





In Spirit of Building Accessibility and Community



Cameras on, when possible.



Click on "CC" on the bar at the bottom of the screen for auto captioning.



Use reactions, raise hand feature to speak and chat to share, affirm, pose question, engage.



Self Care comes first!



If you have audio or technical issues during the session, the chat box is open for you to communicate with our team so they may assist you. Please private chat "TECH SUPPORT."

Today's Facilitator



Jen Leland, LMFT

- She/hers
- SCRR Field Coach

WHAT IS POLYVAGAL THEORY?

3 ORGANIZING PRINCIPLES

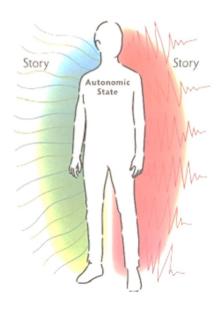
- 1. Neuroception our internal surveillance system
- 2. Hierarchy three basic building blocks of the nervous system

Ventral Vagal

Sympathetic Nervous System

Dorsal Vagal

3. Co-regulation - the biological imperative to be safe with others



Stories about self, the world, and relationships are based in autonomic state. State creates story.

Deb Dana, LCSW Polyvagal Institute;
Polyvagal theory in clinical practice

Understanding Our
Activation as
Opportunity for
Recovery and
Renewal

Activation: an emotional and/or physical response to something we identify as a threat, consciously or subconsciously.

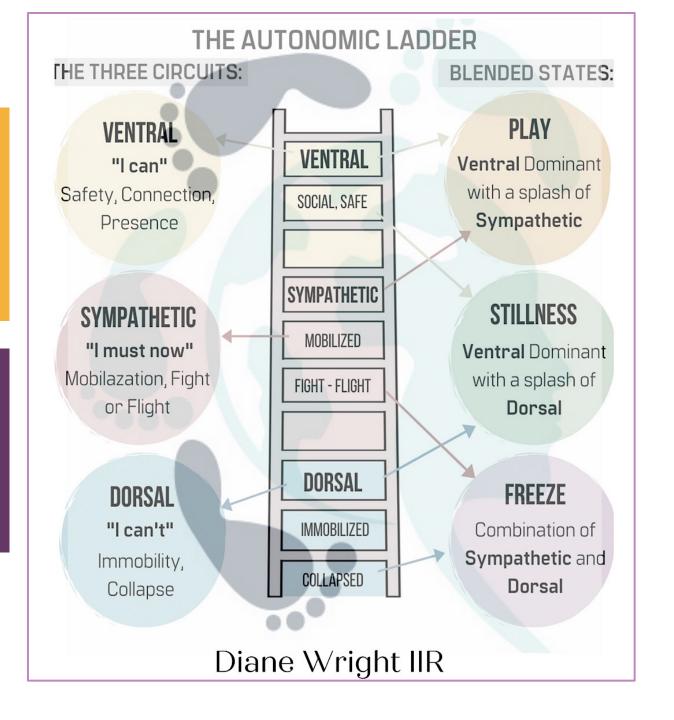


Understanding our nervous system circuits Speaking polyvagaleze...

Attunement Check...

Where are you on the autonomic ladder?

Polyvagal ladder comes from Dr. Stephen Porges and Deb Dana's work (Polyvagal Institute). Resources will be provided for deeper learning and practice.





Unattended Activation as a Barrier to Recovery and Renewal

Activates a threat-based mindset.

- Hypo or hyper arousal limits flexibility and intentionality (operate from a fight, flight, freeze or fawn response).
- Compromises creative problem solving
- Distracts us from the present
- Prevents one from seeing the full picture, joys and gains as well as deficits and challenges

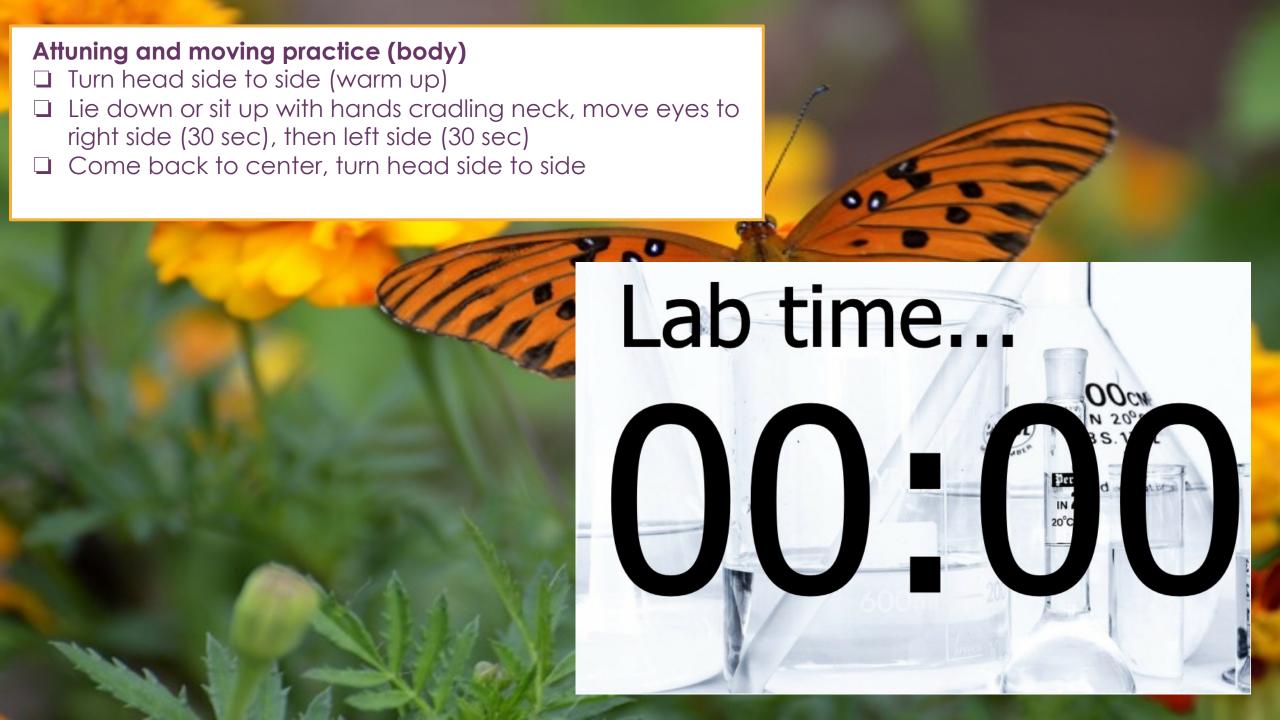
Distorts our sense of self and self-efficacy.

 We struggle to see and feel an accurate depiction of self and often root our value in our productivity. Self-Attuning and
Attending to
Activation is Central to
Personal, Collective
and Institutional
Transformation



- Remain present to the rich complexities of our multilayered emotional and somatic experiences
- **Explore** the physical sensations and feelings; what might this feeling want from me? What might it be here to teach me?



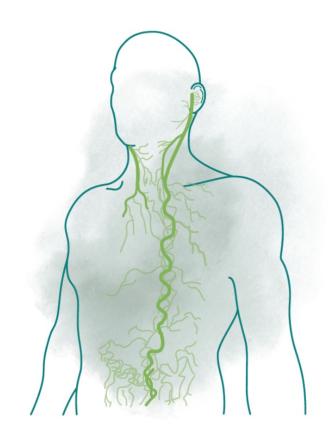


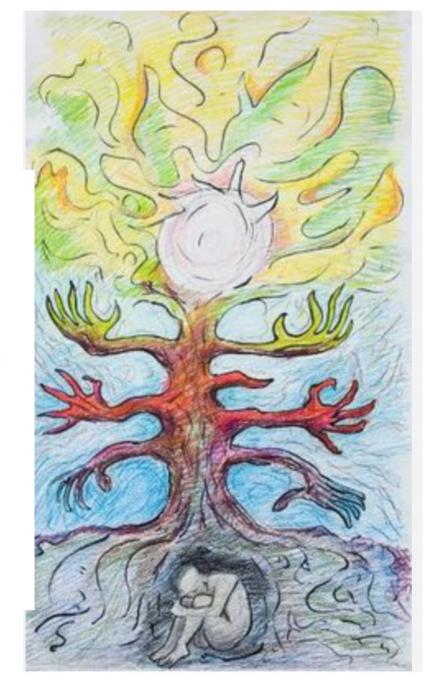
Attuning and moving (art, writing, music)

Attuning and moving practice (art)

Using tree image or simple vertical line into three zones, add images, text, or places in the body that feel connected to dorsal, sympathetic, and vagal

Create playlist or mix of songs that feel connected to states







Thank you.. And 2 take-away resources

- > Theory: Polyvagal-<u>Deb Dana resources and Polyvagal Institute page</u>
- > Practice: Polyvagal in classrooms and clinics
- Critiques & responses by: Polyvagal background theory and summary including responses to critiques by Dr. Stephen Porges

