

# Introduction to Polyvagal Theory in Practice

**Saturday 1 September 2018**

**9.00 – 4.30pm**

**St Andrew's on The Terrace**

**Early Bird Before 17 August, \$165.**

**Full Price \$185**

**Refreshments provided**

**BYO lunch or sample nearby cafés**

Beverley Flitton and Marion Wade will co-facilitate a workshop to understand how our nervous system reacts to threat, stress and trauma, what that looks like in the therapeutic space and therapeutic responses. Whether you work with adults, children and families we invite you to consider that this workshop is relevant for you and your work.



**Dr Beverley Flitton**

She specialises in working with children and their families with complex needs and a trauma history. She works in a range of settings and is a lecturer and researcher. She offers clinical supervision, workshops and a clinical practice.



**Marion Wade, MSc**

Counsellor and Registered Psychotherapist. She specializes in working with trauma survivors, eating disorders, sex therapy and couples therapy. She is a trained tertiary teacher and provides training, supervision, and facilitation.

## **Some of the specific content Beverley and Marion will cover:**

- Porges' theory of the autonomic nervous system and its relevance to therapeutic engagement and defensive psychological processes.
- Psychoeducation and therapeutic responses with clients who have: post-traumatic stress disorder; anxiety; obsessing and ruminating; intense emotion such as anger and dread; particular physical pains; stress and physical symptoms; relationship patterns of avoiding intimacy.
- An introduction to the Safe and Sound Protocol (SSP) designed by Stephen Porges and its application.
- Case work discussion and putting theory into practice.

**For further information, and to register, please contact Marion on 021 850 094 or email [mlwade@actrix.co.nz](mailto:mlwade@actrix.co.nz)**