

The Polyvagal theory in practice - A workshop on

Re-calibrating trauma based autonomic nervous system dysregulation through therapeutic presence and somatic resources.

By Marko Punkanen PhD, trauma psychotherapist, trauma psychotherapy trainer, dance-movement therapist, music therapist, sensorimotor psychotherapist, SPI Trainer



- Trauma symptoms quite often include a dysregulation of the autonomic nervous system (ANS), which can lead to uncontrollable hyper or hypo-arousal levels. **One of the central objectives in trauma therapy is that your clients learn to be aware of and recognise changes in their ANS arousal levels and find suitable resources and exercises to support their self regulation skills and re-calibrate their ANS.** Because of traumatisation it might be challenging to regulate the dysregulation of the ANS and associated strong emotions. However, adaptive and appropriate regulation of the ANS is possible to learn through the systematic practise of somatic therapeutic interventions.
- At this practical one day workshop you will learn somatic resources (breath, grounding, movement etc.), **which will bring Stephen W. Porges's Polyvagal theory alive** and help your traumatised clients re-calibrate their ANS. **This workshop is also about bridging the gaps between the theory, therapeutic tools used and the therapeutic relationship and presence needed for this.** We will explore the challenges for both therapists and clients in the implementation of a systematic practise of regulation skills. Central to this is the activation of our own ventral vagal system before we can help clients to self-regulate.
- We will also introduce a new mobile application called the Pocket Therapist (www.pockettherapist.fi). The Pocket Therapist is a practical additional tool for psychotherapists and health care professionals to support the client's therapeutic process as part of the therapeutic relationship. **This tool can help your clients to learn regulation skills during and between therapy sessions.** The Pocket Therapist has been developed in collaboration with clients to primarily support

Workshop Information:

Saturday 30th November
2019

Hours 10.00-5.00 PM

Registration 9.15-10.00 AM

Lunch 1.00-2.00 PM

CPD Certs for 5.5 Contact
hours

Location:

Ashe House

Center for MindBody
Integration

North County Dublin

K45 TK 85

Cost:

€130 Including tea & coffee
and fruit.

(Lunch is not included but
there are facilities to eat
your lunch on the
premises).

Booking & Registration:

by contacting Elise
Punkanen,
elise@nyanssi.net

An invoice will be issued to
be paid by bank transfer.

Receipts Issued on Site.

trauma therapy but is well suited to all
psychotherapeutic work related to the regulation of
ANS arousal and emotions.

Who this workshop is suitable for: Counsellors and
psychotherapists, psychologists, psychiatrists, body-
based practitioners and other health care professionals.

About the Facilitator: Marko Punkanen, PhD., is a
music therapist, dance/movement therapist,
psychotherapist, psychotherapy trainer, certified
sensorimotor psychotherapist® and trainer. He has over
20 years experience in the treatment of severe
traumatisation. His specialist area is in the treatment of
complex and attachment trauma, the bodily symptoms
of trauma (somatoform dissociation) and the use of the
body in trauma treatment.

He currently works as a music/dance-movement/
psychotherapist and supervisor in private practice, as a
trauma psychotherapy trainer at the University of Oulu,
and as a trainer with the Sensorimotor Psychotherapy
Institute. He is actively involved with trauma
psychotherapy, music therapy and dance-movement
therapy training in Finland.

He is the founder and director of the Nyanssi Therapy
Centre, which offers music therapy, dance-movement
therapy, psychotherapy, vibroacoustic therapy (VAT) and
supervision services in Lahti Finland. He is the co-
founder of the first extensive Vibroacoustic therapy/
Physioacoustic method-training in Finland, and has
studied the possibilities for VAT in drug rehabilitation.
He is also one of the founders of the VIBRAC - Skille-
Lehikoinen Centre for Vibroacoustic Therapy and
Research.

2007-2011 Marko worked as a researcher with the
Finnish Centre of Excellence in Interdisciplinary Music
Research at the University of Jyväskylä. He was part of
the research team which investigated the perception and
preferences of emotions in music by depressed patients
and the efficacy of improvisational, individual music
therapy for depression.