

## Julie Claire Gutterman



Before her untimely death, Julie Claire Gutterman was an integral part of **JFS of RI** for six years as Director of Professional Services, as a mentor and leader to her staff and as a friend to colleagues and the community. Julie cared

passionately about professionalism and the continuous process of learning that is necessary to stay current in the field of social work.

The Board, staff and friends of Jewish Collaborative Services feel that there is no more fitting tribute to Julie's memory than an annual lecture for mental health professionals to bring leaders in their field together for a day of learning.

## Deborah Dana



Deb Dana, LCSW is a clinician and consultant specializing in working with complex trauma and is Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute. She developed the

Rhythm of Regulation Clinical Training Series and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. Deb is the author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* and co-edited, with Stephen Porges, *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*.

[www.debdanalcsw.com](http://www.debdanalcsw.com)

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Julie Claire Gutterman Memorial Lecture  
Jewish Collaborative Services  
1165 North Main Street  
Providence, RI 02904

# JULIE CLAIRE GUTTERMAN

## 2019



Jewish Collaborative  
Services  
of Rhode Island

Presents

## 20<sup>th</sup> Annual

*Julie Claire Gutterman  
Memorial Lecture*

Featuring

**Deborah A. Dana, LCSW**

“Navigating the  
Nervous System:  
A Polyvagal Theory Guided  
Approach to Therapy”

**Wednesday - April 10, 2019**

**8:30AM - 4:30PM**

**Ledgemont Country Club  
Seekonk, MA**

## NAVIGATING THE NERVOUS SYSTEM:

### **A POLYVAGAL THEORY GUIDED APPROACH TO THERAPY**

The autonomic nervous system is at the heart of daily living, powerfully shaping experiences of safety and influencing the capacity for connection. Polyvagal Theory outlines the ways our bodies respond to both the ordinary and extraordinary challenges of life. With an updated map of the autonomic circuits that underlie behaviors and beliefs, we have a new understanding of what triggers post-traumatic patterns of mobilization or collapse and can reliably lead our clients out of adaptive survival responses into the autonomically regulated state of safety that is necessary for successful treatment.

In this workshop, Deb Dana shares her Polyvagal Theory guided approach to therapy with strategies to help clients identify and interrupt their familiar patterns of protection and skills to find, and savor, experiences of safety. Explore the language of the autonomic nervous system and learn to help your clients safely tune into their autonomic stories, reshape their nervous systems, and rewrite the trauma stories that are carried in their autonomic pathways.

## SCHEDULE

<b>8:30 - 9:00</b>	Registration and Continental Breakfast
<b>9:00 - 10:30</b>	The Organizing Principles of Polyvagal Theory
<b>10:30 - 10:45</b>	Morning Break
<b>10:45 - 12:00</b>	Mapping Autonomic Pathways
<b>12:00 - 1:00</b>	Lunch
<b>1:00 - 2:30</b>	Regulating through the Pathways of The Social Engagement System
<b>2:30 - 2:45</b>	Afternoon Break
<b>2:45 - 3:30</b>	Resources to Anchor in Autonomic Regulation
<b>3:30 - 4:30</b>	The Responsibilities of a Polyvagal Theory Guided Therapist

## REGISTRATION INFORMATION

The fee for the day is \$125 including continental breakfast, a dairy/vegetarian lunch, afternoon snacks and CEUs. Early registration discount of \$15 for registrations postmarked by March 15.

**Please fill out and return the attached form.**

### ONLINE REGISTRATION AVAILABLE AT:

[www.jcsri.org](http://www.jcsri.org)

REFUND of the registration fee, minus \$20 administrative charge, or a full credit for the lecture next year will be made, provided the cancellation is received in writing fourteen (14) days prior to the lecture. **NO REFUNDS/CREDITS** will be issued after this time.

We have limited ability to control the temperature of the lecture hall; please plan for temperature fluctuation and dress accordingly.

#### Continuing Education Credits

Application has been submitted for **6 CEUs (including 1 in Ethics)** for Social Workers, Psychologists, Marriage & Family Therapists, and licensed mental health counselors.



**For more information, call  
Jewish Collaborative Services at  
401.331.1244**

**Ledgemont Country Club  
131 Brown Avenue  
Seekonk, Massachusetts 02771  
www.ledgemontcc.com  
(508)-761-6600**

NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PROFESSION: \_\_\_\_\_

If you need any special accommodations (accessibility, etc.), please indicate:  
\_\_\_\_\_

\* Early registration postmarked by 3/15: \_\_\_\_ \$110

\* Registration after 3/15: \_\_\_\_ \$125

#### PLEASE MAKE CHECKS PAYABLE TO:

**Jewish Collaborative Services**  
1165 North Main Street  
Providence, RI 02904

#### TO PAY BY CREDIT CARD:

Card Type: \_\_\_\_ Visa \_\_\_\_ MC \_\_\_\_ Am. Ex.

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Address: *(if different from above)* \_\_\_\_\_

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*For those who would like to remember Julie Gutterman, a donation may be made to the Julie Claire Gutterman Memorial Lecture c/o Jewish Collaborative Services.*