**Webinar Agenda**

**Grounding Techniques for Dysregulated Clients**
[https://www.naadac.org/grounding-techniques-webinar](https://www.naadac.org/grounding-techniques-webinar)

Wednesday, March 23, 2022 @ 3:00-4:30 pm ET (2CT/1MT/12PT)

**Agenda:**

- 3:00 – 3:20 Introductions and Overview
- 3:20 – 3:30 Threat Response – definitions and cycle
- 3:30 – 3:50 Different types of responses
- 3:50 – 4:10 Calming methods and responses
- 4:10 – 4:20 Ending the session and rituals
- 4:20 – 4:30 Q&A