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Polyvagal Theory and Trauma Sensitive Yoga: The convergence of traditional wisdom and contemporary science - to transform the way you work with clients?

Experiences of trauma (including vicarious trauma) can profoundly change our relationship with our body.

Polyvagal Theory (PVT) and trauma informed yoga are two analogous explanatory systems for understanding the function and interplay of underlying neural platforms (PVT) and *gunas* (yoga), and their role in manifesting physiological, psychological and behavioural attributes.

Convergence of science (polyvagal informed practices) and traditional wisdom (yoga), are proposed to benefit health and well-being through an integration of top-down and bottom-up processes facilitating bidirectional communication between the brain and body.



This workshop will help you to learn simple techniques and create your own **toolkit of polyvagal informed practices** and **trauma-sensitive yoga practices** to not only improve the way you work with clients achieving positive client outcomes but also improve your personal wellbeing and team cohesion.

Learning Outcomes:

- Gain a deeper understanding of Polyvagal Theory to track trauma's impact on your client's nervous system, to help reduce symptoms and promote healing;
- Explore the connection between polyvagal theory, yoga traditions and wellbeing;
- Increase understanding of the impact of trauma responses on nervous systems, how to adapt client interventions to be more effective and longer lasting;
- Learn simple trauma sensitive yoga practices to support regulation of your nervous system - for your own well-being;
- Explore vagal toning exercises to help reshape nervous systems (polyvagal theory), and
- Improve skills in developing an authentic sense of safety, connection, and attunement.

Facilitator: Jane Macnaught is a registered clinical counsellor PACFA, has extensive clinical experience with refugees, asylum seekers, adult survivors of childhood abuse and family violence, specialising in post trauma recovery & healing, anxiety, and grief.

Her eclectic and creative approach draws from a diverse training, clinical work and life experiences. She is passionate about building a community that embraces trauma informed practices. She runs the Trauma Aware Providers Support group (TAPs). Learning more about trauma and the nervous system is crucial for deepening our ability to create a safe and healing recovery experience for our clients, teams and community.

(NO yoga experience is required, simply bring yourself)

Trauma-sensitive yoga is less about how poses are executed and more about the feeling of embodiment (being within your body) within a pose.

AN INITIATIVE
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Communities
& Justice

Date

Thursday 17
November 2022

Time

1:00 pm to 4:00 pm

Venue

LEAD Learning Centre,
Suite 10, 197 Prospect High-
way, Seven Hills,
NSW 2147

Trainer

Jane Macnaught

Cost

Member: \$55.00
Non-Member: \$90.00
(GST exclusive)

Enquiries

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Event Code

WS2407

Event Level

Intermediate

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