

Working with Reactive Bodies and Minds - Our Own and the Client's: POLYVAGAL THEORY IN PRACTICE.
One day workshop.

Who: Counsellors, Psychotherapists, Clinical Psychologists
When: Saturday, 9 October 9:30am-4pm
Where: Brooklyn Community Centre, 18 Harrison St, Brooklyn.
Cost: \$175 earlybird: Includes morning & afternoon tea. BYO lunch or sample the local cafes

I've been learning about, teaching and working with Polyvagal Theory for over 10 years and find this theory and it's application helps many clients.

This day is for practitioners who have clinical experience. I will outline Polyvagal Theory. I invite you to bring a client situation for which you would like a different perspective or method to contribute to the work. It will be possible to do some work in pairs or small groups as well as to have open discussion.

The aim is to provide you with an opportunity to increase your awareness and further your knowledge and skills for working with The Autonomic Nervous System – our own and the client's.

We will be able to consider:

- Porges' theory of the autonomic nervous system and its pertinence to therapeutic engagement and defensive psychological processes.
- therapeutic and psychoeducational responses with clients who have e.g. post-traumatic stress symptoms; anxiety; obsessing and ruminating; intense emotion such as anger and dread; particular physical pains; stress and physical symptoms; relationship patterns of avoiding intimacy.
- the contribution of attachment styles to reactivity. I will draw on Emotion Focused Therapy and practice.
- strategies for self-regulation, co-regulation - to reduce activation and difficult affect

I aim to provide a reflective and respectful meeting place for collegial discussion and learning. I may teach a Transactional Analysis ego state model for illustrations.



Contact me on 021 850 094; mlwade@actrix.co.nz

Places limited to 16.

Early bird fee before Friday 17 September: \$175. After this date full payment \$200. Fees will be refunded if there is a COVID lockdown.

Payment secures your place.

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