



# Nervous System Regulation Therapy for ADHD and Autistic Clients

A Two-Hour Training for Mental Health Professionals

## I. Overview

### *Learning Objectives*

1. Gain in-depth information on polyvagal theory's five states of fight/flight/freeze responses and how it's responsible for emotional dysregulation and executive dysfunction ADHD and Autistic people struggle with
2. Learn how our modern-day society disables ADHD and Autistic people
3. Get an understanding of executive functioning skills from a non-ableist perspective that honors neurodivergent executive functioning differences, instead of labeling them as deficits
4. Learn common nervous system patterns that ADHD/Autistic people get stuck in, including GAD, PTSD and MDD
5. Learn how to create a Self-Healing environment through accommodations, lifestyle changes and how to build skills to regulate the nervous system
6. Gain habit change tools to support your client's effort towards nervous system regulation

### *Logistics*

Training will take place over Zoom on May 9th, 10:30am - 12:30pm MT. ***This training will not be recorded, so please plan to be there live.***

### *Materials*

You'll receive digital handouts/charts to use with your clients, a list of recommended resources, and the PowerPoint presentation for your own use. Please do not distribute the PowerPoint to anyone.

## II. Details

### *Nervous System Regulation Therapy for ADHD and Autistic Clients*

During this two-hour training, you'll gain information needed to offer nervous system regulation therapy interventions to ADHD and/or Autistics clients. This therapy works best with teens and adults, but can be mindfully applied to children as well.

You'll learn polyvagal theory's five states of fight/flight/freeze responses, including how this system evolved, it's primary functions, and it's impact on executive functioning and emotional regulation. We will discuss how our modern-day society often disables sensory neurodivergent groups, including disadvantages of modern parenting methods, living indoors, use of technology, education system and work demands.

We will also cover common nervous system patterns that ADHD and Autistic people often get stuck in, including Generalized Anxiety Disorder, PTSD, depressive disorders, overdrive/collapse, meltdown/shutdown, and complex PTSD. You'll learn with nervous system regulation interventions to move your client out of these dysregulation patterns overtime.

You'll also learn valuable neurodivergent-affirming interventions to address lifestyle issues that increase dysregulation and dysfunction, such as setting realistic expectations, accommodations, and lifestyle changes. You'll also learn how to create/integrate individualized nervous system regulation plans for clients. We will also cover habit change tools to support your client's effort towards nervous system regulation, based in the Stages of Change from Motivational Interviewing.

### III. Pricing

#### Two-Hour Training

- Regular Pricing - \$125
- Student, Non-Profit and Group Pricing\* - \$93.75
- Half and Full Scholarships are Available - Email Phoenix for Application

*\*Group Pricing - Five or more clinicians working within the same organization. Email Phoenix for student/nonprofit/group code at [phoenix@theartofselfhealing.org](mailto:phoenix@theartofselfhealing.org)*

### IV. Requirements and CE Credits

#### *Training Requirements*

You must be a mental health master's program student or professional to take this training.

#### *CE Credits*

NASW Colorado chapter has endorsed two CEUs for this training. You must attend the entire session to receive the certificate.

### V. Registration

To register, please go to <https://www.theartofselfhealing.org/book-online>