Agenda
FRIDAY, MARCH 11, 2016

8:30-9:00	Registration
9:00-9:10	Introductions
9:10-10:15	Theory of the Polyvagal System & Social Engagement
10:15-10:30	Break
10:30- 11:30	Applications of Two Case Studies
11:30-noon	Questions
12:00-1:00	LUNCH - provided for participants
1:00-2:00	Ployvagal Theory & Attachment
2:00-2:30	Third Case Study & Application
2:30-2:45	Break
2:45-3:45	Remarks from Dr. Allen Ivey
3:45-4:45	Panel with Dr. Porges & Dr. Ivey
4:45-5:00	Summary & Evaluations

March 11th, 2016

Clinical insights from the Polyvagal Theory

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Clinical Insights from the Polyvagal Theory

Dr. Stephen Porges
also including remarks from Dr. Allen Ivey

BRADLEY UNIVERSITY

children's home

Polyvagal Theory expands our understanding of normal and atypical behavior, mental health, and psychiatric disorders. Polyvagal Theory, by incorporating a developmental perspective, explains how maturation of the autonomic nervous system forms the neural "platform" upon which social behavior and the development of trusting relationships are based. The theory explains how reactions to danger and life threat and experiences of abuse and trauma may retune our nervous system to respond to friends, caregivers, and teachers as if they were predators. The theory may help practitioners distinguish the contextual features that trigger defense from those that are calming and support spontaneous social engagement.

Stephen W. Porges, Ph.D.

is Distinguished University Scientist at Indiana University Bloomington. He also is Professor of Psychiatry at the University of North Carolina, Professor Emeritus at the University of Illinois at Chicago, and Professor Emeritus at the University of Maryland. He has served as president of both the Society for Psychophysiological Research and the Federation of Associations in Behavioral and Brain Sciences. In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the mammalian autonomic nervous system to social behavior and emphasizes the importance of physiological state in the expression of behavioral problems and psychiatric disorders.

1. Participants will gain an understanding of the principles and features of the Polyvagal Theory.

2. Participants will understand how the Polyvagal Theory can demystify several clinical symptoms related to psychiatric diagnoses (e.g.,PTSD, autism, depression, and anxiety disorders).

3. Participants will understand that maladaptive behaviors, including states of dissociation, may be an emergent property of an adaptive physiological state triggered by survival mechanisms.

4. Participants will be informed about a face-heart connection that defines a social engagement system linking bodily feelings with facial expression, vocal intonation, and gesture.

5. Participants will understand how deficits in the regulation of the Social Engagement System are related to the core features of several psychiatric disorders.

6. Participants will be informed about a neural process (neuroception) that evaluates risk in the environment and triggers adaptive neural circuits that promote either social interactions or