



Polyvagal Theory Applied to Neurodivergent Clients

A Two-Hour Training for Mental Health Professionals

I. Overview

Prerequisite

Neurodiversity 101 recommended

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 will take place over Zoom on Thursday, October 10th, 10:30am-12:30pm MT or Thursday, March 13th, 10am-12pm MT. CEUs are available immediately after the training has completed. A link will be sent in the chat box.

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

- Regular Pricing - \$149
- Student, Non-Profit and Group Pricing* - \$111.75
- Half and Full Scholarships are Available - Email Ari for Application**

**Group Pricing - Ten or more clinicians working within the same organization. **Email Ari for student/nonprofit/group discount code or for the scholarship application at admin@napti.org*

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

Our trainings are endorsed by the NASW Colorado chapter for two CEUs. Please check with your state licensing board as we cannot guarantee credits depending on your license and state. You must attend entire session.

V. Registration

To register, please go to <https://www.napti.org/booking>