

Navigating the Nervous System: A Polyvagal Approach to Working with Complex Trauma

Deb Dana, LCSW

March 23/24, 2023, 12PM – 3:15PM (ET)
Online via Zoom

PRESENTER



Deb Dana, LCSW is a clinician, consultant and author specializing in complex trauma. Her work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma and creating ways of working that honor the role of the autonomic nervous system. She is a founding member of the Polyvagal Institute, consultant to Khiron Clinics, and advisor to Unyte. Deb is developer of the signature Rhythm of Regulation Clinical Training Series and is well known for translating Polyvagal Theory into a language and application that is both understandable and accessible for clinicians and curious people alike.

www.rhythmofregulation.com

ABOUT THE TRAINING

The autonomic nervous system is at the heart of daily living powerfully shaping our clients' experiences of safety and influencing their capacity for connection. Polyvagal Theory, through the organizing principles of hierarchy, neuroception, and co-regulation, has revolutionized our understanding of how this system works. Guided by Polyvagal Theory, we have a deep appreciation of the ways trauma shapes the nervous system and of the pathways that lead to healing. Trauma interrupts the development of autonomic regulation and sidetracks building the circuitry of safe connection. Without intervention, adaptive survival responses become habitual autonomic patterns and pathways of connection are replaced with patterns of protection. With an updated map of the autonomic circuits that underlie behaviors and beliefs, we have a new understanding of the characteristic post-traumatic patterns of hyperarousal, hypervigilance, disconnection, and numbing and can reliably lead our clients out of adaptive survival responses into the autonomically regulated state of safety that is necessary for successful treatment.

LEARNING OBJECTIVES

1. Construct an autonomic map to identify the emergent properties of states
2. Determine ways neuroception shapes behaviour
3. Apply strategies that utilize the co-regulating pathways of the Social Engagement System in clinical work to improve clinical outcomes
4. Utilize practices that bring a return to regulation

COURSE FEE

Early Bird Rate (Before March 10)

Regular	\$225 CAD + HST
Student	\$175 CAD + HST

Regular Rate (After March 10)

Regular	\$255 CAD + HST
Student	\$205 CAD + HST

5% discount is available for groups of 5+ registering at the same time.

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REGISTRATION OPTIONS

1. Register online and pay with credit card: <https://cmbh.space/event/online-training-navigating-the-nervous-system-a-polyvagal-approach-to-working-with-complex-trauma/#register>
2. Email completed registration form below and e-Transfer to: cmbhworkshops@gmail.com

Student Registrations: Students must submit a copy/scan of their valid student ID or confirmation of enrolment to cmbhworkshops@gmail.com.

Registration Confirmation: Please allow 1-2 business days for our workshop team to confirm your registration. We will email you an official receipt upon confirmation, including further details on workshop format and preparation materials.

Cancellation & Refund Policy: An administrative fee of \$75 will be charged for cancellations. For a refund, written notification must be received by March 8, 2023. Written notice of cancellation should be emailed to cmbhworkshops@gmail.com. Refunds will not be issued after March 8, 2023. CMBH reserves the right to cancel workshops due to unforeseen circumstances.

REGISTRATION FORM

NAME: _____

CITY: _____

PHONE: _____

EMAIL: _____

REGISTRATION TYPE:

EARLY REGISTRATION FEE (\$225.00 + HST) = **\$254.25 CAD**

REGULAR FEE (\$255.00 + HST) = **\$288.15 CAD**

STUDENT EARLY REGISTRATION FEE (\$175.00 + HST) = **\$197.75 CAD**

STUDENT REGULAR FEE (\$205.00 + HST) = **\$231.65 CAD**

SIGNATURE: _____ DATE: _____

Join Our Team: CMBH is looking to grow our team with an additional two clinicians. If our clinic's aims and approaches to psychotherapy resonate with you and you are a lifelong learner in DBT, EFT, Mindfulness and Self-Compassion, we would love to hear from you! Please [view our brochure](#), and submit your resume and cover letter to cmbh@cmbh.space.