

## **POLYVAGAL THEORY & APPLICATION TO CLINICAL PRACTICE: Interventions via the Autonomic Nervous System to Promote Safety, Healing, and Connection.**

Polyvagal, dorsal vagal, ventral vagal, ventral brake, collapse, ventral vagal anchors – are these terms ‘gobbledegook’ to you? Even if you are familiar with these terms, what difference does it make to you, the therapist/counsellor and the person(s) sitting in your practice space? Well, it means a lot! By the end of this course, you will not only make sense of Polyvagal Theory (PVT) but be able to apply it to your practice. It is not intended to replace the models of therapy you practice, but to provide an underpinning provided by polyvagal science.

This training (based on the work of Stephen Porges and Deb Dana) offers a new conceptualization of the autonomic nervous system (ANS) and the three significant autonomic states. The workshop covers the relevant theory and function of the Polyvagal system and its relationship to co-regulation and connection, safety and danger. Once we have covered how the polyvagal system operates and influences our emotional states, the remainder of the training day focuses on practical application of the system with specific techniques to help clients safely tune back into their autonomic states and reconfigure their ANS. Learning polyvagal techniques is both cognitive and experiential and effective work with clients depends on our ability to be acquainted with our own autonomic patterns so that we can be a co-regulating support for our clients. You will have opportunities to experience your autonomic states, and learn how to help your clients connect with and resolve old autonomic patterns that keep them stuck.

### **Learning objectives of this training:**

- A clear and concise understanding of polyvagal theory and in particular the role of vagal nerve.
- How using polyvagal theory enables a sense of safety and reconnection in your clients.
- Practical application of this theory translated into very specific techniques to help our clients feel safer, self-regulate, and reconnect to themselves and you, the therapist, and then others.
- Experience these interventions yourself before applying them to your clinical practice.

### **Trainer:**

**Ari Badaines, Ph.D.** is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day workshop for the Psychological Society of Ireland on ‘Action Techniques with Individuals and Couples’ which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of

trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

**N.B.** This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

A CPD certificate for 6 hours of training is issued in the week following attendance at this event.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*