

Title: EMDR & Polyvagal Theory (1 CE)

Description/Abstract:

Polyvagal Theory (PVT) blends well with many types of Therapies including EMDR Therapy. The Autonomic Nervous System is designed to detect both internal and external cues of danger and lift threat and respond accordingly. When an individual experiences trauma, this system is altered in order to maintain survival. Because of this process every human perceives cues of danger and safety slightly differently. This workshop will discuss ways the nervous system can be shaped, and how to utilize PVT within the context of EMDR Therapy to help clients alter their nervous systems in a way that promotes safety and connection.

Goals/Objectives:

- Participant will learn the difference between states of the Autonomic Nervous System according to Polyvagal Theory (PVT).
- Participants will learn key concepts of PVT as it relates to a therapeutic relationship.
- Participants will learn how to implement concepts of PVT within the context of each of the 8 phases of the EMDR protocol.

Timed outline/Content:

11:45-Noon- Registration & sign in/log on

Noon-12:50- Intro to PVT key concepts and hierarchy of Autonomic Nervous System. Breaking down each of the 8 phases of the EMDR protocol and provide suggestions of ways to incorporate those concepts of the autonomic nervous system as well as PVT.

12:50-1:00- Wrap up, Q&A