



**Arnica**  
FOUNDATION

## ENGAGING THE RHYTHM OF REGULATION: A Polyvagal Theory Guided Approach to Therapy

In-person workshop by Deb Dana, LCSW, clinician, consultant, and internationally recognized author and speaker specializing in complex trauma and the Polyvagal Theory.

In this two-day, experiential workshop Deb Dana shares her Polyvagal Theory guided approach to therapy. Participants will learn:

- how trauma shapes the nervous system
- the three organizing principles of Polyvagal Theory
- how to create autonomic maps and use them as a guide in treatment
- practical ways to track and interrupt habitual response patterns
- techniques to engage the co-regulating pathways of the Social Engagement System in your therapy sessions to improve clinical outcomes
- how the guiding questions of Polyvagal-informed therapy influence clinical practice



### WHEN

Wednesday April 10 and Thursday April 11, 9 AM to 4PM daily.

### WHERE

Hotel Arts, Calgary, AB

### REGISTRATION

**Early Bird Fee:** \$495 per person (*cut-off date February 23, 2024*)

**Regular Fee:** \$550 per person

Please note that the last day for registration is Thursday, April 4, 2024

A Certificate of Completion will be provided for verification of CEU credits.

**More information and registration:** [https://arnicafoundation.ca/wp-content/uploads/2024/01/Arnica\\_PolyvagalTheory.pdf](https://arnicafoundation.ca/wp-content/uploads/2024/01/Arnica_PolyvagalTheory.pdf)

*Sponsored by Arnica Foundation. Arnica Foundation invests in adolescent girls and young women to help them grow into emotionally strong and powerful women.*

[www.arnicafoundation.ca](http://www.arnicafoundation.ca)