

# Nervous System Regulation Education Course



Facilitated by Amanda Hanna & Anna McVeigh

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## Online & Live via Zoom

This 10-week course offers simple yet powerful tools to help you feel more balanced, manage stress, and strengthen resilience.

Each session includes movement practices, breathing exercises, and mindfulness, along with easy-to-understand insights on how your nervous system works and ways to support your overall well-being.

Grounded in polyvagal theory, sessions start with a grounding practice, followed by learning and embodied practices to help everything sink in.

You'll have space to explore what works for you, develop self-care strategies, and gain useful tools for stress and trauma recovery.

For more details & to register interest, Lead Providers please fill out - <https://forms.gle/LpRRbCNrC2d6j4W36>

# Course Overview



SOMA Psych

## Weekly Session Structure

### 1. Week 1-2: Foundation and Safety

- Nervous system overview
- Creating safety and boundaries
- Introduction to basic regulation tools

### 2. Week 3-4: Understanding Your System

- Polyvagal Theory basics
- Stress response cycles
- Vagal tone practices

### 3. Week 5-6: Building Resources

- Somatic practices for regulation
- Navigating boundaries, safety, & discomfort
- Developing personal resources/practices

### 4. Week 7-8: Integrating Parts of Self

- Internal Family Systems (IFS) & parts work
- Havening technique for neural healing
- Co-regulation and community connection

### 5. Week 9-10: Integration and Sustainability

- Creating sustainable routines
- Integration of tools and techniques
- Space will be created for those who wish to share their insights and reflections of their experience in a shared circle format

## Experiential Practices Include

- Trauma-informed somatic movement
- Gentle nervous system regulation exercises
- Vagal toning practices
- Restorative yoga and meditation
- Embodied mindfulness techniques
- Somatic intuitive movement to shift emotion and energy