

Speaker Profile

Deb Dana

LCSW

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Deb specializes in working with complex traumatic stress and lectures internationally on the ways Polyvagal Theory informs clinical interactions with trauma survivors. She is the Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute at Indiana University and the developer of the Rhythm of Regulation clinical training series. She is trained in Internal Family Systems and Sensorimotor Psychotherapy and completed the Certificate Program in Traumatic Stress Studies at the Trauma Center. Deb is the author of “The Polyvagal Theory in Therapy” (Norton, 2018), “Polyvagal Exercises for Safety and Connection” (forthcoming from Norton) and co-editor with Stephen Porges, of “Clinical Applications of the Polyvagal Theory” (Norton, 2018).



Session Topics

Workshop (Mon., 6 hrs):

Engaging the Rhythm of Regulation: A Polyvagal Theory Guide to Safety and Connection

The autonomic nervous system is at the heart of daily living, powerfully shaping our experiences of safety and influencing our capacity for connection. How we move through the world—turning toward, backing away, sometimes connecting and other times isolating—is guided by this system. When we learn to listen to the story the autonomic nervous system is telling, we can begin the journey to reshape the system and rewrite the trauma stories that are carried in our autonomic pathways.

Session Topic (Tues., 1-hr):

Listening Through the Lens of Polyvagal Theory: Hearing the Embodied Story

The autonomic nervous system is the foundation for our lived experience. What begins with our biology becomes the story that shapes our days. Polyvagal Theory gives us a roadmap to listen with curiosity and compassion to our emerging autonomic states and answer the essential question, “What does my nervous system need in this moment to find safety in connection?”

KidsTLC, in collaboration with the DDP Institute, presents:



The Power of Deep Listening to Heal, Connect and Transform: Insights from DDP and Beyond



Session order tbd