



Presents :

## *The Polyvagal Theory: The New Perspective on the Relation Between the Nervous System & Behaviour*

# 2 Day Workshop Love or Trauma?

**How Our Responses to Proximity & Touch are Mediated by  
Natural Neural Mechanisms**

**with Dr. Stephen W. Porges, Amber E. Gray & Dr. C. Sue Carter**

What if many of your troubles could be explained by an automatic reaction in your body to what's happening around you? What if an understanding of several mental and emotional disorders, ranging from autism to panic attacks, lay in a new theoretical approach of how the nervous system integrates and regulates bodily and psychological processes? Stephen W. Porges, Ph.D., thinks it could be so. Porges, professor of psychiatry at the University of Illinois, Chicago, and director for that institution's Brain-Body Center, has spent much of his life searching for clues to the way the brain operates, and has developed what he has termed Polyvagal Theory. It is a study of the evolution of the human nervous system and the origins of brain structures, and it assumes that more of our social behaviours and emotional disorders are biological—that is, they are "hard wired" into us—than we usually think. Based on the theory, Porges and his colleagues have developed treatment techniques that can help people communicate better and relate better to others.

Join us for this innovative 2 day workshop "Love or Trauma" on the cutting edge theory and practice of working with trauma and the body. The presentations by Dr. Porges and Dr. Carter will be supplemented by examples of clinical intervention based on the Polyvagal Theory. The Polyvagal Theory provides a new perspective on the relationship between the nervous system and behaviour.

Amber Elizabeth Gray will present clinical interventions and facilitate experiential "Social Engagement" activities based on her Restorative Movement Psychotherapy. The workshop combines theory, scientific research, practical application and experience in an interactive workshop.

This workshop will provide mental health professionals and those involved in movement arts and practices with a greater understanding of the clinical implications of Dr. Porges' theories, and an opportunity to learn movement, rhythm and somatically based interventions that can be used in a variety of mental health settings. This presentation will provide information on the major features of the Polyvagal Theory and will illustrate that compromises to the Social Engagement System are features of several psychiatric disorders. Additionally, we will explore how faulty neuroception (i.e., the nervous system's evaluation of risk in the environment when there is no apparent risk) can have an impact on visceral homeostasis and spontaneous social behaviour.

### **2 Day Workshop with Dr. Stephen W. Porges, Amber E. Gray and Dr. C. Sue Carter** **"Love or Trauma?"**

How Natural Neural Mechanisms Mediate Response to Proximity and Touch

**19 & 20 August 2008 9.00pm-4.00pm (8.30 Registrations)**

**Sydney Masonic Centre (SMC), Northcott Room, Level 5, 66 Goulburn St, Sydney NSW 2000**

### **3 Day Workshop with Amber Gray**

The Body as Voice Part II: Kinesthetic & Non-verbal Approaches to Working With Severe Trauma

**21, 22 & 23 August 2008 9.00am-4.00pm (8.30 Registrations)**

**STARTTS, 152-168 The Horsley Drive, Carramar NSW 2163**

### **Clinical Master Evening Class**

**Evening with Dr. Porges and Amber E. Gray**

**18 August 2008 6.00pm - 8.30pm**

**STARTTS, 152-168 The Horsley Drive, Carramar NSW 2163**



## Dr. Stephen W. Porges

Stephen W. Porges, Ph.D. is Professor of Psychiatry and Director of the Brain-Body Center in the Department of Psychiatry in the College of Medicine, University of Illinois in Chicago. He is former President of the Federation of Behavioral, Psychological and Social Sciences and the Society for Psychophysiological Research. Dr. Porges is a neuroscientist with particular interests in understanding the neurobiology of social behaviour. His research focuses on how the autonomic nervous system relates to adaptive behaviour, state regulation, and social engagement strategies. His research crosses disciplines and he has published in such diverse disciplines as anesthesiology, critical care medicine, ergonomics, exercise physiology, gerontology, neurology, obstetrics, pediatrics, psychiatry, psychology, space medicine, and substance abuse. In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the vertebrate autonomic nervous system to the emergence of social behaviour. The theory provides insights into the mechanisms mediating symptoms observed in several behavioural, psychiatric, and physical disorders. His research is leading to new protocols to assess clinical disorders and innovative interventions designed to stabilize behavioural and psychological states and to stimulate spontaneous social behaviour.



## Amber E. Gray

Amber Elizabeth Gray, MPH, MA, LPCC, ADTR, is both a longtime practitioner of body-centered arts and sciences and an advocate of human rights. She has worked internationally and nationally as an activist, an artist, a mental health professional, a program director and a trainer/consultant on behalf of victims of human rights abuses. As a human rights professional, Amber's expertise is in the development of culturally congruent programs that reinforce individual and communal resilience for communities that have experienced mass social trauma such as war or natural disaster. Amber met Dr. Porges in 2000, and has applied his theories to her work she does ever since. She combines somatic psychology, dance-movement therapy, ritual, creative arts, drumming, and Continuum Movement in her work. Currently, she is Director of Restorative Resources Consulting and Training ([www.restorativeresources.net](http://www.restorativeresources.net)) and is Directing the Raven Drum Foundations Trauma & Resiliency Program ([www.ravendrum.org](http://www.ravendrum.org)). She is also the Board Chair for TASSC International. Her work has taken her to Haiti, Indonesia, Kosovo, Rwanda, Central America, Mexico, New Zealand, Australia, Darfur-Sudan, Norway, Sweden and Denmark.



## Dr. C. Sue Carter

C. Sue Carter, Ph.D. is Professor of Psychiatry and Co-Director of the Brain Body Center at the University of Illinois, Chicago. Her research program focuses on the neurobiology of social behaviour, including the role of oxytocin in facilitating social bonding and social support. Dr. Carter also has examined endocrine changes associated with human behaviour, including studies that demonstrate the physiological benefits of lactation to the mother. She has published more than 225 papers and has edited or co-edited five volumes including the *Integrative Neurobiology of Affiliation* (MIT Press, 1999) and *Attachment and Bonding: A New Synthesis* (MIT Press, 2005). She is past president of the International Behavioural Neuroscience Society.

## The Polyvagal Theory: How Social Engagement Promotes Restorative Process

The Polyvagal Theory provides a new perspective of the relation between the nervous system and behaviour that expands our understanding of normal and atypical behaviour, mental health (e.g., coping with stress and depression) and psychiatric disorders (e.g., autism, PTSD). This new perspective directs clinicians to apply new innovative biologically-based behavioural strategies such as Gray's "Restorative Movement Psychotherapy" practice with survivors of trauma and patients with other psychiatric disorders. In addition to the presentations by Dr. Porges and Amber Gray, Dr. Carter, will present a special guest lecture on the neurobiology of social bonding and love. Dr. Carter's research focuses on neuroendocrine systems and how these systems explain the positive impact on physical and mental health of social support, social bonds and "love." Dr. Carter will discuss how oxytocin and vasopressin act as "neuromodulators" within the theoretical context of the Polyvagal Theory.

**3 Day Workshop with Amber Gray**  
21, 22 & 23 August

# **The Body as Voice Part II:** Kinesthetic & Non-verbal Approaches to Working With Severe Trauma

This three day workshop will build on the previous Body as Voice workshop offered at STARTTS in February, 2007. The workshop is opened to all interested in attending regardless of previous training or experience with the Dance Movement Therapy. It will include review for those who attended, as well as for those who did not. This workshop will focus on the Center Post Framework (CPF) and the Restorative Movement Psychotherapy.

CPF for Mind-Body Psychotherapy integrates Somatic Psychology, Dance Movement Therapy, Developmental Psychology, Body-Mind Centering, the Polyvagal Theory and creative arts modalities into the healing process with survivors of extreme trauma. CPF is built on years of clinical and program experience with survivors of torture and war from many areas and cultures. It is a components-based, phasic and developmental framework that specifically addresses and honors the complexities of working across diverse cultures, and the impact that long-term trauma has on survivors' life.

Restorative Movement Psychotherapy, CPF's clinical counterpart, is a somatic, movement-based clinical approach that is grounded in trauma theory and research, and clinical somatic psychology. Working with the principles of mindfulness, somatic awareness, the developmental sequence, corporal memory, primary and secondary portals to the body, the therapeutic relationship and social engagement, this workshop will teach movement-based interventions that address the implicit nature of the trauma response and promote creative approaches for navigating the explicit realm. Current psychotherapeutic techniques are strongly influenced by an increasing awareness that affect intolerance and dysregulation, rooted in our biology and bodies, contribute to ongoing distress in traumatized clients. RMP is a powerful method to assist clients to manage affect intensity and to regulate emotions – in essence, to "get their bodies back". Resourcing, taught in part 1, will be incorporated into this advanced course as we learn to assist clients to not only dampen negative affect but to restore connection to positive affect and pleasure through somatic awareness, movement, gesture and rhythm—the biological, physiological and body-based underpinnings of all human experience.

**Venue: STARTTS Large Group Room,**

158 -162 The Horsely Drive, CARRAMAR NSW 2163

**18 August 2008**  
6.00pm-8.30pm at STARTTS

## **Clinical Master Class Evening**

**Free Evening Event with Dr. Porges and Amber E. Gray**

**The Polyvagal Theory:** A new perspective of the relation between the nervous system and behaviour  
**To Register contact STARTTS Reception on 02 9794 1900**

STARTTS' free Clinical Master Evening Classes aim to help clinicians deepen their understanding of refugee trauma. They also provide an opportunity for people working in the sector to come together and exchange ideas and options. The Clinical Master Class Program commenced in early 2005. The aim of the program is to provide an opportunity for interested clinicians working with refugees to contribute to and deepen their understanding on issues of refugee trauma.

The Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) is a state-wide service established in late 1988 committed to extending access to specialised torture and trauma rehabilitation services.

As a part of STARTTS commitment to promoting excellence in clinical practice in working with refugees we are inviting experts from within Australia and internationally to focus on topics relevant to the treatment and rehabilitation of refugee torture and trauma survivors.

The focus of our next Clinical Master Class is on Dr. Porges's Polyvagal Theory. This theory helps explain what determines how two human beings act toward one another. It asks - are our social choices the product of socialization processes, or are our interactions the expression of a neurobiological process programmed into the very genes of our species? Dr. Porges will use the Polyvagal Theory to explain how trauma can disrupt homeostatic physiological processes and social behaviour, and how clinical treatments might be designed to remediate these problems. Experiential activity will be included as part of the presentation.

**Attendance at the Master Class Evening is strongly encouraged for all those attending the two-day workshop.**

# REGISTRATIONS

EARLY BIRD REGISTRATIONS MUST BE RECEIVED BY: 5pm Friday 11/07/08

(Please note that these dates are final and not negotiable)

You can register by calling STARTTS (NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) Reception on: 02 9794 1900 or Email: Marla.Camacho@sswahs.nsw.gov.au or by Fax (the Registration Form) on 02 9794 1910. Prices include GST. Morning, afternoon teas and lunch is provided.

Please register me for the 2 day "Love or Trauma" workshop (please tick) **APS Points Appending**

## EARLY REGISTRATIONS

\$350

**STUDENTS** (Student ID Copy required)

\$250

## REGULAR REGISTRATION

\$380

**STUDENTS** (Student ID Copy required)

\$280

**Venue:** Sydney Masonic Centre (SMC), Northcott Room, Level 5, 66 Goulburn St, Sydney NSW 2000

Please register me for the 3 day Amber Gray workshop (please tick) **APS Points Appending**

## EARLY REGISTRATIONS

\$350

**STUDENTS** (Student ID Copy required)

\$250

## REGULAR REGISTRATION

\$380

**STUDENTS** (Student ID Copy required)

\$280

**Venue:** STARTTS Large Group Room, 158 -162 The Horsely Drive, CARRAMAR NSW 2163

## PAYMENT DETAILS

Please make cheque or money order out to 'Friends of STARTTS' and forward together with the registration form to: STARTTS, PO Box 203, Fairfield NSW 2165.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode \_\_\_\_\_

Phone: \_\_\_\_\_  Cheque/Money Order  AMEX  Bankcard  MasterCard  Visa

Card Holder Name: \_\_\_\_\_ Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Signature: \_\_\_\_\_

## TERMS AND CONDITIONS

### CONFIRMATION OF REGISTRATION

Registrations are not confirmed until payment is received.

### CANCELLATION POLICY

Refunds are not possible after the cancellation date (5 August 2008) regardless of personal circumstances.

**Cancellation policy is final and not negotiable.**



### 2 Day Workshop Venue Parking:

You can park directly across the road from SMC at the Wilson's Car Park, Goulburn Street Parking Station (Cnr Goulburn & Elizabeth Streets)

Entry via Goulburn Street, Sydney

Phone 1800 PARKING (1800 727 5464)

### Parking at SMC:

Concierge desk has vouchers that allow all day parking for \$20

For more information Phone: (02) 9284 2835

### Distances from Transport & Attractions

Central Station 500m 9mins Walk

Darling Harbour 800m 8mins Monorail/Walk

Chinatown 300m 5mins Monorail/Walk

Museum Station 50m 2mins Bus/Car