



The New England Society for the Treatment of Trauma and Dissociation

in joint sponsorship with The Institute for Continuing Education presents

Please Post

“The Rhythm of Regulation: Building Safety from a Polyvagal Perspective”

Deb Dana, LCSW

December 3, 2016

9:00 AM to 12:30 PM

INTENSIVE 1:00 to 4:30 PM

Scottish Rite Masonic Museum & Library

33 Marrett Road

Lexington, Massachusetts



About the Program: We come into the world with a biological need to feel safe with others wired into our autonomic nervous system. Traumatic experiences often interrupt opportunities to exercise this neural circuitry and impact the development of regulation and resilience. The ability to successfully adapt to the changing environment, to respond and recover, relies on the autonomic nervous system. Disruption in the flow of this ability is one of the symptoms that is evident in our clinical work. Through Polyvagal Theory, developed by Stephen Porges, 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.

Around the world there is a growing community of polyvagal informed clinicians. How might looking through a polyvagal lens change your clinical practice? Through lecture, case example, and experiential practices, participants will learn to map states of autonomic response and explore how the wordless experience of neuroception turns autonomic state into embodied story. We will identify “automatic autonomic” patterns and ways to recruit the regulating capacities of the social engagement system. We will experiment with practices that intentionally engage the relational, bi-directional, changeable aspects of the autonomic nervous system with the goal of shaping the system towards safety and connection.

About Deb Dana:

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.

**CEs are available for an additional \$25.*

PRE-REGISTRATION IS

REQUIRED

Please register at www.nesttd-online.org

AM PROGRAM

Member Regular	FREE*
Member Agency/Retiree	FREE*
Member Student	FREE

Non-Member Regular	\$60*
Non-Member Agency/Retiree	\$45*
Non-Member Student	\$30

AFTERNOON INTENSIVE (see description on website)

Member	\$60*
Non-Member	\$75*