

# DEB DANA

*Call  
to Inquire  
About Group &  
Student  
Discounts!*



## Engaging the Rhythm of Regulation: A Polyvagal Theory Guided Approach to Therapy

### You will learn:

- The fundamentals of Polyvagal Theory.
- How to create autonomic maps and use them as a guide in treatment .
- Skills to track and interrupt habitual response patterns.
- Ways to engage the co-regulating pathways of the Social Engagement System in your therapy sessions.
- Techniques to work with portals of intervention including breath, movement, touch, and sound to reshape the autonomic nervous system.
- How the guiding questions of Polyvagal-informed therapy influence clinical practice.

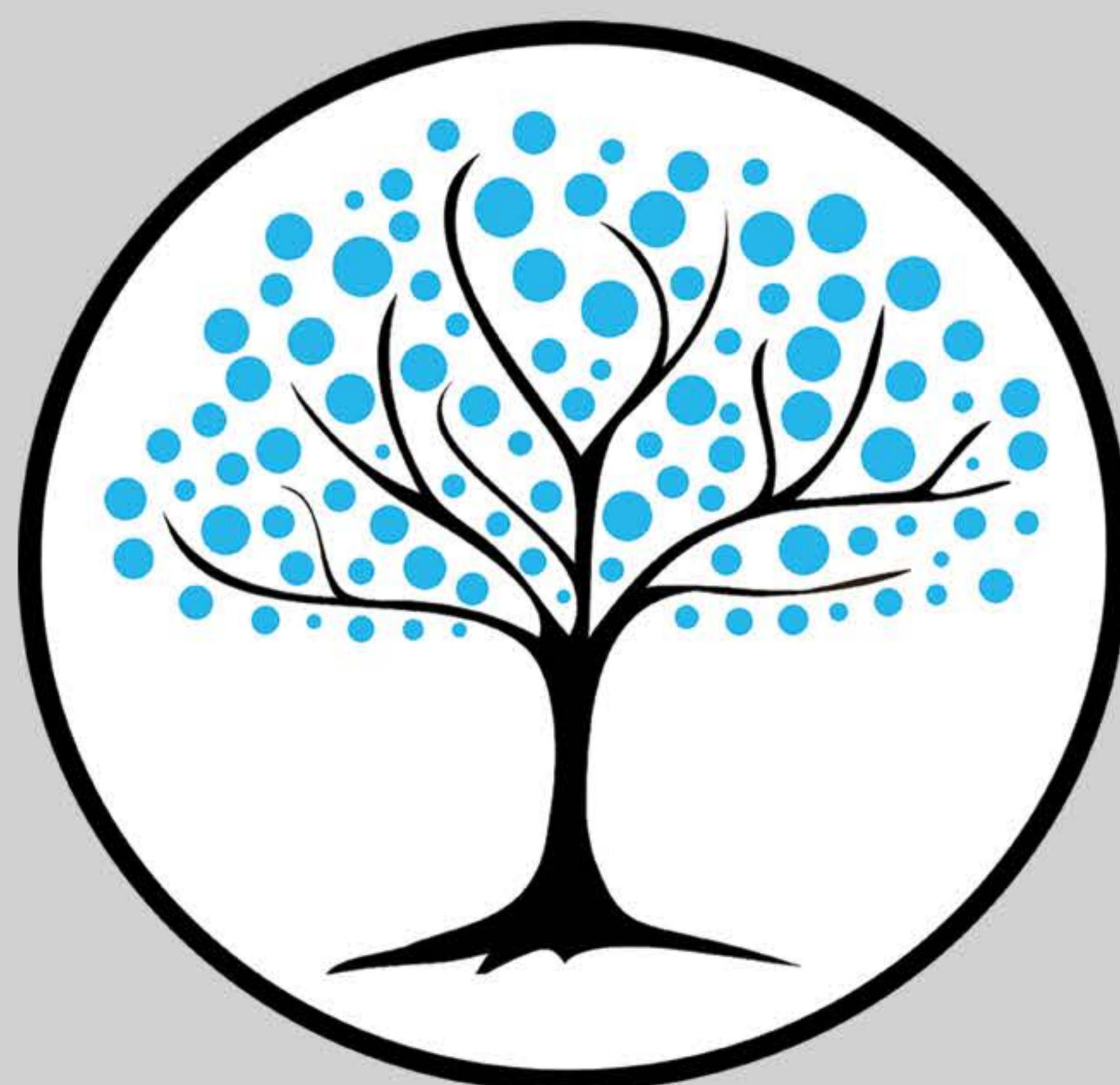
Deb Dana, LCSW is a clinician and consultant specializing in working with complex trauma. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy* (Norton, 2018), *Polyvagal Exercises for Safety and Connection* (forthcoming from Norton) and co-editor with Stephen Porges, of *Clinical Applications of the Polyvagal Theory* (Norton, 2018).

#### Location:

Tudor Hall  
3750 N Bowesville Rd,  
Ottawa, ON K1V 1B8

**WHEN:** March 27, 28 2020

**Cost:** \$425.00 + HST



HOSTED BY MENTAL HEALTH &  
ADDICTION SERVICES OF OTTAWA

Visit [www.cast-canada.ca/mhaso](http://www.cast-canada.ca/mhaso)  
to REGISTER

[info@mhaso.ca](mailto:info@mhaso.ca)  
613-225-7272

\*The Polyvagal Theory in Therapy