



## **POLYVAGAL THEORY IN PRACTICE: INTEGRATING CLINICAL, MEDICAL, AND WELLBEING APPROACHES**

Discover why GXC is unmissable!

Our GXC BLASTS showcase the top-tier experts and compelling topics featured at the event. Leading academics and practitioners offer unmatched professional development, resources, and experiences for health and wellness professionals.

As a not-for-profit organization, GXC unites diverse professionals to enhance patient care and wellbeing. Secure your spot now to advance your career and improve patient outcomes!

This BLAST highlights our partnership with The Polyvagal Institute and Professor Stephen Porges, who, for the first time at GXC, brings together these leading practitioners in vagal-informed therapy for an unmissable pre-conference workshop.

[Secure Your Spot today](#)

**Polyvagal Theory in Practice: Integrating Clinical, Medical, and Wellbeing Approaches**  
Sunday, October 6th 2024 | 1:00 - 4:30pm



**Professor Stephen Porges, Ph.D.**

Professor Stephen Porges is the founder of the Polyvagal Institute and a leading expert in neuroscience and trauma therapy. His groundbreaking Polyvagal Theory has revolutionized our understanding of the nervous system and its role in mental and physical health. Dr. Porges' work emphasizes the importance of physiological safety in therapeutic settings.



**Jan Winhall, MSW, P.I.F.O.T**

Jan Winhall is a seasoned therapist and author specializing in trauma and addiction. Her Felt Sense Polyvagal Model™ integrates Polyvagal Theory and somatic practices to enhance therapeutic outcomes. Jan's innovative approach helps clients navigate trauma and addiction through embodied processes, fostering resilience and recovery.



**Michael Allison, MA, LPC, NCC**

Michael Allison is a licensed professional counselor with extensive experience in treating chronic pain and addiction. His expertise lies in integrating Polyvagal Theory into therapeutic practices, helping clients understand and manage the interconnectedness of physical and emotional pain for better health outcomes.



**Mel Pohl, MD, DFASAM**

Dr. Mel Pohl is a distinguished physician specializing in chronic pain and addiction treatment. As a leading advocate for non-opioid pain management strategies, Dr. Pohl's work aligns with Polyvagal Theory principles to provide comprehensive care that addresses both physical and psychological aspects of chronic pain.

**Overview:**

Polyvagal Theory, introduced by Professor Stephen Porges, has transformed our understanding of the autonomic nervous system and its critical role in mental and

physical health. This groundbreaking theory emphasizes the importance of the vagus nerve in regulating emotional and physiological states, providing new insights into trauma, addiction, and chronic pain management.

Globally, healthcare practitioners are integrating Polyvagal Theory into clinical practice to promote a holistic approach to patient care. This conference theme delves into these advancements and their practical applications, highlighting why attending this event is crucial for healthcare professionals committed to improving patient outcomes and fostering resilience in their practice.

### **The Interconnected Challenges with Chronic Pain:**

Chronic pain involves complex emotional and physical symptoms often treated with opioid medications, complicating the course of pain management. This session reviews the interaction of pain, suffering, and addiction, and provides insights into non-opioid treatments aligned with Polyvagal Theory, aiming to improve outcomes for individuals with co-occurring conditions.

### **Trauma and Addiction Treatment with the Felt Sense Polyvagal Model:**

Discover the Felt Sense Polyvagal Model™ (FSPM), which emphasizes a strength-based approach to treating trauma and addiction. Led by Jan Winhall, this session explores somatic assessments and therapeutic methods that integrate Polyvagal Theory and Gendlin's Felt Sense, promoting adaptive responses and enhancing client outcomes through embodied psychotherapy.

### **From Pressure to Performance:**

Optimizing Our Human Experience: Examine how modern life pressures impact our physiological state and performance. This session, grounded in Polyvagal Theory, offers strategies for fostering an environment of physiological safety to support creativity, resilience, and problem-solving skills. Learn to align with the body's reflexive responses to optimize personal and professional potential.

[Review the agenda](#)

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## **CE Credits**



This year, GXC 2024 is partnering with TPN.Health to provide free continuing education, advanced career-building opportunities, and a digital profile to gain visibility within the larger clinical community.

TPN.health strives to promote a safe space to connect the behavioral health ecosystem. Their mission is to improve behavioral health outcomes – and everything they do supports this goal.

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