



# Polyvagal Theory Applied to Neurodivergent Clients

A Two-Hour Training for Mental Health Professionals

## I. Overview

### *Prerequisite*

Neurodiversity 101

### *Learning Objectives*

1. Five state model of polyvagal theory
2. Chronic dysregulation patterns
3. Key nervous system differences for neurodivergent people
4. How our modern-day life is disabling neurodivergent people
5. Big picture of what nervous system healing looks like

### *Logistics*

Training takes place either in-person or over Zoom. Phoenix Rising is available for trainings in the Durango area and Ari Levine is available for trainings in the Denver area.

CEUs are available immediately after the training has completed. A link will be sent in the chat box so that participants can complete an autofill document.

### *Materials*

You'll receive the PowerPoint slides and psychoeducation handout to use for yourself and your clients within one week following the training. You'll also receive a list of recommended readings on the

reference page at the end of the slideshow.

## II. Details

### *Polyvagal Theory Applied to Neurodivergent Clients*

You'll learn the five-state model of polyvagal theory, including the activation and downregulation process, gas/brake pedal analogy, application to all mammals, an evolutionary perspective, how PTSD and CPSTD are stored in our body, and big picture of what nervous system healing looks like. You'll gain an understanding of the key nervous system differences for neurodivergent people, including increased risk for nervous system activation, executive dysfunction, interoception, alexithymia, and other mental health challenges. We will also cover chronic dysregulation patterns of neurodivergent clients, including Autistic meltdowns, overdrive/collapse, burnout, PTSD, CPSTD, Generalized Anxiety Disorder and depressive disorders. You'll learn how our modern-day life is disabling neurodivergent people and how you can support your clients with actionable solutions.

## III. Pricing

### **Two-Hour Training**

- Trainings are priced per participant
- Pricing varies depending on number of staff being trained, sliding scale tier, and in-person vs virtual
- Please refer to pricing sheet available at <https://www.napti.org/trainings-for-organizations>

## IV. Requirements and CE Credits

### *Training Requirements*

You must be a mental health master's program student or professional to take this training. You must have already completed our Neurodiversity 101 course.

### *CE Credits*

You'll receive 2 hours of CE credits upon completion of this training if you are in the state of Colorado. Out-of-state credit is not guaranteed. You must attend entire session. (Approval by the NASW of Colorado for CE credits are currently pending.)

## V. Registration

To register your staff for a training, please email Ari Levine at [admin@napti.org](mailto:admin@napti.org)