



Polyvagal Theory: The Science of Inner State Travel and Applications to Attachment-focused Therapy

with Dr Jonathan Baylin

In this day long workshop, Dr Baylin will first present the neuroscience of inner state shifting between states of safety and states of defensiveness. He will explain how the 3 basic states of our nervous system develop in safe, nurturing environments vs unsafe environments of care. This brain-based explanation of the link between early life experience and the polyvagal model will give participants the core knowledge they need to support their work with clients who are struggling with state regulation. In the second part of the workshop, Dr. Baylin will present some of the ways that the polyvagal model can be applied in sessions and also ways that therapists can practice their own inner state work.

Objectives:

- Understanding of the three states and how we can practice “upshifting” from defensive states into the higher state of engagement.
- Explaining how therapists can help carers practice and develop their own use of this inner state travel to help children who may have “blocked trust” from prior exposure to harsh treatment.
- Learning to control your own inner state to enable you to help others effectively and gain the best responses from yourself and those you are trying to assist.

Suitable For:

Professionals who support children and young people who have experienced developmental trauma.

Details:

Date: 14 September 2022

Times: 12pm – 6pm GMT

Venue: Online

Price: £150 + VAT, (£180 inc VAT)

Booking: For further information or to book please visit www.adoptionplus.co.uk or email trainingwithus@adoptionplus.co.uk

About the Trainer:

Dr Jonathan Baylin, PhD, is Co-author of Brain Based Parenting with Daniel Hughes.

As a clinical psychologist interested in parent-child relationships he is continually working to deepen his understanding of how children learn to trust and mistrust adults and how parents can help these children learn to feel safe and secure in their care. He has developed a brain-based model of parent-child

relationships that focuses both on the parent's challenge of sustaining loving feelings and the child's challenge of making the shift from deep mistrust to trust.

Several years ago, he began to collaborate with Daniel Hughes, an expert in working with children with serious attachment problems leading to their book. Most recently, he has been working more and more with parents to help them recover from or prevent "blocked care" and to help them understand their complicated children. He believes strongly that the more deeply we understand the neurodynamics of attachment and parenting, the more effective we can be at helping families build strong bonds.

www.adoptionplus.co.uk



Adoptionplus is a registered Adoption Agency
OFSTED Registration Number: SC384160