

☑ IN-PERSON ☑ LIVE-ONLINE

JULY 21-25, 2025

Deb Dana, LCSW is a clinician, consultant, author and speaker specializing in using the lens of Polyvagal Theory to understand and resolve the impact of trauma and create ways of working that honor the role of the autonomic nervous system. She is well known for translating Polyvagal Theory into a language and application that is both clear and accessible and for developing the Rhythm of Regulation® clinical training series. Deb's published work includes *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (Norton, 2018), *Polyvagal Practices: Anchoring the Self in Safety* (Norton, 2023), *Anchored: How to Befriend Your Nervous System Using Polyvagal Theory* (Sounds True, 2021), *The Nervous System Workbook* (Sounds True, 2024), and *The Glimmers Journal* (Norton, 2025).

Speaker Disclosures

Financial: Deb Dana has no financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Deb Dana has no non-financial relationships with ineligible organizations.

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma

Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily
15-Hour Course | Delivery Format: In-Person or Live-Online

The autonomic nervous system is at the heart of daily living powerfully shaping experiences of safety and influencing the capacity for connection. Operating outside of conscious awareness, autonomic circuits assess safety and initiate actions to help us navigate the challenges of daily living. Polyvagal Theory, through the organizing principles of hierarchy, neuroception, and co-regulation, has revolutionized our understanding of how this system works. We now know that trauma interrupts the development of autonomic regulation and shapes the system away from connection into patterns of protection. With an updated map of the autonomic circuits that underlie behaviors and beliefs, we can reliably lead our clients out of adaptive survival responses into the autonomically regulated state of safety that is necessary for successful treatment.

A Polyvagal Theory guided approach to therapy begins with helping clients map their autonomic profiles and track their moment to moment movement along the autonomic hierarchy. With this foundation, the essential clinical questions address how to help clients interrupt habitual response patterns and find safety in a state of engagement. Polyvagal Theory gives therapists a guide to becoming a co-regulating resource and concrete ways to help clients find, and savor, experiences of safety. Working from a foundation of Polyvagal Theory, therapists have practical ways to effectively help clients identify and interrupt their familiar response patterns and strategies to shape their autonomic nervous systems toward safety and connection.

In this experiential workshop participants will first learn the basics of Polyvagal Theory and then work with practices designed to bring the power of Polyvagal Theory directly into clinical work. Working individually and in dyads, participants will experiment with multiple ways to map autonomic responses, skills to safely explore patterns of action, disconnection, and engagement, and techniques to build autonomic regulation and resilience. The workshop will bring Polyvagal Theory into practical application with a roadmap to help clients safely tune into their autonomic states, reshape their nervous systems, and rewrite the trauma stories that are carried in their autonomic pathways.

Course Agenda

Monday:

The Science of Connection

- Understanding the organizing principles of Polyvagal Theory
- The neurophysiology of safety and survival
- How the nervous system shapes physical and psychological experience
- The challenge to "notice and name": An introduction to autonomic mapping
- Creating a personal profile map

Tuesday:

Patterns of Connection and Protection

- Neuroception and how it guides us
- Evolution of the Social Engagement System
- Sending cues of safety
- Tracking autonomic state shifts
- Identifying Triggers and Glimmers

Deb Dana, LCSW | Polyvagal Theory in Therapy: Practical Applications for Treating Trauma | July 21-25, 2025**Wednesday:**

Navigating Autonomic Pathways

- Anchoring in the ventral vagal system
- Recovering from dorsal vagal collapse
- Safely moving through sympathetic mobilization
- SIFTing and Savoring
- Building co-regulating skills
- 12:45-2:15pm: Clinical Demo Session with Q & A

Thursday:

Resetting the Nervous System

- Regulation through the Social Engagement System
- Exercising the vagal brake
- Autonomic portals of intervention: breath, movement, touch, sound
- Rupture and repair through the lens of the autonomic nervous system
- Exploring the autonomic challenges of play and intimacy

Friday:

The Power of a Polyvagal Perspective

- Nuts and bolts of a Polyvagal informed therapy session: demonstration and discussion
- Getting comfortable teaching Polyvagal Theory to clients
- From micro to macro: Polyvagal Theory across multiple domains
- How does Polyvagal Theory change the way you practice? The responsibilities of a polyvagal-informed therapist

Course Objectives

Upon completion of this course participants will be able to:

1. Discuss the organizing principles of the Polyvagal Theory
2. Describe how Polyvagal Theory applies in a clinical setting
3. Identify the autonomic nervous system and provide an example of an autonomic response
4. Describe autonomic response mapping
5. Discuss techniques to build autonomic regulation and resilience
6. Discuss what the Social Engagement System is and how it evolved
7. Describe how deficits in the regulation of the Social Engagement System relate to the core features of several psychiatric disorders
8. Describe how the Social Engagement System is compromised by stress and trauma
9. Discuss how to help clients interrupt habitual response patterns and find safety in a state of engagement
10. Describe how autonomic interventions with breath, movement, touch and sound can reset the nervous system
11. Indicate how Polyvagal Theory can address stress-related illnesses and psychiatric disorders
12. Discuss how neural process evaluates risk in the environment and triggers adaptive neural circuits which promote either social interactions or defensive behaviors
13. Define and discuss Immobilization without fear and how to reset it
14. Identify social cues that disrupt or repair defensive reactions

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. Courses must be completed in one delivery format.

Psychologists: This course is only eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma, Course #5620, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 4/29/2024- 4/29/2026. Social workers completing this course receive 15 Clinical continuing education credits.

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

Please see the [course CE page](#) for a complete listing of course-specific CE approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

15-hour course format: Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

12-hour course format: Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

8-hour course format: Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.

Tuition:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	\$750	15-hour in-person full:	\$800	15-hour in-person:	\$600
15-hour live-online early:	\$625	15 hour live-online full:	\$675	15 hour online:	\$475
12-hour in-person early:	\$650	12-hour in-person full:	\$700	12-hour in-person:	\$500
12-hour online early:	\$550	12-hour online full:	\$600	12-hour online:	\$400
8-hour in-person early:	\$450	8-hour in-person full:	\$500	8-hour in-person:	\$300
8-hour online early:	\$350	8-hour online full:	\$400	8-hour online:	\$200

*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Change Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in-person or live-online), you will receive a refund less a \$50 cancellation fee

Between 14 days and 1 day: Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

Once your course begins: No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

Course Changes:

Before June 1: You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

After June 1: Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at info@cape.org

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or info@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

Cape Cod Institute Administration
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E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JUNE 30 - AUGUST 22, 2025

JUNE 30-JULY 4, 2025

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance
In-Person

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness
In-Person & Live-Online

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System
In-Person & Live-Online

Natasha Prenn, LCSW

Put Deliberate Practice into your AEDP Practice
In-Person & Live-Online

JULY 7-11, 2025

Suzanne Goh, MD, BCBA

Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing
In-Person & Live-Online

Gabriella Rosen Kellerman, MD

Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond
In-Person & Live-Online

Licia Sky

Embodied Awareness: The Art of Presence & Attunement
In-Person

Bessel van der Kolk, MD

Frontiers of Trauma Treatment
In-Person & Live-Online

JULY 14-18, 2025

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR
In-Person & Live-Online

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss
In-Person & Live-Online

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop
In-Person & Live-Online

Stan Tatkin, PsyD, MFT

Introduction to a Psychobiological Approach to Couple Therapy (PACT)
In-Person & Live-Online

JULY 21-25, 2025

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults
In-Person & Live-Online

Jeanne Catanzaro, PhD

Unburdened Eating: An IFS Workshop for Mental Health Professionals
In-Person & Live-Online

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma
In-Person & Live-Online

Richard Schwartz, PhD

Transformative Healing: An IFS Workshop on Addressing Legacy Trauma
In-Person & Live-Online

JULY 28-AUGUST 1, 2025

Farah Harris, MA, LCPC

The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice
In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect
In-Person & Live-Online

Maria Sirois, PsyD

The Fateful Story: How Narratives Shape Health, Growth and Resilience
In-Person & Live-Online

Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

Master Class in Experiential Psychotherapy
In-Person & Live-Online

AUGUST 4-8, 2025

Gloria Burgess, PhD

Sanctuary: Rekindling the Heart of Leadership®
In-Person

James Hawkins, PhD, LPC

Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families
In-Person & Live-Online

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties
In-Person & Live-Online

8 & 12 HR COURSES - NEW!

AUGUST 4-6, 2025 *12-HR

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection
In-Person & Live-Online

AUGUST 7-8, 2025 *8-HR

Christopher Willard, PsyD

Adapting Mindfulness Techniques for Children, Teens, and Adults
In-Person & Live-Online

AUGUST 11-15, 2025

Bob Anderson

The Journey of Conscious Leadership
In-Person

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard
In-Person & Live-Online

Pilar Jennings, PhD

Buddhism & Psychotherapy in Conversation: A Healing Partnership
In-Person & Live-Online

Cece Sykes, LCSW, ACSW

Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes
In-Person & Live-Online

AUGUST 18-22, 2025

Edward Hallowell, MD with Sue George Hallowell, LICSW

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span
In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach
In-Person

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy
In-Person & Live-Online

Eboni Webb, PsyD, HSP

From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation
In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org