



The Science of Psychological Safety: Polyvagal Essentials for Every Clinician

FEBRUARY 11 · 9:30AM - 3:30PM EST

Presented By: Debra Alvis, PhD

5
NBCC
HOURS

APPROVED

Summary:

This seminar will support you in applying the Polyvagal Theory in your practice and will provide a comprehensive approach to intervention. You will learn how to identify clients' autonomic responses and how to re-pattern the autonomic nervous system for a greater sense of safety. Experiential exercises and worksheets will guide you in the application of polyvagal knowledge to clinical work.

Attendance Fee

\$60

Objectives:

- Assess and describe traditional thinking about the autonomic nervous system and track how Polyvagal Theory expands this current knowledge
- Evaluate threat, risk, and safety-shift physiological states, and demonstrate how to cue self-protective or social engagement behaviors for clients
- Explain Polyvagal Theory and treatment in everyday language to help clients understand their symptoms and increase their motivation
- Apply strategies to calm internally, enhance feelings of safety, and increase social engagement
- List therapist co-regulation tools designed to expedite client recovery

Register at:

twinlakesrecoverycenter.com/tlrc-events

For more info, contact:

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