



## Practical Applications of Polyvagal Theory

Saturday 6th of November 2021

London



***Date: Saturday 6th of November 2021***

***Location: London***

***Great value for only £125.00***

***An Introduction to The Polyvagal Theory: for therapists and those seeking a greater insight into how they might manage their own response to stress***

An understanding of Dr Stephen Porges universally acclaimed Polyvagal Theory is a *must* for therapists of all backgrounds, working in the field of mental health and functional medicine.

Why does stress trigger anxiety in some, and depression in others?

Humans regularly alternate between 3 primary states:

- relaxation and social engagement (parasympathetic 'connection mode'),
- fight or flight (sympathetic mobilizing mode), or
- shutdown (parasympathetic 'survival mode')

Formatively learned responses to stress can literally re-wire our brains to default to unwanted patterns of behavior – seemingly beyond our conscious control.

The Polyvagal Theory is the 'missing piece of the puzzle'; a neurophysiological roadmap charting how the brain and nervous system respond to stress, and why...

Armed with this basic brain science, you will learn to approach therapy in an entirely new light; whereby helping your client to recognise when their nervous system has become dysregulated, and how to bring it back into balance. This not only offers your client a strong sense of personal agency, but is also provides the fundamental foundations for successful therapy.

Areas applicable to the Polyvagal perspective include:

- Trauma and PTSD
- Anxiety and Depression
- IBS and Gut Disorders
- Misophonia and Bruxism
- Sleep Disorders
- Dissociation Disorders ... AND MORE!

This Masterclass will cover not only the theory itself, but also ways in which to tailor it to suit your existing practice. The day will include practical elements and exercises, worksheets and handouts and time for those all-important Q&A's.

\*This Masterclass will be delivered in the classroom, not online.

## About Angela Mckrill



Angela's treatment style typically combines modern hypnotic methods with cognitive behavioural therapy, psychotherapy, neuro-feedback technology and contemporary mind-body science.

She offers face-to-face appointments in London, and delivers her full range of therapies on-line too. She is available for student and graduate supervision and lectures on topics such as insomnia, anxiety, depression, chronic pain, childbirth and psychosexual disorders.

As a Polyvagal trained, trauma informed, therapist (certified to deliver Dr. Porges "Safe and Sound" acoustic intervention), Angela's work modality comprises both 'top-down' (mind-body) and 'bottom-up' (body-mind) approaches.