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Healing Trauma Through The Felt Sense Polyvagal Model™: Focusing Meets the Nervous System

(Sprache: English)

This workshop introduces the Felt Sense Polyvagal Model™ (FSPM), an embodied, depathologizing approach to trauma and addiction treatment developed over forty-five years of clinical practice. FSPM reframes symptoms not as disorders, but as adaptive survival responses shaped by the nervous system. Grounded in Focusing created by Eugene Gendlin, and Polyvagal Theory developed by Stephen Porges, the model integrates interoception (embodied awareness) and neuroception (the nervous system's detection of safety and threat).

Clinicians will be introduced to the underlying theoretical framework and the visual graphic model and then guided step-by-step in how to apply it in practice through detailed treatment strategies. Together, these elements form an anti-oppressive, somatic treatment model that can be integrated into any clinical modality.

Participants will learn practical tools to engage clients' nervous systems, including the seven states of the autonomic nervous system, the structured steps of Polyvagal-Informed Focusing, and the Four-Circle Harm Reduction Practice™ (FCHRP). The training also introduces the Embodied Assessment and Treatment Tool (EATT)™, a somatic assessment designed to track shifts in neuroception and interoception while assessing overall functioning.

By shifting the current paradigm, clinicians learn how to help clients harness the wisdom of the body, fostering greater safety and autonomic regulation. As safety increases, addictive behaviors and dissociation decrease. Through case examples and video demonstration, clinicians will learn how to apply the model in trauma and addiction treatment—bringing the body explicitly into the clinical process in ways that increase safety, reduce shame, and support lasting integration.