



## Professional Development Workshop with Marion Wade

### **POLYVAGAL THEORY – NEUROBIOLOGY of HEART CONNECTION and THERAPEUTIC CHANGE in COUNSELLING and PSYCHOTHERAPY**

**When:** Saturday, 18 May, 2013. 9.30am-4.30pm  
**Where:** Wellington CBD  
**Cost:** \$150 GST incl. Includes morning & afternoon tea.

According to Stephen Porges (2011), we are unconsciously assessing risk all the time. The result is feelings such as ease, calm and safety or alarm and activation with anxiety or adrenalin. Polyvagal theory explains these natural responses as the result of evolutionary development of our autonomic nervous system and brain to ensure we bond with others and survive.

For optimal learning and for change to be facilitated within the therapeutic relationship it is necessary to provide clients with experiences of warmth, calm and safety. When we are self-aware and skilled at managing our own activation, we can be observant and skilled at responding therapeutically to the client's activation. Porges theory shows how physiology controls our ability to engage, trust and be intimate.

In a small group setting we will explore ways to relate effectively with clients who are caught in their unconscious protective processes and enactments. The day includes a teaching component, experiential learning individually or in pairs, and discussion using clinical scenarios.

You will be able to increase your awareness and further your knowledge and skills regarding:

- Porges' theory of the autonomic nervous system and its relevance to therapeutic engagement, defensive processes and enactments.
- an aspect of polyvagal theory which Porges calls 'the love system', including explanation of a felt sense of love in therapy.
- therapeutic responses to - anxiety; obsessing and ruminating; out of control behaviours such as over eating and pornography use; post-traumatic stress disorder; intense emotion such as desperation and grief; particular physical pains; stress and physical symptoms; avoiding intimacy; distancing behaviours.

I aim to provide a reflective collegial meeting and learning space. I will teach a Transactional Analysis ego state model for illustrations.

To register: Ring me: 04 385 0094  
Early bird fee before 5 April, 2013 : \$140  
Places are limited.

Marion Wade Reg Psychotherapist MSc (Psychotherapy)  
Post Grad Dip Educational Studies BA CpN  
Certificate in Clinical Supervision  
MNZAP MNZAC ITAA