

# THE RHYTHM OF REGULATION

BUILDING A POLYVAGAL FOUNDATION  
FOR YOUR CLINICAL PRACTICE

CLINICAL APPLICATIONS OF  
PORGES POLYVAGAL THEORY



DEB DANA  
3 DAY WORKSHOP

LISBON 21-23 FEB 2020  
INTENSIVE TRAINING PROGRAM



## 3 DAY IMMERSION EXPERIENCE WITH DEB DANA

To be held totally in English

The autonomic nervous system is at the heart of daily living, powerfully shaping our experiences of safety and influencing our capacity for connection. Polyvagal Theory provides a framework to understand the ways experience shapes the nervous system and the pathways that lead to healing. This updated map of the autonomic circuits of connection, mobilization, and collapse offers therapists practical ways to effectively help their clients identify and interrupt their familiar response patterns. Using a Polyvagal-informed approach, therapists can reliably lead their clients out of adaptive survival responses into the autonomically regulated state of safety that is necessary for successful treatment.

In this three day workshop, you will learn the language of the nervous system as you map your own autonomic pathways and discover how to become a regulated and regulating resource for your clients. Learn the organizing principles of Polyvagal Theory and work with practices designed to your clients identify and interrupt their familiar response patterns and strategies to shape their autonomic nervous systems toward safety and connection.

Working individually and in dyads, you will learn with multiple ways to track autonomic responses, skills to safely explore patterns of action, disconnection, and engagement, and techniques to build autonomic regulation and resilience. In addition to experiential work, you will see examples of Polyvagal Theory guided therapy through role play and demonstrations.

## TOPICS COVERED

Mapping the System  
Patterns of Connection and Protection  
The Social Engagement System  
Shaping the System  
Regulating Resources  
Portals of Intervention

**This 3 Day workshop brings Polyvagal Theory into practical application as you learn:**

- a) *the organizing principles of Polyvagal Theory*
- b) *how to create autonomic maps and use them as a guide in treatment*
- c) *skills to identify and interrupt patterns of protection and shape the system toward connection*
- d) *how to work with experiences of rupture and repair*
- e) *ways to engage the co-regulating pathways of the social engagement system*
- f) *how the guiding questions of Polyvagal-informed therapy influence clinical practice*

**Deb Dana, LCSW** specializes in treating complex traumatic stress and lectures internationally on the ways Polyvagal Theory informs clinical interactions with trauma survivors. She is the Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute at Indiana University and the developer of the Rhythm of Regulation clinical training series. She is trained in Internal Family Systems and Sensorimotor Psychotherapy and completed the Certificate Program in Traumatic Stress Studies at the Trauma Center. Deb is the author of *The Polyvagal Theory in Therapy* (Norton, 2018), *Polyvagal Exercises for Safety and Connection* (forthcoming from Norton) and co-editor with Stephen Porges, of *Clinical Applications of the Polyvagal Theory* (Norton, 2018).



## REGISTRATION LINK

This Training can be attended by undergraduate students, graduate and registered mental health professionals.

### TUITION

Until 17 Oct: 300€  
After 17 Oct: 320€  
After 17 Dez: 350€  
After 17 Feb: 380€

### SPPC Members

Until 17 Oct: 250€  
After 17 Oct: 300€  
After 17 Dez: 320€  
After 17 Feb: 350€

### Registration link

construtivistas@sppc.org.pt

### Payment

IBAN:PT 50 0010 0000 36376870001 98  
SWIFT/BIC: BBPIPTPL  
Notify: construtivistas@sppc.org.pt

### Payment plans

A deposit of 100€ will secure your place. For more details please contact.

### Cancellations

received 15 working days prior the first day of the event will receive a refund of registration fees less an administration charge of 20% of the event fee - only if your space can be filled. Cancellations made after are liable for the full registration fee.

## THE VENUE

The Event will take place at Sana Malhoa Hotel in Lisbon, a 4 stars Hotel in a quiet yet central place in Lisbon.

- ➔ Here the link to the Venue
- ➔ Here the link to the location

For those wanting also to enjoy Lisbon, here are 3 suggestions close to the venue:

- ➔ Fundação Calouste Gulbenkian | Beautiful gardens and 2 Museums, Classic and Modern
- ➔ Parque Eduardo VII - Lisbon's central park ascends one of city's hills and provides a view from the top.
- ➔ The Lisbon Zoo -

## WHERE TO STAY

You can stay at the Venue Hotel or in one of other Hotels close to the Venue, like Ibis Hotel or Novotel. There are also good airbnb options in the area.

## MEALS

You can have meals at the Venue Hotel but also there are many good options close to the Venue, vegan included.

