



# Polyvagal-Informed Trauma Recovery

Series: Trauma Treatment

**January 27, 2026, 9 AM - 12 PM, EST**

Trainer: Beth Robins-Roth, APRN, SEP

- On-site
- 3 CECs
- \$75

Scan the code or register at  
**womensconsortium.org**



CECs are approved by NASW CT with reciprocity from CCB-CT. CECs are valid in CT, MA, RI, and VT.

Grounded in Stephen Porges' Polyvagal Theory, this training explores how understanding the body's nervous system can transform approaches to trauma recovery. Participants will examine how physiological states of safety, danger, and threat shape emotional and behavioral patterns, and how trauma impacts the Autonomic Nervous System. Through an experiential activity adapted from Deb Dana's work, participants will map their own nervous system responses to build self-awareness and gain tools to support regulation, connection, and healing in trauma-informed practice.

 The Connecticut  
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