

Temenos



Training Counsellors &
Psychotherapists since 1993

FOUNDATION CERTIFICATE
IN THE APPLICATION OF THE
POLYVAGAL THEORY IN COUNSELLING & PSYCHOTHERAPY

Suzie Bright

has successfully achieved the certification

8 June 2024

Maggi McAllister-MacGregor, Tutor



Fabienne Chazeaux, Director

Certificate: 105685529

τέμενος = A piece of land marked off from common uses; a sacred enclosure
Temenos trades as a social enterprise, and is a Company Limited by Guarantee registered in England. No 5905896

CERTIFICATE Supplement for the Conversion of Your CPD into a
Temenos Foundation Certificate in *the Application of the Polyvagal*
Theory in Counselling & Psychotherapy



The following criteria must be met by the participant for the award of this certificate:

- Attendance and participation in 16 hours of training over a minimum of 8 weeks in PVT
- Successful completion of CPD requirements for each of the 8 CPD certificates in the series

Fabienne Chazeaux

John Wilson

Fabienne Chazeaux & John Wilson
Directors of Temenos Education Ltd

Content of a 10-part Workshop Series
on the Application of the Polyvagal Theory in Counselling & Psychotherapy with
Maggi McAllister-MacGregor.

Workshop Title	Content	Length
(1) Introduction to the Nervous System – Maggi McAllister-MacGregor	<p>Overview of the Nervous System – Structure and Function</p> <ul style="list-style-type: none"> > Information flow > Evolutionary development of the brain > Sensory awareness exercise > Overview of stress <p>Introduction to How Our Brain Works</p> <ul style="list-style-type: none"> > Making sense of clients' experiences seeking to understand what is going on in their heads > How our brains work > A way to reduce self-blame and self-criticism. 	2,5 h
(2) Polyvagal Theory - Maggi McAllister-MacGregor	<p>The Polyvagal Theory and the Autonomic Nervous System</p> <ul style="list-style-type: none"> > Three main principles of the Polyvagal Theory > Phylogenetic development of the Autonomic Nervous System (ANS) > ANS responses > How our physiological state influences these responses > The Autonomic Tree and plotting your Autonomic life map > Applications for therapy > The Social Engagement System > Psychoeducation (How to help clients make sense of what is happening to them. Although this resource can be resisted in some therapeutic approaches that value the practitioner not taking an 'expert stance' in relation to the client.) > Threat and safety responses to acute and chronic stress, using the body as an ally, and practical ways to work with anxiety, panic and stress that are backed up by sound, up-to-date, scientific research. > Opportunities to try out some of these practical tools, as well as informational input and time for discussion. <p>This workshop aims to explain ways to make sense of the nervous system's responses to threat and safety and to explain them in ways that are easy to understand for both the therapist and their clients.</p>	2,5 h

Workshop Title	Content	Length
(3) Relationships and Regulation – Maggi McAllister-MacGregor	Neuroception Safety and Threat Regulation – The Window of Tolerance Understanding what is going on in our heads – how our brains work – can help us to become better practitioners and help our clients make sense of their experiences in ways that reduce self-blame and self-criticism.	2,5 h
(4) Integrating the Body – Maggi McAllister-MacGregor	Strengthening the Social Engagement System Empathy, Compassion and Burn-out This workshop aims to explain ways to make sense of the responses of the nervous system to threat and safety and to explain them in ways that are easy to understand for both the therapist and their clients.	2,5 h
(5) Co-regulate or Die! – Neuroscience of Regulation – Relationships Through the Lens of the Polyvagal Theory Workshop with Maggi McAllister-MacGregor	Why is co-regulation so important for social species? <ul style="list-style-type: none"> > Cues that our nervous system detects in evaluating the safety or danger of others. > How does our ANS respond to that evaluation? Role of Co-regulation <ul style="list-style-type: none"> > How the nervous system learns to regulate itself. > The importance of the nervous system in developing the capacity for impulse control and regulating our emotions as adults. 	2,5 h
(6) The Neuroscience of Being in a Couple - Neuroscience for Effective Clinical Practice Workshop Series with Maggi McAllister-MacGregor	What happens in our nervous system when we are in a primary relationship with a partner? How triggers that may arise can impact a couple's emotional and sexual contact. How couples can work with ruptures in a nervous-system friendly way.	2,5 h
(7) Neuroscience and Parenting – Maggi McAllister-MacGregor	Importance of Co-regulation <ul style="list-style-type: none"> > In the parent-child relationship, > In developing the capacity for self-regulation, > And in how our responses to a child can be experienced by the child's nervous system as punishing, even when this is not the intent. Impact of developmental trauma, particularly neglect, on the developing brain and nervous system.	2,5 h

Workshop Title	Content	Length
(8) Neuroscience and Thriving – Maggi McAllister-MacGregor	How having an integrated and regulated nervous system allows us to live life to the fullest – to thrive rather than just survive. Connection between dysregulation within the nervous system and the impact on health and wellbeing.	2,5 h