

Polyvagal Theory

3-Day Workshop Series

February 7 - 9

presented by
Dr. Theresa Hanaoka

Ganjuu Wellbeing Service is excited to be hosting Dr. Theresa Hanaoka for a 3-day workshop on the applications of Polyvagal Theory.

Explore the Polyvagal Theory (PVT), developed by Dr. Stephen W. Porges, which underscores the vital role of the autonomic nervous system in health, wellbeing and behavior.

Workshops

Polyvagal Informed Leadership

Room B250

Learn how Polyvagal principles can help manage stress in organizations and foster a resilient, inclusive workplace culture.

(Feb 7, 9:00-12:00 in English, 13:30-16:30 in Japanese)

Polyvagal and Neurodiversity

Room C209

Explore the connection between the nervous system, social engagement, and neurodivergence.

(Feb 8, 9:00-12:00, English with Japanese translation)

Understanding and Managing Stress, Anxiety, and Depression

Room C209

Develop insights into your mental and physical responses to stress and learn effective strategies for building resilience and emotional wellbeing.

(Feb 8, 13:30-16:30, English with Japanese translation)

Polyvagal and Psychosomatic Conditions

Room C209

Understand how the nervous system expresses stress through physical symptoms such as migraines, chronic pain and irritable bowel syndrome (IBS).

(Feb 9, 9:00-10:30, English with Japanese translation)

Note: Dr. Hanaoka will primarily focus on the applications of PVT, providing only a brief overview of the theory itself. Prior knowledge of Polyvagal Theory is helpful but not required; however, we recommend viewing our pre-recorded workshops and bilingual resources on the Ganjuu website/library, or exploring introductory Polyvagal Theory videos on YouTube for background knowledge.

About the speaker - Dr. Chigusa Hanaoka (Academic)

Author of "Is your difficulty in living, developmental trauma? -Hints for Liberation based on Polyvagal Theory" (Shunju-sha), "Why I Froze: Sexual Violence and Healing as Read in Polyvagal Theory" (Shunju-sha). Translations of "The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe" (Norton Series on Interpersonal Neurobiology; Shunju-sha), by Stephen Porges, "The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation" (Shunju-sha) by Deb Dana, "Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism" (Shunju-sha) by Stanley Rosenberg, and "Cultivating Resilience: Treatment of Developmental Trauma with Polyvagal Theory" (Iwasaki Academic Publishing) by Kane & Terreir

