The Rhythm of Regulation
Building a Polyvagal Foundation for Your Clinical Practice
Intensive Training Program
March - November 2017
Kennebunkport Conservation Trust
Kennebunkport, ME

The Rhythm of Regulation is based on the work of renowned neuroscience researcher Stephen Porges. Through his development of Polyvagal Theory we now have a deeper understanding of the role of the autonomic nervous system as it influences our experiences of safety and our ability for connection. Dr. Porges’ work is especially relevant to understanding the effects of trauma and offers clinicians an updated guide to working with the embodied patterns of response that are woven into our clients’ personal narratives.

In this intensive training, Deb Dana translates Dr. Porges’ theory into clinical application teaching the science of connection and a comprehensive approach to polyvagal intervention. This 52 hour program is designed to create fluency in the language of polyvagal theory and expertise in using a polyvagal framework in clinical interventions.

With seamless fluidity Deb Dana bridges the intuitions of a master clinician with the insights of the Polyvagal Theory to formulate a powerful treatment model to guide the client on a journey from the abyss of helplessness to the empowerment of connectedness.
Stephen W. Porges: Originator of the Polyvagal Theory

Each training module combines didactic presentations with experiential exercises and opportunities for supervised practice.

Module 1
March 10,11  Understanding the Science of Connection
• Learn the science behind polyvagal theory as we explore the neurobiology of autonomic response and study the impact of two way communication pathways between the body and the brain. Investigate the hierarchy of autonomic response,
Understand individual autonomic profiles, and learn to track patterns of response. Become confident in your ability to teach polyvagal theory using science and metaphor.

- Discover the ways compassion is moderated by the autonomic nervous system and the influence of the vagus nerve on our ability to feel safe in relationships. Learn the initial “befriending” phase of the polyvagal intervention sequence. Leave with specific skills to practice before the next training session.

Module 2
May 19, 20  Navigating Autonomic Regulation
- What is “neuroception” and what happens when we bring perception to this non-conscious response? Discover the ways neuroception activates autonomic state shifts and creates our embodied story. Learn a variety of “attending” practices as we experiment with ways to move out of “automatic autonomic” patterns and intentionally engage the regulating capacities of the vagal system.
- Learn methods to map autonomic response patterns and experiment with systems to track and respond to autonomic state shifts. Practice these skills in your work with clients and return for Module 3 with data about your increasing expertise and growing edges.

Module 3
August 25, 26  Exploring the Art of Resetting the Nervous System
- Discover the multiple ways our autonomic nervous system responds to the environment and experience. Learn how to interrupt habitual response patterns and bring flexibility back to a system that has become rigid as an adaptive survival response. Experiment with “portals of intervention” while learning specific skills and exercises to reset the nervous system.
- Explore ways to tone the vagus and engage the individual elements of the ventral vagal complex that comprise the social engagement system. Bring re-patterning practices into your work with clients and track your progress to share in the final module.

Module 4
November 3, 4  Designing a Clinical System
- Explore the ways working from a polyvagal foundation increases the effectiveness of clinical work. Discover how polyvagal theory informs other treatment modalities. Explore how active engagement with the ventral vagal energy of “benevolence” promotes healing.
- Engage in the “nuts and bolts” of polyvagal informed therapy through practicing case formulation, treatment planning, and writing progress notes using a polyvagal framework. Present a case using a polyvagal perspective. Create a personalized “launch plan” using the science of intention, imagery, writing, and reciprocity. Form a polyvagal peer group. Add the final elements to complete your Rhythm of Regulation workbook.
In order to support the experiential nature of this training and depth of learning, this training is limited to 18 participants. During the training, participants will be supported in getting to know their own autonomic response patterns and will partner with another participant for work between sessions. Participants will be asked to practice skills from each module in their client work, track successes and challenges, and assess client shifts. Over the course of the training, participants will create a Rhythm of Regulation notebook with worksheets, skills, exercises, articles, and resources.

Location: Kennebunkport Conservation Trust, Kennebunkport, ME  
Time: 9:00-5:00 daily

Comments from 2016 Training Participants...

The Rhythm of Regulation has changed not only how I do my practice, but also how I do my life. Deb knows this theory and does a great job of conveying it to us in an understandable way. She provides an environment in which we can feel safe and comfortable putting into practice what we are learning. I walked away ready to introduce this work to my clients from the get go. CD, 2016 training participant

When I first learned about the Polyvagal training opportunity, I was excited to have a cutting edge science based training so accessible here in Maine. I am learning so much about my own polyvagal rhythm as well as having the ability to apply Polyvagal Theory on both a micro and macro level in understanding how people interact in the world, in relationships, and possibly even why. Deb’s training style is relaxed and comfortable. She is a kind and knowledgeable instructor of this fascinating neurobiology enhanced learning. This is a fabulous clinical journey for you and for your clients. NNK, 2016 training participant

I am a seasoned therapist with 33 years in practice. In my work with couples, I am now better able to meet the needs of troubled relationships more efficiently and more fully. Polyvagal Theory is on the cutting edge of where psychotherapy is evolving. Deb thoroughly knows her material. She is playful, challenging and exceptionally supportive to each person’s learning style. I whole-heartedly and without reservation endorse Deb’s workshops. LB, 2016 training participant

The Rhythm of Regulation training program will touch you on a personal level as well as a professional level. Through this experiential training, Polyvagal Theory concepts are translated into immediately applicable clinical skills. Polyvagal Theory provides what so often is the missing link in psychotherapy: namely the scientific insight into the autonomic nervous system that explains how we can begin to understand ourselves from the inside out. You will learn, and learn to teach, ways of recognizing and regulating physiological responses to triggers opening up a pathway of restoration. Deb weaves together her years of clinical trauma experience with her mastery of neuroscience and her deep love of human beings into a learning environment that is simultaneously playful and profound. Her curiosity, compassion, and love of the brain is contagious and has lasting effects! Now that I am a proud member of Deb’s Polyvagal community, it is hard to imagine being a clinician without this fundamental understanding of how and why we react. AZ, 2016 training participant
Deb Dana, LCSW was a founding member of Island Institute for Trauma Recovery and maintains a clinical practice specializing in working with complex traumatic stress. She is a certified IFS therapist, a certified TAT trainer, trained in Sensorimotor Psychotherapy and completed the Certificate Program in Traumatic Stress Studies at the Trauma Center. She is a part time faculty member in the School of Social Work at the University of Southern Maine where she developed and teaches a trauma theory and practice class. Deb is a “passionate polyvagalist” and part of the growing global community of polyvagal inspired clinicians. Her work is focused on creating clinical applications of polyvagal theory and expanding the understanding of the ways polyvagal theory informs clinical interactions with trauma survivors. She is currently co-editing, with Dr. Stephen Porges developer of Polyvagal Theory, a collected edition of polyvagal clinical practices for the Norton Series on Interpersonal Neurobiology and is also writing her own book, The Polyvagal Clinical Practice, for the Norton Series.

Assisting Deb is Tina Zorger, Psy.D. Tina is a clinical psychologist in private practice in Portsmouth, N.H. She is a certified IFS therapist and is trained in Sensorimotor Psychotherapy. She specializes in treating trauma, eating disorders, and body image issues. Tina is passionate and excited about the ways that integrating Polyvagal Theory into clinical work facilitates healing.

Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

Psychologists: Commonwealth Educational Seminars (CES) is approved by the American Psychological Association (APA) to offer continuing education credit programs. CES maintains responsibility for this program and its content. Psychologists receive 52 hours of continuing education credit upon completing this program.

Social Workers: CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 52 clinical continuing education clock hours.

Licensed Professional Counselors: Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LPCs in the following states: AZ, AR, CA, CO, CT, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LPCs completing the program will receive 52 continuing education hours of credit.
Registration Form

Name:

Address:

Phone:

Email:

License:

__________Early Registration:  $1250 prior to January 1

__________Regular Registration:  $1600

__________CEUs:  $25

__________Deposit to reserve your space $250 (applied to registration fee)

Mail to:  Deb Dana  PO Box 1003  Kennebunkport, ME  04046