

Shift the State, Change the Story: Applying Polyvagal Theory to Enhance Change

Program Description

The focus of the workshop is on applying Polyvagal Theory when working with clients to enhance the coping skills they are being taught. When clients normalize their nervous system response, learn a greater understanding of their response, and apply skills to shift their states back to one of connection, their stories will change. The change in their story will open more internal resources to reach their desired goals. This program will provide an overview of the three states of the nervous system and how they are related to each other and the biology of the human being. Participants will be provided with a sample of how to map a nervous system and develop skills for each state. Experiential learning will be incorporated to leave participants with a felt sense of how the theory can shift us out of a state and change our story. Being able to manage emotions is indicative of success in recovery and applying skills with a deeper understanding will create improved outcomes.

Learning Objectives

Upon completion of this training participants should be able to:

1. Explain the basis of polyvagal theory.
2. Describe the benefits of tailoring coping skills to a particular state.
3. Examine one's personal ability to co-regulate with their clients.
4. Demonstrate practical use of the polyvagal ladder.
5. Discuss the benefits of understanding how changing one's state will change one's story.
6. Develop coping skills that meet the unique needs of the client.

Agenda

9:00 - 10:30 AM	Introductions, Ice breaker, Review Agenda, Polyvagal Theory Overview
10:30 - 10:45 AM	Break
10:45 - 12:15 PM	Developing your personal map of your nervous system.
12:15 - 1:15 PM	Lunch
1:15 - 2:30 PM	Coping skill for the sympathetic and dorsal states.
2:30 - 2:45 PM	Break
2:45 - 3:30 PM	Coming to ventral and establishing your anchors
3:30 PM	Adjourn

Target Audience

Anyone working with clients to increase their ability to effectively use coping skills.

Contact Hours

5.0 hours

Faculty

Ellen Pallme, MSW, LCSW, LCAS, CCS is a practicing licensed clinical social worker and addictions specialist. Since 1995, she has worked extensively with children and families of

multicultural backgrounds, as a tutor, homeschooling consultant, and personal mentor. For many years, Ellen volunteered in her faith community to counsel and guide trauma survivors. In 2005, she began working as a crisis responder for sexual assault victims and trainer for new recruits. For five years she was an intensive in-home team supervisor. She was a supervisor for those seeking the LCAS credential and providing training to further education about substance abuse and co-occurring disorders. In 2015, Ellen became a member of the Motivational Interviewing Network of Trainers. She worked in residential settings and currently works in private practice. Ellen has been a field instructor, task supervisor, and supervisor for MSW students at UNC SSW who are participating in the Substance Use Disorder Certificate Program.