

OUTLINE

The Polyvagal Theory

- The biology of safety and danger
- The principles and features of the Polyvagal Theory and how to apply it in a clinical setting
- How the Polyvagal Theory can explain several features related to stress-related illnesses and psychiatric disorders such as PTSD, autism, depression, and anxiety
- The Social Engagement System and how it compromised by stress and trauma
- Resetting our Social Engagement System
- Evolutionary changes and adaptive functions in the autonomic nervous system
- Humans response hierarchy to challenges
- Three neural platforms that provide the neurophysiological bases for social engagement, fight/flight, and shutdown behaviors

Social Engagement System and Psychiatric and Behavioral Disorders

- A description of the “face-heart” connection that forms a functional social engagement system
- How our facial expressions, vocalizations, and gestures are regulated by neural mechanisms that are involved in regulating our autonomic nervous system

Neuroception: Detecting and Evaluating Risk

- How our social and physical environment triggers changes in physiological state
- Understanding that adaptive physiological reactions may result in maladaptive behaviors
- Immobilization without fear
- Play as a neural exercise
- Listening as a neural exercise

OBJECTIVES

- 1

Characterize the principal features and foundation of the Polyvagal Theory.
- 2

Articulate how the Polyvagal Theory may explain behavioral features related to psychiatric disorders and other behavioral problems.
- 3

Explore how maladaptive behaviors, which may accompany several psychiatric disorders, may reflect adaptive responses triggered by survival mechanisms.
- 4

Communicate how the neural process (neuroception) evaluates risk in the environment and triggers adaptive neural circuits promoting either social interactions or defensive behaviors.
- 5

Appraise the definition of the features of the Social Engagement System to include the neural pathways that connect the brain, face, and heart.
- 6

Illustrate how deficits in the regulation of the Social Engagement System are expressed as core features of several psychiatric disorders.
- 7

Specify how therapeutic presence is based on the interaction between the Social Engagement Systems of client and therapist.
- 8

Evaluate how the Social Engagement System is involved in optimizing therapeutic outcomes.
- 9

Ascertain which features of the Social Engagement System are compromised by stress and trauma.

Questions?  
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“Demystifying” Common Biobehavioral Responses to Trauma and Abuse

- Fight/flight and immobilization defense strategies
- Adaptive function of immobilization and the associated clinical difficulties
- How the stresses and challenges of life distort social awareness and displace spontaneous social engagement behaviors with defensive reactions

Applying the Polyvagal Theory in Clinical Settings to Improve Treatment Outcome

- Understanding and treating auditory hypersensitivities
- Emotional state regulation as a core feature of psychiatric disorders
- Deconstructing features of autism and PTSD
- Strategies to explain disruption and repair of symbiotic regulation
- Identifying social cues that disrupt or repair defensive reaction
- Risks & limitations of the theory & clinical practice

Live Seminar & Webcast Schedule  
(Times Listed in Central)

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50-1:00 Lunch (on your own)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
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Clinical Applications  
of the Polyvagal Theory  
with Stephen Porges, PhD

Trauma, Attachment,  
Self-Regulation & Emotions

ARLINGTON HEIGHTS, IL  
Friday, October 18, 2019

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Clinical Applications  
of the Polyvagal Theory  
with Stephen Porges, PhD

Trauma, Attachment,  
Self-Regulation & Emotions



featuring  
**Stephen Porges, Ph.D.**

Creator of the Polyvagal Theory  
International expert on the neurophysiology of  
emotions, trauma, attachment and self-regulation

- Apply the Polyvagal Theory in clinical settings for self-regulation and in the treatment of trauma
- Understand mechanisms mediating features autism, depression, ADHD and PTSD

*“[Dr. Porges work has had] a profound effect on how my Trauma Center colleagues and I organize the treatment of abused children and traumatized adults.”*

— Dr. Bessel van der Kolk

ARLINGTON HEIGHTS, IL  
Friday, October 18, 2019

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Friday, October 18, 2019



# Clinical Applications of the Polyvagal Theory with Stephen Porges, PhD

Discover how powerful insight from the Polyvagal Theory can help you tap into your clients' nervous system and accelerate treatment outcomes.

Polyvagal Theory has revolutionized our understanding of both how the body's autonomic nervous system responds to fear and trauma and how therapists can work with it to create safety, connection and lasting healing.

Now you can join **Stephen Porges, PhD**, creator of the evidence-based Polyvagal Theory to learn how the Polyvagal Theory leverages neurobiology and psychophysiological cues to **enhance your ability to treat trauma, anxiety, ADHD, addiction, depression** - and a host of other mental health conditions.

Get practical guidance into the therapeutic power of facial expression, eye contact, voice modulation, and listening to help your clients overcome traumatic experiences, attachment wounds, and self-regulation problems—insight that can enhance any therapeutic approach and help you achieve lasting clinical outcomes. Through interactive demonstrations, videos, and engaging discussions, you'll learn practical methods of applying Polyvagal Theory within the clinical setting to help clients of all ages.

You'll walk away with **effective interventions** that build client safety and connectedness.

**Don't miss this opportunity to discover how the nervous system holds the key to improving treatment outcomes, even with your most challenging cases.**



**Stephen W. Porges, Ph.D.,** is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He has published more than 300 peer-

reviewed papers across several disciplines including anesthesiology, biomedical engineering, critical care medicine, ergonomics, exercise physiology, gerontology, neurology, neuroscience, obstetrics, pediatrics, psychiatry, psychology, psychometrics, space medicine, and substance abuse.

In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the mammalian autonomic nervous system to social behavior and emphasizes the importance of physiological state in the expression of behavioral prolems and psychiatric disorders.

The theory is leading to innovative treatments based on insights into the mechanisms mediating symptoms observed in several behavioral, psychiatric, and physical disorders. He is the author of The Polyvagal Theory: Neurophysiological foundations of Emotions, Attachment, Communication, and Self-regulation (Norton, 2011), The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe, (Norton, 2017) and co-editor of Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies (Norton, 2018). He is the creator of a music-based intervention, the Safe and Sound Protocol™, which currently is used by more than 1400 therapists to improve spontaneous social engagement, to reduce hearing sensitivities, and to improve language processing, state regulation, and spontaneous social engagement.

Speaker Disclosures:

Financial: Stephen Porges is a Distinguished University Scientist at Indiana University; and a professor at the University of North Carolina. Dr. Porges has intellectual property rights, and receives royalties, from Integrated Listening Systems (ILS). He is an author for W. W. Norton and receives royalties. Dr. Porges receives a speaking honorarium from PESI, Inc.



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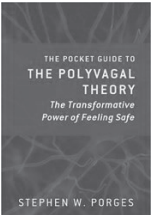
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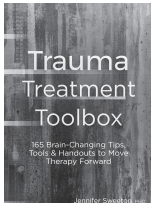


## The Pocket Guide to the Polyvagal Theory

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Stephen Porges, Ph.D. - **YOUR PRESENTER!**

Bridging the gap between research, science, and the therapy room. The polyvagal theory explains the biological origins of a variety of social behaviors and emotional disorders. This book distills that theory into practical clinical tips, explaining its relevance to the social engagement system and offering clinical examples, including cases of trauma and autism.



## Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

**TARGET AUDIENCE:** Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors • Therapists  
Marriage & Family Therapists • Nurses • Other Mental Health Professionals

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