The Rhythm of Regulation
Building a Polyvagal Foundation for Your Clinical Practice
Intensive Training Program

"The greatest thing then...is to make our nervous system our ally as opposed to our enemy." William James

The autonomic nervous system is the foundation for our lived experience. Polyvagal Theory defines the role of the autonomic nervous system in regulating experiences of risk and protection, safety and connection. Looking through this lens we see the impact of trauma and understand our clients' post-traumatic patterns of activation, hypervigilance, collapse, and numbing.

The Rhythm of Regulation training series brings Polyvagal Theory into practical application offering a roadmap to help our clients reset their nervous systems and restore a sense of safety.
If you are interested in adding a Polyvagal Theory foundation to your therapy practice, please consider joining this training series.

Come explore the science of connection!

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

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

Module 1
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
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
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
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 assessment, case formulation, treatment planning using a polyvagal framework.
• 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 20 participants.

The Rhythm of Regulation has changed not only how I practice, but also how I live my life. Deb knows this theory and does a great job of conveying it in an understandable way. I walked away ready to introduce this work to my clients from the get go. (CD, training participant)

I am learning so much about my own autonomic rhythm as well as having the ability to apply Polyvagal Theory on both a micro and macro level. Deb’s training style is relaxed and comfortable. This is a fabulous clinical journey for you and for your clients. (NNK, 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 is translated into immediately applicable clinical skills. 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, training participant)

The Rhythm of Regulation training has transformed my psychotherapy practice. Deb’s teaching is clear, informative and inspiring. The workshop incorporates the vision and the practical applications of Polyvagal Theory into a user-friendly model that is relevant to any clinical setting. (GW, training participant)
Deb Dana, LCSW is a clinician and consultant specializing in working with complex trauma and is the Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute. 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. Deb co-edited, with Stephen Porges, Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies, is the author of The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation. She is part of the growing global community of polyvagal inspired clinicians and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors.

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.

This program is appropriate for all licensed clinicians including social workers, psychologists, clinical counselors. As a beginning level training, no prior experience with Polyvagal Theory is necessary.

Learning Objectives:

Describe the principles of Polyvagal Theory in client friendly language
Analyze client experiences of mobilization, disconnection, and engagement through a Polyvagal lens
Determine the impact of autonomic state on behavior, beliefs, and bonding
Apply skills to recognize and regulate patterns of autonomic response
Explain practices to tone the Social Engagement system
Examine ethical considerations of Polyvagal informed clinical work
Discover how to incorporate a Polyvagal approach into your current clinical practice

52 CEs are offered for completion of this intensive training program.
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.

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