THE POLYVAGAL THEORY

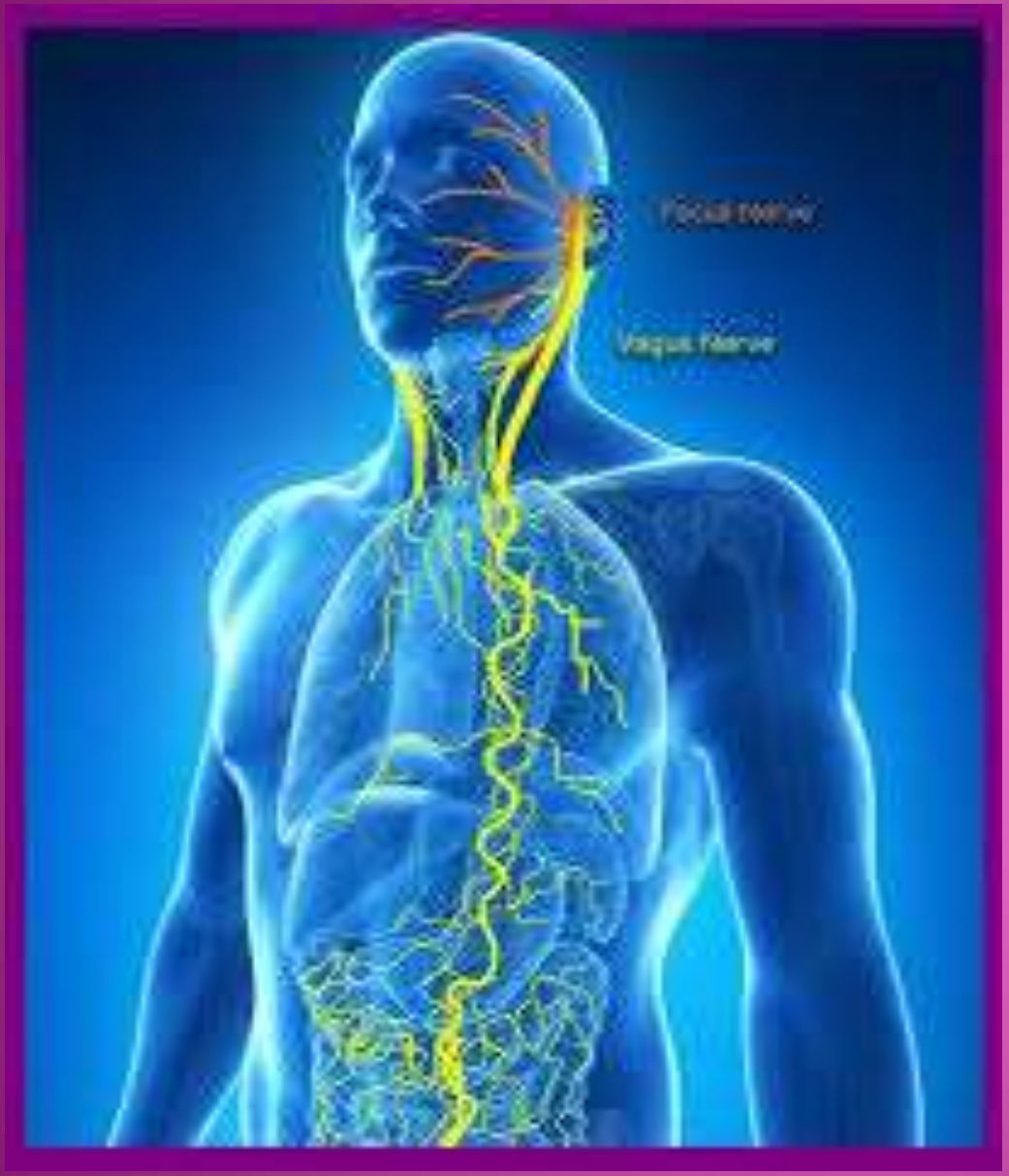
Originated by Professor Steven Porges first published in 1994

THE POLYVAGAL THEORY IN PRACTICE

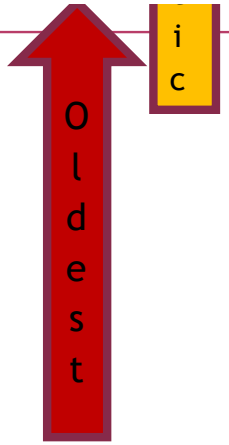
By Deb Dana

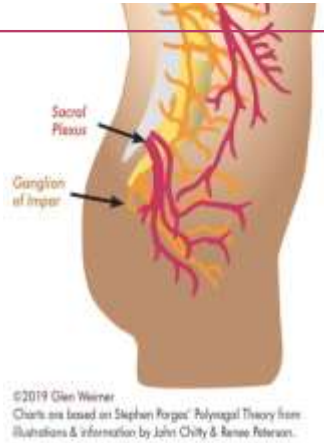
NEURO-CEPTION PRECEEDS PERCEPTION

CO-REGULATION



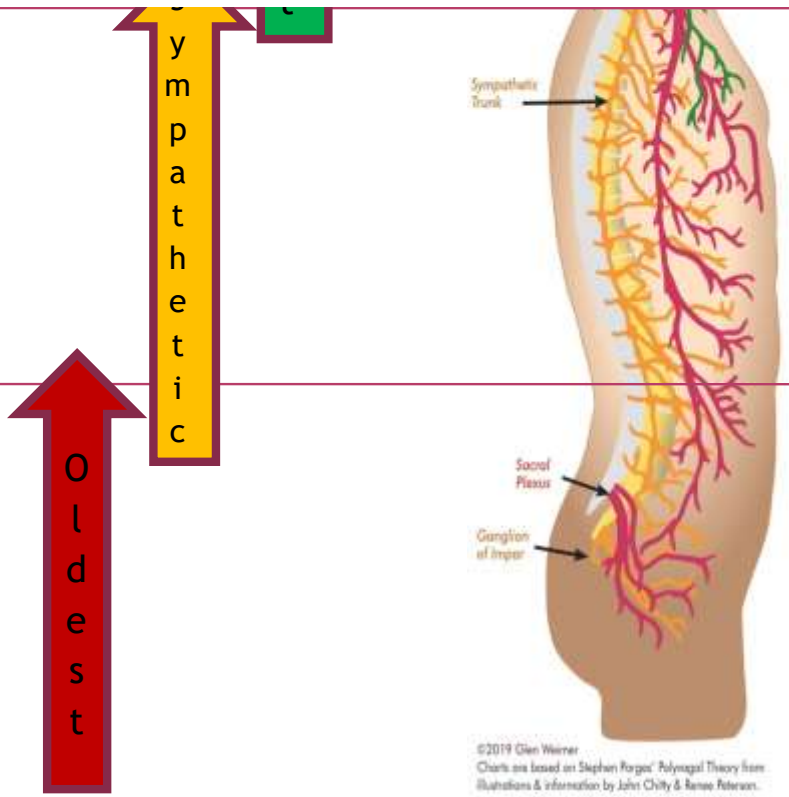
The Vagal nerve; is a cranial nerve. Originating in the brain stem at the base of the skull it goes downward through the heart, lungs and diaphragm and stomach; it then goes upward to connect with nerves in the neck, throat, eyes and ears.





Dorsal Vagus PSN

Unmylenated.
Slow and defused signals

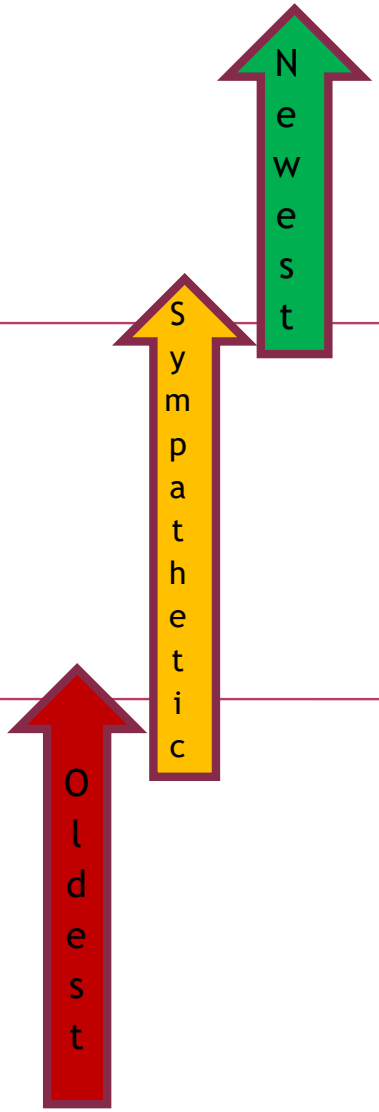


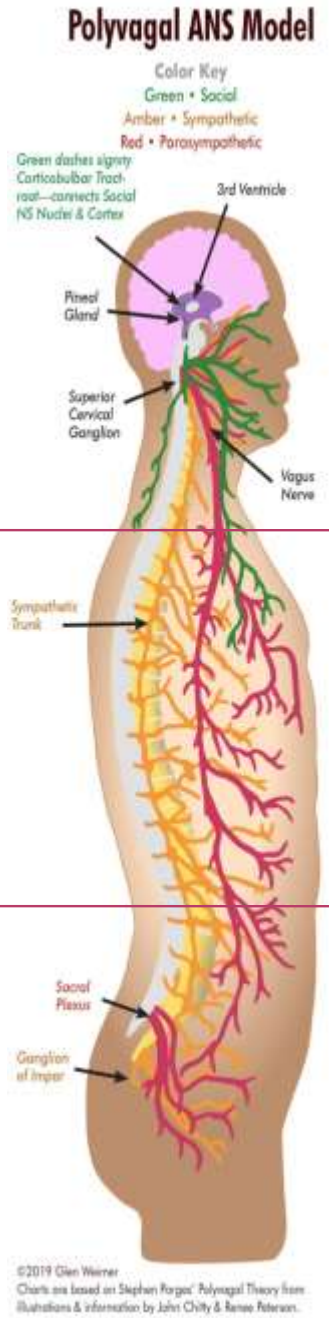
Sympathetic NS

Mylenated, takes seconds to activate. Adrenaline and cortisol released. Takes 10-20 minutes to return to pre-flight/fight state

Dorsal Vagus PSN

Unmylenated. Slow and defused signals. Adrenaline and coritsol released





Ventral Vagus PSN

Mylenated nerves, takes miliseconds to activate & to calm. Oxytocin and serotonine released.

Sympathetic

Mylenated, takes seconds to activate. Involves chemical reactions,takes 10-20 minutes to return to pre-flight/fight state

Dorsal Vagus

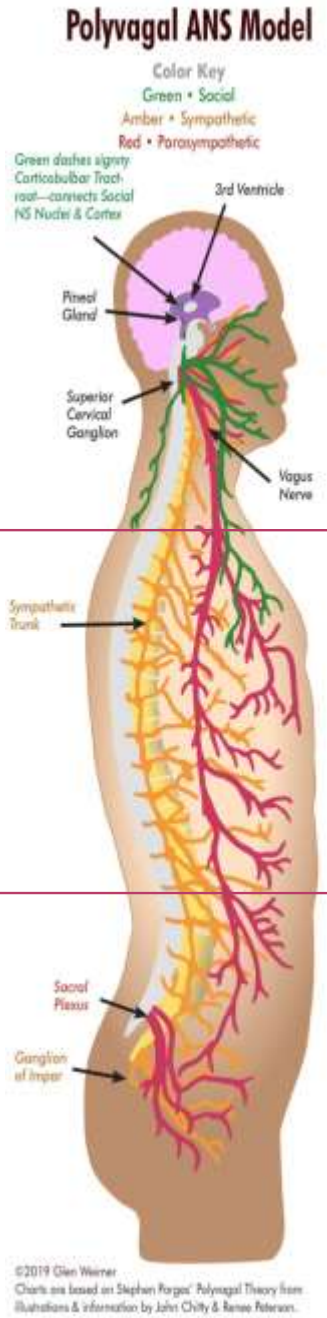
Unmylenated. Slow and defused signals

Feeling

Ventral Vagus

Safe and connected. Calm and sociable

Energised and happy. At ease and connected to the world with people in it. Outgoing, the world is safe, fun and peaceful.



Sympathetic

Fight & Flight. Action Mobilisation

State of defensive unease. Neuroception is triggered. Adrenaline, cortisol, released. Continually scanning for danger. Self protective, unfriendly & untrusting.

Dorsal Vagus

Frozen. Shut down, Collapsed. Immobilised

Trapped, can't escape, go into shut down as a last resort. Collapse. State of Conservation Avoid and hide

What does this state give us ?

Affects on P. & M. Health

Ventral Vagus

Productive at work
Social, good relationships with all. Happy & playful
Growing, developing
Flourishing.

Healthy heart
Regulated B.P.
Happy immune system
Good digestion
Healthy sleep and reproductive system

Sympathetic

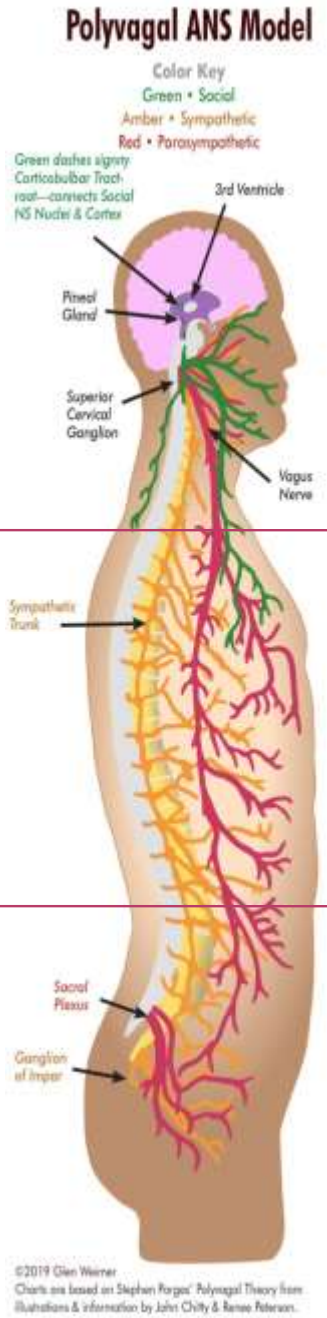
Irritable, agitated, angry
Anxiety, panic attacks
Unfocused, poor concentration & memory.
Poor relationships
Unresolved trauma

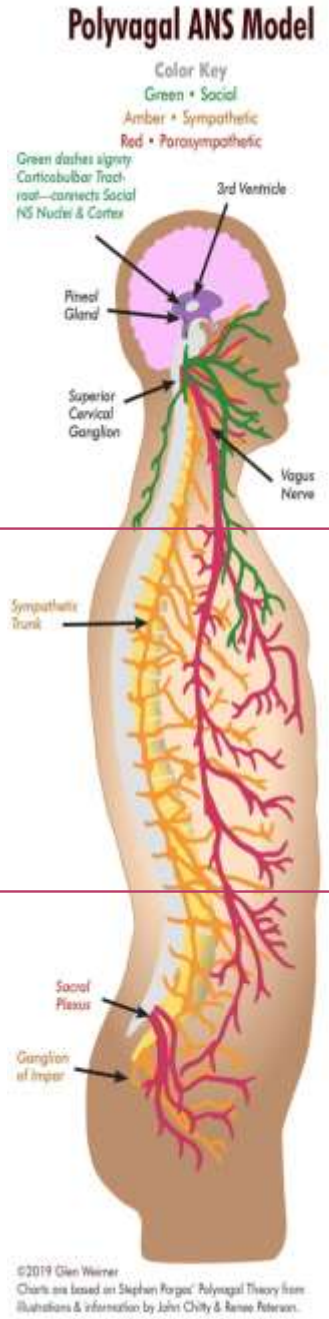
High B.P., heart disease
High cholestrol, C.V.A.
Fibromyalgia
Respiratory problems
Sleep problems, Weight gain/loss. Chronic pain, PTSD,

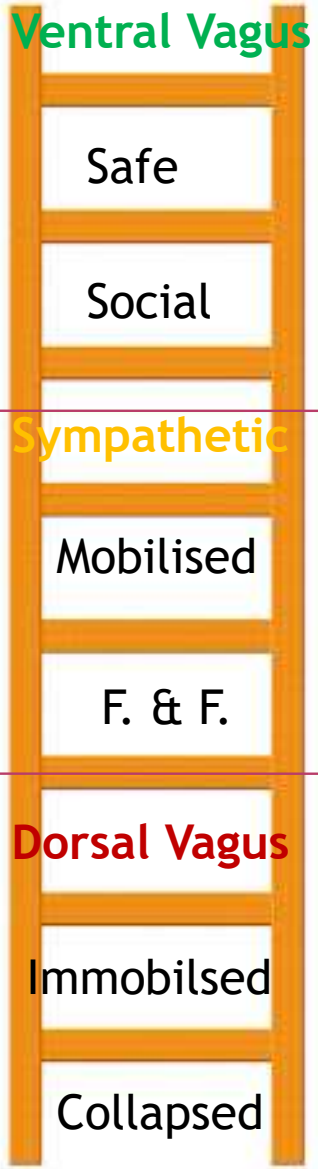
Dorsal Vagus

Hopelessness, isolation abandonment. World is empty, dead and dark.
Cognitive problems. No energy to think or act.

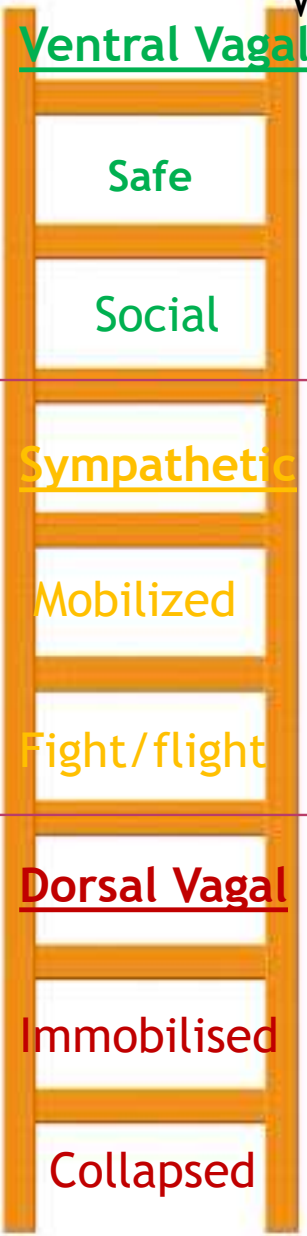
Low B.P.
I.B.S., Chrones disease
Type 2 diabetes
Chronic fatigue
Depression
Disociative disorders




Polyvagal ANS Model
Color Key
Green • Social
Amber • Sympathetic
Red • Parasympathetic
Green dashes signify Corticobulbar Tract root—connects Social NS Nuclei & Cortex
3rd Ventricle
Pineal Gland
Superior Cervical Ganglion
Vagus Nerve
Sympathetic Trunk
Sacral Plexus
Ganglion of Impar
©2019 Glen Werner
Charts are based on Stephen Porges' Polyvagal Theory from
Illustrations & information by John Chitty & Renee Peterson.


Ventral Vagus
Safe
Social
Sympathetic
Mobilised
F. & F.
Dorsal Vagus
Immobilsed
Collapsed

When you are in this part of your nervous system what are you ……



Feeling ?

Thinking ?

Doing ?

Feeling ?

Thinking ?

Doing ?

Feeling ?

Thinking ?

Doing ?

	Things I can do on **my** **own**	Things I can do with others
ntral Vagal	What helps me stay here ?	What helps me stay here ?
Safe		
Social		
	What moves me up & out of here	What moves me up & out of here
ympathetic		
Mobilized		
ight/flight		
	What moves me up & out of here	What moves me up & out of here
orsal Vagal		
mobilised		
ollapsed		

HOW TO STIMULATE THE VAGUS NERVE FOR BETTER MENTAL HEALTH

- 5 – 8 Deep and Slow Breathing. ...
- Singing, Humming, Chanting and Gargling. ...
- Massage…
- Exercise…..
- Meditation…
- Mindfulness
- Probiotics. ...
- Omega-3 Fatty Acids.

SENSORIMOTOR GROUNDING TECHNIQUES

- Deep breath in. Out breath “Vooo” sound, from belly
- Rt hand under Lt arm pit & hold tightly
- Rt hand on forehead, Lt on upper chest. Press, wait for shift between hands. Rt hand down to belly. Wait for shift.
- Both hands slapping/squeezing all over body
- EFT helps some people.

- Reistablishes:- bodies boundries, through proprioception

- Professor Steven Porges; The Poly Vagal Theory
- Book; The Polyvagal Theory in Therapy
  by Debs Dana
- Find Deb Danas' worksheets online at
www.rhythmofregulation.com/Worksheets.php
- Alex Howard; The Reset Programme
- www.hgi.org Emotional needs
- Beth Hamilton;
  beth@bhcounsellingservices.co.uk