

Title: EMDR with 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 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:

- Articulate the difference between states of the Autonomic Nervous System according to Polyvagal Theory (PVT).
- Learn key concepts of PVT as it relates to a therapeutic relationship.
- Implement concepts of PVT within the context of each of the 8 phases of the EMDR Therapy protocol.

Timed Outline/Agenda:

11:45am – 12:00pm	Sign in/log on
12:00pm-12:05pm	Greeting, Introduction and Objectives
12:05pm – 12:25pm	Introduction to PVT key concepts and hierarchy of Autonomic Nervous System
12:25pm – 12:50pm	Incorporate concepts of the autonomic nervous system and PVT into the 8 phases of EMDR Therapy.
12:50pm-1:00pm	Q&A, Wrap Up