM OF REGULATION: A POLYVAGAL THEORY GUIDED APPROACH TO THERAPY

MARCH 29th & 30th, 2019 Algonquin College Conference Room (TBD) – Ottawa, ON
9:00am – 4:30pm; Registration begins at 8:30am on March 29th

In this two-day, experiential workshop, Deb Dana shares her Polyvagal Theory guided approach to therapy. Participants will learn the organizing principles of Polyvagal Theory and work with practices designed to bring the power of Polyvagal Theory directly into clinical work. Working individually and in dyads, participants will learn techniques to map autonomic response patterns and skills designed to reshape the nervous system.

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 help clients identify and interrupt their familiar response patterns and strategies to shape their autonomic nervous systems toward safety and connection.

You will learn:

- The fundamentals of Polyvagal Theory
- How to create autonomic maps and use them as a guide in treatment
- The importance of the “Notice and Name” skill to track autonomic patterns
- Ways to engage the co-regulating pathways of the Social Engagement System in your therapy sessions
- The need for autonomic anchors
- About autonomic portals of intervention including breath, movement, touch, and sound
- How the guiding questions of Polyvagal-informed therapy influence clinical practice

Deb Dana, LCSW is a clinician and consultant specializing in working with complex trauma and is Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* and co-edited, with Stephen Porges, *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*.



REGISTER ONLINE:

<https://debdana.eventzilla.net>

Early Bird Fee (before February 15 th , 2019)	\$340
CTSACT Members	\$260
Regular Fee (after February 15 th , 2019)	\$380
Student Rate (full time student)	\$200

OR MAIL:

403-265 Carling Ave, Ottawa, Ontario K1S 2E1

Name: _____

Address: _____

Professional Affiliation: _____

Fee Enclosed: _____

- Registrations may be transferred with a \$50 fee.
- Cancellations up to April 1st, 2018 will be refunded less a \$25 fee. No refunds for later cancellations.