



Polyvagal Theory and Body Up! Co-Regulation

with Beth Dennison,
MA in MFT, LMT, SEP

WeCoRegulate.com

The Center for Body Up! Co-Regulation



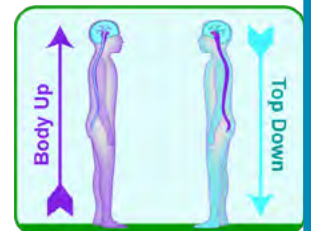
An Afternoon Workshop of Collaborative Regulation

A well regulated nervous system can adapt to the task at hand, be it rest, action, communication, or relating. A body that can regulate can relax, act, play, feel, create and connect.

Time: March 15, 2-5 PM

Price: \$35

Location: Sun Studio #245, Arts & Industry Building
221 Pine St., Florence, MA



“Polyvagal Theory identifies co-regulation as a biological imperative: a need that must be met to sustain life. It is through reciprocal regulation of our autonomic states that we feel safe to move into connection and create trusting relationships.” *Deb Dana*

- Try out collaborative, embodied practices for connecting.
- Find boundaries that allow you to get closer and still feel safe.
- Explore shifting your nervous system out of threat responses.
- Explore strategies to shift states on purpose when you want to.
- Learn two simple strategies for dissolving shame.

To Register: Call Beth at 413-313-6192 or email: beth.dennison@gmail.com

For more about sharing Body Up! Co-Regulation, take Beth's 8 week class:
Polyvagal Co-Regulation Series for Practitioners Monday evenings 7-9, starting April 6.

“It's great that Beth's methods are not an 'all-or-nothing' type of participation. I appreciated the safe and non-judgmental environment.”

~ L.M.



Beth Dennison, MA in MFT, MEd, LMT, SEP

Beth brings 50 years of teaching, psychotherapy, bodywork and study of neuroscience, including Polyvagal theory, to designing learning experiences that rewire our brains for connection and co-regulation. She models the embodiment she teaches. Her groundbreaking book on Body Up! Co-Regulation provides a much needed remedy to the disconnection and dysregulation that pervade modern culture.